

Please see [Page 5](#) for the annual questionnaire and make some time to fill it in. [Page 39](#) has the latest parent information sheet from National College—this week provides information on setting boundaries around gaming.. [Page 65](#) has information on a Childcare course great for anyone who is thinking of working with children and also a Camden adult & community learning information session at Rhyl. Camden music holiday courses on [page 25](#) and Camjam music on Saturday mornings [page 26](#). Please see [page 13](#) for information on applying for reception places. [Page 37](#) for information on flu jab clinics if you missed these in school. Emotion coaching please see [page 33](#). A new ADHD and Autism website has been launched please see [page 31-32](#) for details. ESOL open days at Rhyl Community Primary school please see [page 16](#) for details. See [p57-58](#) for details on HAF Winter courses. Camden’s newly launch Imagination library & Events and activities from Camden’s children's centre and family hubs [page 61](#). . Please take some time to fill out the quick form below and nominate the PTA every nomination is appreciated! Camden family hubs are hosting some festive events see [page 60](#) for details. Camden early help Cygnet autism support see [page 17](#) for information. A thank you from the PTA on [page 6](#). 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 and any packaging disposed of in the dining room (or if in Tupperware left on the trolley in the hall to be collected after school). Thank you.

Thank you!

Please take one minute to fill this simple & quick form to nominate Fleet Parents Association charity (charity number 1170133) to win £1000 for the school

<https://movementforgood.com/#nominateACharity>

- [Dates for diary/term dates Pg 2-3](#)
- [Attendance Pg 8-9](#)
- [Fundraising Pg 10](#)
- [ParentHub Pg 11](#)
- [Forest School request Pg 12](#)
- [Music including Camden Music @ Fleet Pg 18-26](#)
- [Reading, Writing, Language & Communication Resources Pg 27-29](#)
- [Wake Up Wednesday Parent Information Sheet Pg 39](#)
- [Adult Volunteering and Jobs in schools – Pg 40-41](#)
- [Clubs and Events for children and adults – Pg 42-63](#)
- [Parent Advice & Support \(financial, physical & mental health etc. – Pg 64-80](#)
- [MMR information & vaccine Pg 36-37](#)
- [Reception school place information page 13](#)

Online learning resources and home-work

- Mathematics: login.mathletics.com or download app for mobile
 - Times Table Rockstars: <https://play.ttrockstars.com/auth/school> or download app for mobile
 - Numbots (EYFS/KS1): <https://play.numbots.com/#/account/school-login/33442>
 - Busy things: <https://www.busythings.co.uk/lgfl-login/>
- If you do not have working internet or a device for your children to access these resources on (tablet, laptop or computer) please speak to their class teacher as soon as possible. Other Home-work for most classes will be delivered via Google Classroom.

19th December	Last day of term—2pm finish

PARENTS ASSOCIATION & SPECIAL EVENTS

19th March	Spring term—whole school tea after school
9th July	Summer term—whole school tea after school

YEAR 1 2024-25

16th December	Infant Christmas party
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RECEPTION 2024-25

16th December	Infant Christmas party
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YEAR 2 2024-25

16th December	Infant Christmas party
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YEAR 3 2024-25

11th December	Junior Christmas Show
15th December	Trip to the Zoo
18th December	Christmas party

YEAR 4 2024-25

11th December	Junior Christmas Show
12th December	Fleet treat
18th December	Christmas party

YEAR 5 2024-25

11th December	Junior Christmas Show
18th December	Christmas party

YEAR 6 2024-25

11th December	Junior Christmas Show
12th December	Christmas Dinner

Monday 5th Jan 2026



SCHOOL TERM DATES 2025-2026

AUTUMN TERM

First day of term	Wednesday 3 rd September 2025
Half term (inclusive)	Monday 27 th – Friday 31 st October 2025
Last day of term	Friday 19 th December 2025 – close at 2pm

SPRING TERM

First day of term	Tuesday 6 th January 2025
Half term (inclusive)	Monday 16 th – Friday 20 th February 2026
Last day of term	Friday 27 th March 2026 – close at 2pm

SUMMER TERM

First day of term	Tuesday 14 th April 2026
May Day Bank Holiday	Monday 4 th May 2026 - school closed
Half term (inclusive)	Monday 25 th – Friday 29 th May 2026
Last day of term	Friday 17 th July 2026 – close at 2pm

STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 st half term	Monday 1 st and Tuesday 2 nd September 2025	Monday 5 th January 2026	Monday 13 th April 2026
2 nd half term			Monday 20 th July 2026

Stop!

you are now entering a



nut
free
zone

please DO NOT bring
nuts into this area

STED framework parent view questionnaire and we have added 2 extra questions specifically to gain your opinions to help us plan our support to you more effectively at the end.

We really appreciate your time and feedback to help us make the best decisions we can as a school and community resource.

Thank you and best wishes

Don McGibbon
Executive Head Teacher.

Nursery

[https://forms.gle/
STK87JuG5XWFN6qAA](https://forms.gle/STK87JuG5XWFN6qAA)

Reception

[https://forms.gle/
H9FoLhqKnhKn34nL8](https://forms.gle/H9FoLhqKnhKn34nL8)

Year 1

<https://forms.gle/w5RigXFmyokjiAhu7>

Year 2

[https://forms.gle/
pyVnYMrjwLHtxaDY6](https://forms.gle/pyVnYMrjwLHtxaDY6)

Year 3

[https://
forms.gle/6Nqxqw8NgVWkmAmJA](https://forms.gle/6Nqxqw8NgVWkmAmJA)

Year 4

[https://forms.gle/
E9gqGQ5enBgQMmkv6](https://forms.gle/E9gqGQ5enBgQMmkv6)

Year 5

[https://
forms.gle/8KUE4cqGfD59Aiub7](https://forms.gle/8KUE4cqGfD59Aiub7)



Thank you Sophie, Fab & the Artists!

Millie, Lola, Robyn, Naz,
Ayman, Alfie, Leo, Tallulah,
Albie, Suhavb, Sufian, Mia,
Riva & Logan



TO ALL THE TEACHERS AND STAFF
FOR THE WONDERFUL PARENTS/CARERS

SOPHIE	ROSCOE
FAB	NICOLA
JOHN	MARINA
DARREN	KRISTIE
FAYE	TIBERIUS
ABRA	NASREEN
KOMAL	ALI
JANGIRA	SUHAN
ABDUL	SHERA
SUZAN	LOUIS

AND EVERY ONE OF YOU THAT HELPED,
NOT FORGETTING THE CHILDREN WHO ALSO
PUT A SHIFT IN!

A massive thank you
to Sophie, Fab and
Make it, Mend it Fix it
club, for such
wonderful props! They
made for a
christmassy warm and
welcoming entrance
to the fair!



Aswell as the perfect
picture opportunity.
Hope you all got to
appreciate them as

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.

has launched its Moments Matter Attendance counts campaign this month. The government is very concerned about the number of pupils who are missing school, and they are asking council's attendance services and schools to help support children return to school.

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

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

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

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

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

It is never too late to benefit from good attendance.



Kaise fKEE 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

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.



Elletts Forest School Document

Applying for primary school places between
September 2026 and July 2027



Apply online

www.eadmissions.org.uk





Please help local adults and children living in food poverty at Christmas. In the year to March 2025 Trussell food banks gave out 2.9 million crisis food parcels, **over 1 million of these emergency food parcels were given out to children.** With food inflation up by over 37% since 2020, many local people have fallen into prolonged hardship. In 2024 Camden Foodbank supported over 6,100 people with emergency parcels.

Please can you help by donating targeted food or money to support local people in food crisis this Christmas?



URGENT FOOD ITEMS !

- Tinned Meat and Fish
- Tinned Vegetables
- Tinned Soup
- Tinned Fruit
- Tinned Tomatoes
- Pasta, Rice
- Pasta Sauce
- Baked Beans
- Long Life Juice
- Long Life Milk
- Tea, Coffee and Sugar
- Cooking Oil
- Cereal
- Toothbrushes & Toothpaste
- Soap & Shower Gel
- Washing Up Liquid
- Laundry Powder
- Christmas Biscuits, Cake
- Christmas Chocolate
- Kids Presents

• DONATE MONEY THROUGH JUSTGIVING

<https://Checkout.justgiving.com/c/3445418>

100% of your donation will go directly to Camden Foodbank
Please select GIFT AID which will increase your donation.



• FOR CHEQUES / DIRECT DEBITS AND OTHER DONATION

<https://camden.foodbank.org.uk/support-us/donate-money>

• DONATE FOOD IN PERSON

DAY	TIME OPEN	ADDRESS
Tuesday & Friday	11:30am - 3pm	Camden Foodbank, 14 Pratt Mews, London NW1 0AD
Sunday	10am - 12pm	Camden Foodbank, 14 Pratt Mews, London NW1 0AD
Everyday	8am - 10pm	Camden Town Methodist Church, Wesley Hotel Camden Town, 89 Plender Street London NW1 0JN
Everyday	8am - 10pm	Wesley Euston Hotel, 81-103 Euston Street London NW1 2EZ
Thursday	10am - 6pm	St Mary-le-Savoy with St George German Lutheran Church, Sandwich Street London WC1H 9PL
Sunday	10am - 4pm	St Mary-le-Savoy with St George German Lutheran Church, Sandwich Street London WC1H 9PL

• DONATE BY ONLINE SHOPPING

DAY	TIME OPEN	ADDRESS
Tuesday & Friday	11:30am - 2:30pm	Camden Foodbank, 14 Pratt Mews London NW1 0AD

You can help by
donating Food
or Money

CAMDEN FOODBANK is closed for Christmas from
23rd December 2025 and reopens on 9th January 2026



Do you...

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

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

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

Contact Zara Lee at:
Phone: 020 7485 1947

NW5 4AX

Community
Primary School

**Information and
enrolment on**

**Thursday 27 November
Thursday 4 December**

**Grafton Road site
9 - 10am**

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



Limited spaces available
Speak to Zara or the school office
if you are able to attend.

Classes begin in





Camden Early Help Cygnet Autism Support

Cygnet is a support programme for parents and carers of autistic children and young people aged 5-18.

What are the aims of Cygnet?

- To empower parents/carers.
- To increase understanding of the strengths and challenges associated with autism.
- To increase parents' confidence in understanding their child's behaviour and offering the right support.

The Cygnet programme is run by two Camden professionals who have experience and knowledge of autism.

What topics does Cygnet cover?

- An Introduction To Autism
- Overview Of Parent/Carer Experiences
- Thinking And Sensory
- Social Interaction
- Communication
- Understanding And Supporting Behaviour

How does Cygnet work?

Prior to starting the Cygnet course, Early Help professionals will contact you to find out a bit more about you and your family. You will also be asked to complete some questionnaires. In Camden, the Cygnet course will run for 6-8 weeks. The Spring Term dates are below.

Venue:

Crowndale Centre, 218 Eversholt Street, London, NW1 1BD

Dates:

8 weeks, starting on 20.01.2026 (excluding half term)

Timings: 9.45am-12.15pm

In order to complete the course, you will need to attend a minimum of the 6 core Cygnet sessions.

We can support you to attend, including with travel, childcare and interpreting.

After finishing the Cygnet course, you will be asked to complete some questionnaires and an evaluation. You will also be provided with a certificate.

Please note: We can allocate a maximum of two places per family but parents/carers must commit to attending every week. Priority may be given to parents/carers who have not attended a Cygnet course before.

What do parents/carers say about Cygnet?

"Fantastic! Really enjoyable and helpful!"

"Our biggest problems are related to behaviour so understanding our son's behaviour properly is a very big step!"

"This has given me the tools to help with my child's communication"

"I can now identify my child's sensory issues and have an idea of practical strategies"

"The support of other group members is really valuable"

"All aspects of the course were really helpful"

"It was really helpful to listen and learn from others, and to realise that we're not on our own"

Sign up

Request a referral
form:

ReferralsFamilies@
Focus@camden.gov.uk

Attending a Cygnet programme?

Under the Employment Act 2002 (parental leave), parents of disabled children are entitled to 18 weeks' unpaid leave to care for their children.

If you would like to attend a programme and are currently in employment, you may wish to talk through this legislation with your employer, to enable you to have time off to attend Cygnet.

For further information, please refer to the Working Families website: www.workingfamilies.org.uk or telephone 0800 013 0313



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.



Music lessons at Fleet School

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

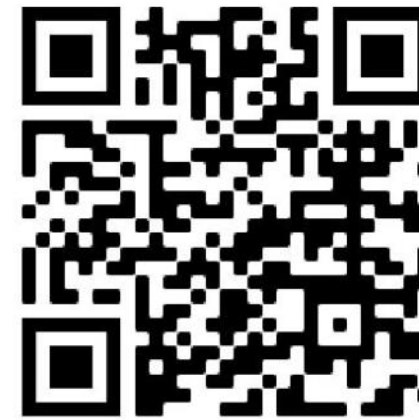
Getting started is easy!

Simply apply online

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



Or scan the QR code



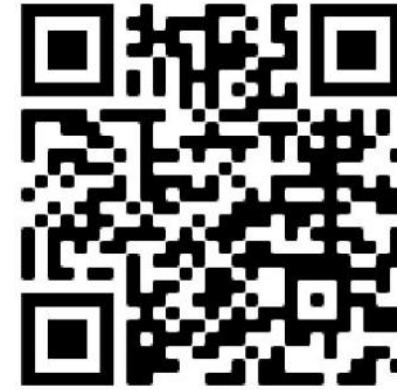
Have fun learning to play the drums at Fleet School

- 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



Have fun learning to play the piano at Fleet School

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

Getting started is easy!













Simply apply online

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

Or scan the QR code above

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

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

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

How can you help?

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

What else will help?

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

Find out more here

www.camden.gov.uk/saturday-music-centres

and here

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

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

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



Camden Music Service

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

camdenmusic@camden.gov.uk

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

Individual Instrument Tuition at Fleet

Welcome to the Camden Instrumental Service

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

What instruments can my child learn?

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

Will my child need an instrument?

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

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

When and where will lessons take place?

Most instrumental lessons take place during the school day which means that pupils leave

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

Is any financial help available?

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

What about if we want to stop?

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

How do I apply?

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



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

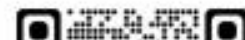


Camden Holiday Courses

Come and experience Camden Holiday Courses!

- Primary and Secondary Groups
- Wind, brass, percussion, guitars, strings and voices
- From two terms of learning to advanced players
- The three courses lead to a performance at a major Camden Venue

Scan the QR Code to register



CAMJAM

Saturday Mornings



- 18 month to Year 5 age students
- Bands, choirs and creative groups
- Group and individual lessons
- Voyagers for children with SEND
- Brecknock School, Camden

SCAN ME



LOTE4Kids

Storytime, in their language

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

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



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

**The Speech and Language Therapy team in
Camden will be running parent workshops**

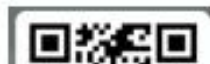


**If you are concerned about your child's
speech, language and communication skills
and your child attends a school in Camden or
you live in Camden, you can sign up for one of
our workshops**

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

<https://forms.office.com/e/Ch2BE9NBUi>

or use the QR code:



Parent Carer Forum

AUTUMN TERM Calendar 2025

Welcome to our AUTUMN Term Calendar of events, workshops and meetings for any parent, carer in Camden with a child or young person (0- 25 years) with special needs. Whether you are seeking guidance, looking to share your experiences or simply hoping to connect with other parents or carers, our calendar has something for everyone. Please join us!

Coffee Mornings are a chance to meet other parents for a chat & to share advice and info.

Walk and Talks are relaxed walks on Hampstead Heath and a chance to get together with other parents, have a cup of coffee along the way and just talk about anything and everything.

Workshops are held each term jointly with other services and agencies on various subjects.

Forum Meetings are when we get together as parents with different professionals from services in and around Camden – ask questions, get updates and give feedback.

If you would like to attend any of the events on our calendar below, request a zoom link for our online workshops, find out more information or to join our membership and receive regular updates directly - [please get in touch](#):

CamdenPCF@kids.org.uk Our main email address

Aishatu.Mohammed@kids.org.uk Text or Call Aisha 07385 003 662

Charlene.Murphy@kids.org.uk Text or Call Charlene on 07711 767 258

Jade.Green@kids.org.uk Text or Call Jade on 07825 671 523

We are also on Facebook – www.facebook.com/CamdenSpecialParentsForum Twitter [@CamdenSPForum](https://twitter.com/CamdenSPForum) and IG [@CamdenPCF](https://www.instagram.com/CamdenPCF) Please do connect with us!

November

- 4 Tue Tour of Charlie Ratchford Court (Extra care scheme) 11am-12pm, Chalk farm - [Registration required](#)
- 11 Tue Forum meeting, 10:30am-12:30pm @ Greenwood Centre, Kentish Town.
- 17 Mon Walk and Talk, 10:15am-12:30pm, @ Hampstead Heath.
- 18 Tue Movement, Relaxation & Lunch 12pm-2pm @ Kentish Town Congregational Church, Kelly Street, NW1 8PH.
- 24 Mon Understanding and Managing Behaviour Workshop with CAMHS all ages, 11:45am-1pm [Online](#) register for link.
- 26 Wed Parent Carer Forum Breakfast Club, 10:30am-11:30am @ Agar Children's centre & Family Hub (NW1 9SU).

December

- 1 Mon 'Lunch and Learn' with the Forum Team, 12.30-1.30pm [Online](#) register for link.
- 2 Tue Movement, Relaxation & Lunch 12pm-2pm @ Kentish Town Congregational Church, Kelly Street, NW1 8PH
- 3 Wed Annual Review Workshop with SENDIASS, 10.30am-12:30pm @Greenwood Centre, Kentish Town.
- 8 Mon Walk and Talk, 10:15am-12:30pm, @ Hampstead Heath.
- 9 Tue Forum winter wind down, 12pm-2pm @ Greenwood Centre, Kentish Town.

A new ADHD and Autism website has been developed to improve and enhance the support available for children and families across North Central London (NCL). Specifically created for children and young people (CYP), as well as their families and professionals working with them, this pioneering website is the first of its kind for the area.

The site was co-produced with young people, parent/carers and professionals across the five North London boroughs. The idea behind its creation was to help users to easily find information local to them, such as NHS assessment services, psychoeducation and pre- and post-diagnostic support online and in their area, and to find support in **one convenient location**. Young people can search for organisations suitable to their needs, and parent/carers can access the live online calendar to look for drop-ins, training sessions and many more events – connecting people to their community.

This site acts as a central resource, delivering information and guidance on education, wellbeing, communication, self-care, and family support services, bringing together a wide range of support options throughout NCL. It is a cornerstone of NCL's commitment to accessible, equitable, and high-quality neurodevelopmental care. Visit the site today at [Autism and ADHD support in NCL | Waiting Room](#) or by scanning the QR code on the accompanying leaflet.

The site is part of the NCL Waiting Room and has been designed to provide comprehensive and user-friendly resources.



Neurodevelopmental Site for 0-18yrs

Information and support for **children, young people, parents, carers**
and **professionals** in
North Central London (NCL)

Camden

Islington

Barnet

Enfield

Haringey

Find autism and
ADHD support
groups &
organisations in
your local area
via our online
calendar

Find out more
about a diagnosis
– what it means
for you / your
child

Downloadable

Things to
LEARN
What you can
DO
Places to **GO**



Professional
advice and
guidance on
Autism & ADHD
symptoms

Help with finding a
local NHS service
for a diagnostic
assessment

Hear the voices of

EM

CHING

This is a two-part workshop; both sessions need to be attended

The workshop is interactive, a mixture of discussion, reflection & presentation

The workshop aims to support parent/carers to understand and validate their child's emotions, respond more helpfully during moments of heightened emotions, and implement appropriate boundary setting



Sign up with the QR code below:





Improve your knowledge about how to deal with minor accidents and illnesses!

Work together to share good practice and learn simple first aid skills that can make the difference in an emergency.

Every Thursday Starting 25th September
Time- 1:00pm-3:00pm

Rhyl Community Primary School
Rhyl Street NW5 3HB

For more information speak to Zara or call
Alison 07876 651950 or just come along.

- People aged 6 months and over who are immunosuppressed (as defined in tables 3 and 4 of the COVID-19 chapter of the Green Book)

To find out more about the winter booster campaign and eligibility please visit: <https://www.nhs.uk/vaccinations/covid-19-vaccine/> or you can call 111 to get help

You can get the free NHS flu vaccine if you are:

- Aged 65 and over
- Pregnant women
- Aged 6 months to under 65 years in a clinical risk group (as defined in the Green Book, Influenza chapter 19)
- Residents in long-stay care homes
- Carers or those in receipt of carer's allowance
- Close contacts of immunocompromised individuals
- Frontline health and social care workers without



your appointment.

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

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

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



camden.gov.uk/measles



Is your child fully vaccinated against measles?

Measles cases are increasing in London

What is measles?

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

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

camden.gov.uk/measles



Measles symptoms

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

Rash



Temperature



Runny nose



Red eye



Cough



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.

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



**Prevent your child from being seriously ill this winter!
Vaccinating is crucial in protecting them and
vulnerable friends and family from flu.**

NASAL VACCINE



No needles - just quick,
painless, effective flu
protection
(contains gelatine)

OR

THE INJECTION



We offer a **PORK-FREE,
GELATINE-FREE** injection
considered a
faith-friendly alternative.

Complete this form, even if you do not want the vaccine.

<https://ncl.schoolvaccination.uk/flu/2025/camden>

Secondary School students only: Young people under the age of 16 can give or refuse consent themselves if considered competent to do so by nursing staff.

CONTACT THE TEAM



camden@v-uk.co.uk



0204 603 3495

Need more
information?

Please see our FAQs
sheet attached with
this letter.

Or visit our
website:



We endeavour to come to your child's school twice.
If your child is absent or unable to be vaccinated at
school, they can still receive this important vaccine by
attending one of our community clinics for the vaccine.

Your consent will remain in place for the entire flu season.
If your child misses a first visit, you do not need to
complete a second form.

LEARN MORE 

SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, UKIE, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

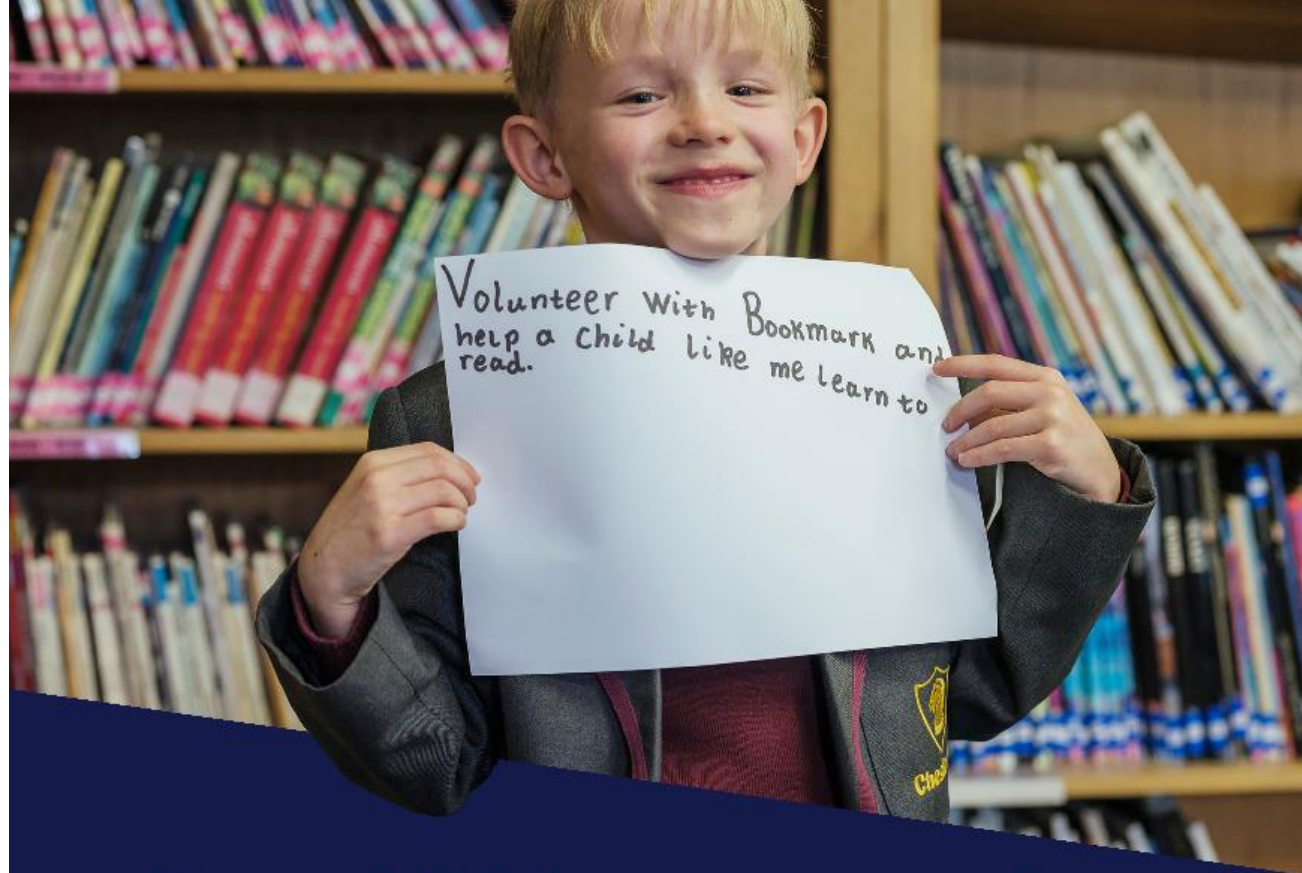
A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable, what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

Meet Our Expert

Daniel Spencer is a writer specialising in technology, video gaming, virtual



National
Online



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/
volunteerf2f](https://bookmarkreading.org/volunteerf2f)

VOLUNTEERS NEEDED

School Maths Volunteers

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



Would you enjoy...



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

Are you...

- available one afternoon a week during school hours?

Contact Lorraine for more information:

✉ lorraine@numberchampions.org.uk

☎ 07918 410 847



SOME OF THE GROUPS LOCALLY AVAILABLE TO OUR YOUNG PEOPLE.

Camden Family Learning Tales and Tumbles



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

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

Please note these sessions
are term time only

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



JOIN US!

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



CHILDREN'S BOXING WITH AYBI

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

**FREE
DROP-IN
CLASSES**



Mondays & Tuesdays 4:30PM - 6PM



Saturdays 10:45AM - 11:45AM





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

Text or email [Li](#) for our monthly programme: 07523 533490
li@creativehealthcamden.com

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

**FREE
BOXING
CLASSES**

CAMDEN ACTIVITY PROGRAM

**THURS
DAYS**

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**

FOR CHILDREN & YOUNG PEOPLE

IN CAMDEN LEISURE CENTRES



Lessons and Courses

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

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

Kentish Town, Swiss Cottage and Pancras Square.

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

Swim For All

Available Monday – Sunday

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

Public swimming times may vary please view your local pool programme

www.better.org.uk/bookings



Junior Gym

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

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

Memberships

Whether you want to make a one off payment or monthly

Soft Play

Monday – Sunday

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



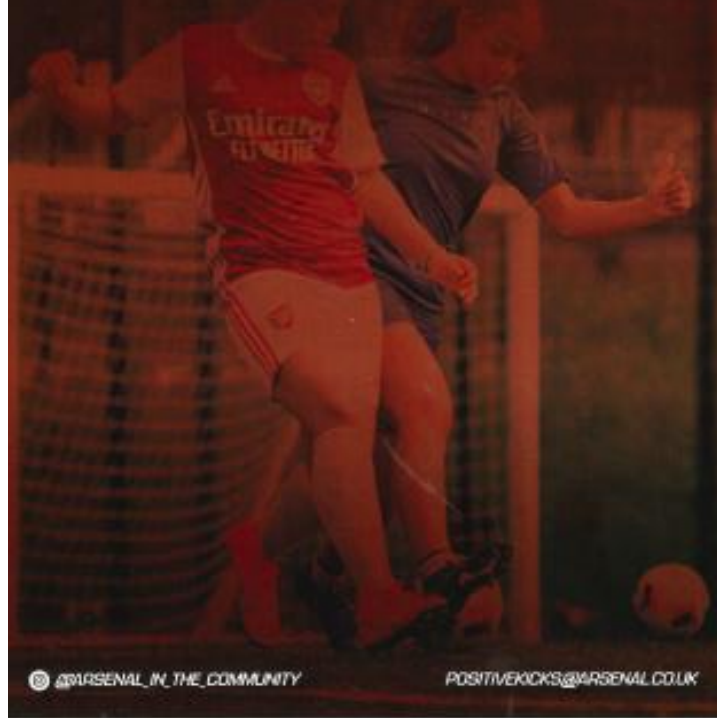
Talacre Community Sports Centre (under/over 5s): 09:00 to 18:00 (Weekdays) and 9:00 to 13:45 (Weekends)

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

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

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

Kentish Town: kentishtown@gll.org



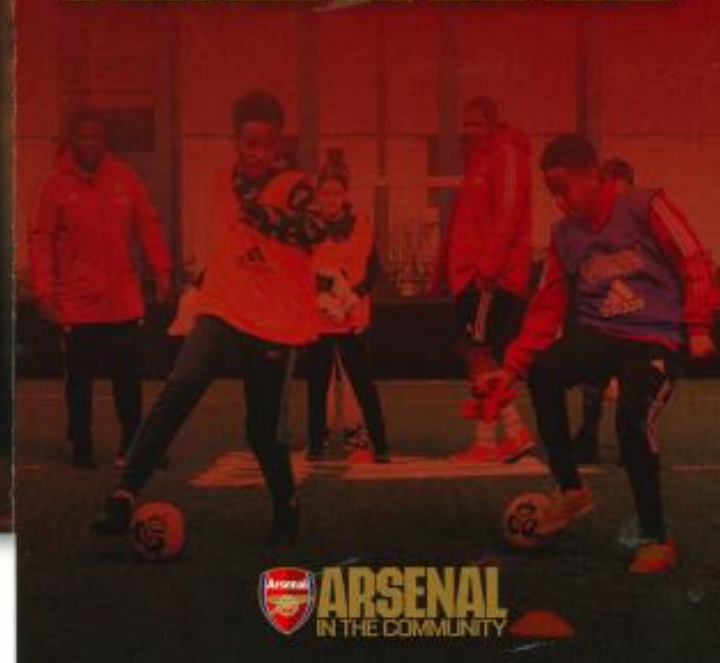
© @ARSENAL_IN_THE_COMMUNITY

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	N12DL	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

ic 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!

ISSUE 11: A NEW BEGINNING
EDITOR: ROB FARREY
DESIGNER: HARRY DE CRUZ



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!



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 full day of lectures, interviews, dealers and magical gala show.
Plus a Day Competition



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**



JUNIOR CRICKET COACHING CLUB

Age 7 to 15 Years old Boys and Girls

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



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

**Starting From
2nd February
2025**

Venue

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



**REGISTE
R NOW**



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

Mobile : 07717765932 , 07464592776

Email: unitedsportingclub@hotmail.com

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

Supported by



REGENTS PARK



JOIN THE ONLY JUNIOR RUGBY CLUB IN CENTRAL LONDON!



RFU

Accredited Club

EVERY SUNDAY THROUGHOUT THE SEASON



07770 753162



regentsparkrovals@gmail.com





Win a Football Scholarship Open Trials in London!

UEFA Licensed Coaches

Player Representation

Play in Competitive Leagues



Central locations

Waterloo, Vauxhall, Kennington, Maida
Vale, Camden, Brent Cross

PLAYERS PROGRESSED TO TOP CLUBS



**FULL SCHOLARSHIPS
AVAILABLE -
TRAINING + LEAGUE
FEES COVERED!**

Train and Play Abroad



Gothia Cup 2026,
Gothenburg, Sweden



Cristiano Ronaldo's
Academy at Sporting CP,
Portugal (with scouting
opportunities)



SIGN UP



WWW.EUROPEANFOOTBALL.ACADEMY/OPEN-TRIAL



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

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!

website for children.



Discover experiments, activities and quizzes that spark wonder about the world and how it works.

Jump inside our labs and start exploring.

kids.crick.ac.uk



Bring your Spring topics to life



Safer
Internet Day
10th February 2026

Smart Tech, Safe Choices

Drama workshops to equip children in a digital world

Our drama-based workshops equip children with skills and knowledge which allow them to safely navigate the digital world, bringing common scenarios to life using acting, role-play and improvisation.

Areas covered:

- ▶ Online privacy and passwords
- ▶ Gaming, creating content, streaming, sharing and browsing
- ▶ Understanding the dangers of cyber bullying
- ▶ Keeping yourself and others safe from scams online
- ▶ The impact of AI and how to use AI safely and responsibly

perform.org.uk/esafety

"Caitlin was an excellent facilitator. She was engaging and the children enjoyed working with her. They left the session with a better understanding of staying safe online."



Chinese
New Year
17th February 2026

Chinese New Year

Discover the magic of one of the world's oldest and most vibrant festivals!

Join us on a journey to Beijing as we celebrate Chinese New Year and the Jade Emperor's Birthday through story, song, movement and role-play. We'll experience:

- ▶ The Great Zodiac Race - learn the ancient story by becoming each of the 12 animals
- ▶ Cultural Discovery - explore Chinese traditions, customs, and language
- ▶ Dragon Dance Creation - work in groups or as a whole class to bring a lively dragon parade to life
- ▶ Expressive Storytelling - use emotion, imagination and character to make the story sparkle

perform.org.uk/chinesenewyear

"The children loved the workshops, educational and so much fun. Laura was engaging, friendly and professional."



World
Book Day
5th March 2026

Celebrate World Book Day

Bring the magic of your favourite stories to life

Let us take your children on a fantastic fictional journey to celebrate World Book Day. Our trained actors will bring the magic of a story to life through acting, character role-play and improvisation. We cover popular books across EYFS, KS1 and KS2. We will:

- ▶ Use improvisation to bring your favourite literature to life and lift the words off the page
- ▶ Boost storytelling and creativity skills as we role-play our own scenes
- ▶ Learn the importance of empathy as we consider different characters

perform.org.uk/worldbookday

"Marissa was fantastic. We booked five workshops, with five different books for each, AND it was World Book Day, so we were in awe of her, and how she kept the children entertained and focused."



**AGES
3-9**



HOLIDAY CLUBS

Celebrating Creativity since 1990

**Painting, Crafts, Clay, Dancing,
Yoga, Drama, Games, Stories,
Cake Decorating, Music!**

Check out the website for more details
on weekly themes, discounts and how to book.

www.creativewizkids.com

Upcoming Clubs:

December Holiday Club

Dec 27th 29th 30th 31st

10am-2pm / extended hours 10am-4pm (ages 5-9)

Early drop off available

MARIO!

THE MAKER MAGICIAN

"SUPERB"
-NY TIMES

"GLEEFUL
INSANITY"
-VOGUE

ALL
AGES

underbelly
BOULEVARD SOHO

Debbi Clark & Susana Hill

- **FESTIVE CRAFT & GIFT MAKING** with Designer Lola Turner
- **RAP & BEATS** with Music Mentors Zander & Ethan

CREATE AN ACCOUNT:

<https://book.plinth.org.uk/calendar/Iy9ultDHV1FHKTijs8qb/cover>

TO BOOK: Please follow the direct link under each course

THE HvH ARTS CHRISTMAS PARTY

All our young artists will come together on Tuesday afternoon for a high energy fun filled event starting with a delicious festive lunch with scrumptious treats made by our young chefs & our music students DJ Perform their final beats. There will be lots of fun party games & activities with a visit to Santa's Grotto too!

LOVE COOKING

with **CHEFS Seyi & Rhian**

This includes a ticket to the HvH ARTS CHRISTMAS PARTY!

course dives into the essentials of fashion photography, from concept development and styling to working in a studio.

Our young photographers will have the chance to create a moodboard, build sets & explore studio lighting. Experimenting with fashion portraiture and editorial style setups, while receiving tailored guidance and feedback throughout. Each student will be given a 6"8" print of their favourite photograph they have taken to take home

MONDAY 22nd + TUESDAY 23rd DECEMBER 10am - 6pm

Ages 5yrs to 16yrs

LOCATION: HvH ARTS Studio. 181 Mansfield Road. NW3 2HP

BOOKING

LINK: <https://book.plinth.org.uk/e/BwdqdKjLZITfoDvSsDjy>

FESTIVE CRAFT & GIFT MAKING

with Designer **Lola Turner**

This includes a ticket to the HvH ARTS CHRISTMAS PARTY!

us the energy we need to cook up a storm. We will split our time between our main lunch meal of the day and doing some preparation for our tasty party food.

SUNDAY 21st & MONDAY 22nd DECEMBER 10am - 2pm

TUESDAY 23rd DECEMBER 10am - 6pm

Ages 8yrs to 16yrs

LOCATION: Rhyl School Community Kitchen, Marsden St, London NW5 3PJ

BOOKING LINK:

<https://book.plinth.org.uk/e/XiP7QQpYF357ihUYeLhG>

FASHION PHOTOGRAPHY

with Professional Photographers **Debbi Clark & Susana Hill**

This includes a ticket to the HvH ARTS CHRISTMAS PARTY!

A dynamic, style-focused workshop for students from ages 5yrs to 16yrs interested in the creative world of fashion. This

technique, our young artists will learn how make festive gifts this could be a bag or a cushion.

MONDAY 22nd + TUESDAY 23rd DECEMBER 10am - 6pm

Ages 5yrs to 16yrs

LOCATION: HvH ARTS Gallery. 44 Ashdown Crescent. NW5 4QE

BOOKING LINK:

<https://book.plinth.org.uk/e/fTuRG9kek9ZDAP9KLwJO>

RAP & BEATS

with Professional Music Mentors **Xander & Ethan**

This includes a ticket to the HvH ARTS CHRISTMAS PARTY!

Learning how to create beats, write and rap. We will be teaching our young musicians to use Logic Pro, working with professional mics, guitars, amps, piano to learn how to arrange music and record vocals. The final beats will be

BOOKING LINK:

<https://book.plinth.org.uk/e/VY46LwtHpZZkQxizYEHx>



FOOTBALL. STORYTELLING. CODING. BAKING. DRAMA. LDN ZOO. PHOTOGRAPHY.

winter

HAF PROGRAMME
20TH DEC - 4TH JAN



BOOKINGS OPEN!

FOOTBALL. STORYTELLING. CODING. BAKING. DRAMA. LDN ZOO. PHOTOGRAPHY.

Drop in to your local Children's Centre & Family Hub for FREE:

- Toys
- Tooth-brushing kits
- Books
- Pre-loved clothes — including winter coats (children's and adults)
- Refreshments
- Information on our free support and services



Tuesday 16 December:

Regent's Park Children's Centre & Family Hub — 9am–12pm

Hampden Children's Centre — 1pm–4pm

Wednesday 17 December:

Harmood Children's Centre & Family Hub — 9am–1pm

Thursday 18 December:

Kilburn Grange Children's Centre & Family Hub — 1pm–4pm



✉ familyhubs@camden.gov.uk

☎ 0800 389 5789

🌐 families.camden.gov.uk



Festive kindness stall

Join us for a week of festive kindness

When: Monday 15 December to Thursday 18 December

Where: Agar Children's Centre and Family Hub, NW1 9SU

We'll be running a special stall offering re-gifted toys, books, and coats. Come along, browse, and choose a gift that's right for you.

Festive week – what's on:

Our other Family Hubs also have festive events all week with free toys, books, tooth-brushing kits, pre-loved clothes, refreshments, and service information — all drop-in, no booking needed.

Monday 15 December:

1a Children's Centre & Family Hub — 1pm–4pm

Tuesday 16 December:

Regent's Park Children's Centre & Family Hub — 9am–12pm

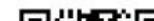
Hampden Children's Centre — 1pm–4pm

Wednesday 17 December:

Harmood Children's Centre & Family Hub — 9am–1pm

Thursday 18 December:

Kilburn Grange Children's Centre & Family Hub — 1pm–4pm



Upcoming events and activities for families, children and young people aged 0 to 19, or up to 25 for those with special educational needs and disabilities (SEND).

Check the websites of external providers before attending events, in case any details have changed.

Camden Children's Centres and Family Hubs have launched a new page on its Families website highlighting free and low-cost events and activities for families, children and young people across the borough. Visit families.camden.gov.uk/events-and-activities to find out more.

[Events and activities - Camden Council](#)

Dolly Parton's Imagination Library

Dolly Parton's Imagination Library is a free programme that gifts books to children. The programme was started by Dolly Parton in 1995. She was inspired by her father, who could not read or write. The programme's goal is to help children everywhere love reading.

This project is supported by funds raised by players of [People's Postcode Lottery](#) and delivered by Dolly Parton's charity, [The Dollywood Foundation](#).

Imagination Library Scheme

The Camden Library team have just launched the Dolly Parton's imagination library scheme. Registered children will receive a free, high-quality, age-appropriate book addressed to them in the post each month, until their 5th birthday. If you register your child by the 3rd of December using the link below your child will receive their first book in January.

[camden.gov.uk/imagination-library](https://www.camden.gov.uk/imagination-library)

<https://www.camden.gov.uk/imagination-library>

HOLIDAY CAMP

Mon 16 to Fri 20 February 2026 (5 Days)



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

Book Online:
mnature.co.uk

Or Call:
020 8863 8832



Early Bird
and
Multi-Book
DISCOUNT!



Ofsted

Registered
Childcare Vouchers
GTFC, CGPS,
Universal Credit
Accepted

★★★★★
"BEST CAMP EVER"

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

★★★★★

Google

"Mother Nature
Science Camp"



FEBRUARY HALF-TERM 2026 Information

In this fantastic 5-day Holiday Science Activity Camp, your children will enjoy lots of premium fun, hands-on, chemistry, biology and physics science activities and special demonstrations with take home experiments (see below).

- **Dates:** Mon 16-Fri 20 Feb 2026 (5 days)
 - **Open to Children:** Ages 5-12 Years (only)
 - **Venues:** Across London (look right>)
 - **Times:** 9am - 3:30pm (6.5hrs).
- Earliest drop off 8:30am; latest collection 4pm
- **Day Places:** Limited day-places available to book online

Early Bird
and
Multi-Book
DISCOUNT!

Science Whizz! - New for 2026

Day 1> Science Mix!
Rainbow Paper!
Balancing Robot!
Balloon Zoom!

Day 4> Science Slam!
In a Spin!
Hummingbird Spinner!
Chromatography Bouquets!

VENUES Serving

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

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

- SW London**
- Kensington
 - Hammersmith and Fulham
 - Hounslow

Google Say "Mother Nature Science Camp"
★★★★★ Rating 4.5

Book online at:
www.mnature.co.uk
Or call us today:
020 8863 8832

Also, Booking Online Now:
*April Easter
Holiday Science Activity Camp
-Science Blast!*



*May-June Half-Term
Holiday Science Activity Camp
- Epic Engineering!*



A vibrant, cartoon-style illustration of an underwater scene. On the left, a large white shark with a blue stripe and a wide, happy grin swims towards the viewer. On the right, a pink octopus with large blue eyes and a smile floats. At the bottom right, a red octopus with large blue eyes and a smile is visible. The background is a deep blue with a large white circle in the center, surrounded by various colorful coral reefs, bubbles, and seaweed.

JOIN THE FUN AT

QUEENS CRESCENT LIBRARY

MONDAY 10.30 AM RHYME TIME

MONDAY 4 PM STORY TIME

WEDNESDAY 4PM CRAFTS



Jenny Mulholland

020 7974 2792

Jenny.Mulholland@camden.gov.uk

Labour and Co-op



Marcus Boyland

020 7974 2792

07815 032 923

Marcus.Boyland@camden.gov.uk

Labour



Lorraine Revah

07798 846 584

020 7974 6775

Lorraine.Revah@camden.gov.uk

Labour

Surgery times

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

Cllr Jenny Mulholland

1st and 5th Thursday of the month

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

1pm to 2pm

For surgery appointments at other times,
please email

jenny.mulholland@camden.gov.uk
or call **020 7974 2792** to arrange a time.

Cllr Marcus Boyland

1st Thursday of the month

Fleet School Fleet Road
Hampstead NW3 2QT
9am to 10am

3rd and 5th Thursday of the month

Queen's Crescent Job Hub
179 Queen's Crescent, NW5 4DS
1pm to 2pm

4th Thursday of the Month

Rhyl School, 196 Grafton Road
London, NW5 4AX
9 am to 10 am

Cllr Lorraine Revah

2nd Thursday of the month

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

3rd Tuesday of the month

Greenwood Centre, 37 Greenwood Place NW5 1LB.
1 pm to 3 pm

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

3rd Friday of the month

Russell Nursery TRA Hall, The Aspern Centre
1 Christie Court, 3 Aspern Grove
NW3 2AB. 4pm to 5pm

4th Thursday of the month

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

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

Tuesday Afternoons

Starting - Tuesday 23 September

Time - 1:00pm -3:00pm

Rhyl Community Primary School

Grafton Road NW5 4AX

An accredited level 1 award in childcare

**You will need to complete an English assessment
to get a place on this course**

Induction Session Tuesday 23rd September

Limited creche places available.

**Speak to Zara for more information and to book a crèche
place or call Alison on 07876651950**



Camden Adult and Community Learning



An Information Session

On Tuesday 16th December

9:30am -11:30am

Rhyl Community School Rhyl Street



**Come along and find out what you can do
starting January 2026**

**Advice to Support you with Employment Volunteering
and Study**

Plus



la. If you are eligible, you may receive: **£4.25 each week from the 10th week of your pregnancy, £8.50 each week for children from birth to one year old, £4.25 each week for children between one and four years old.** [Apply online](#). Pregnant women and children under the age of four are also eligible for free vitamins from children's centres. Find your local children's centre [here](#).

Cost of living crisis advice, support booklet and translated advice

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

Cost of Living Crisis Fund Payment

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

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

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

How to apply

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

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

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

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

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

Eligibility criteria

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

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

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

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

INCREDIBLE YEARS SCHOOL AGE PROGRAMME



AN EVIDENCED BASED GROUP INTERVENTION TO SUPPORT PARENTS AND CARERS

The Incredible Years programme offers parents evidenced based strategies to improve children's behaviour, social skills, and academic achievement. It aims to build stronger relationships between parents and children, manage difficult behaviours, and promote positive outcomes. The programme helps parents develop skills to increase their child's self-esteem, manage emotions, and improve social skills.

For further information please speak to a member of school staff or contact Alice Hargreaves (Parenting Practitioner) via email [Email: mhst@tavi-port.nhs.uk](mailto:mhst@tavi-port.nhs.uk)

**Start Date: Tuesday 23rd
September 10am - 12pm**

12 week programme (excluding
school holiday)



**Venue: Regent's
Children's Centre,**

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

Find out more:
childrenssociety.org.uk/beam

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

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

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



Children's_Centre_Collateral_Sure_Start_with_Father_Illustrations_Final_Artwork.indd 1

Children's Centres:

- 1a Children's Centre
1a Rosebery Avenue EC1R 4SR
020 7974 7024
- Regents Park Children's Centre
Augustus Street NW1 3TJ
020 7974 8934
- Harmood Children's Centre
1 Forge Place NW1 8DQ
020 7974 8961
- Agar Children's Centre
Lulworth, Wrotham Road NW1 9SU
020 7974 4789
- Kilburn Grange Children's Centre
1 Palmerston Road NW6 2JL
020 7974 5080

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



Find out more:
camden.gov.uk/camdensurestart

Camden Sure Start
Your journey. Our support.



12/06/2018 11:44



Pregnancy & New Born Baby

New Born Baby to 2 Years

Child 2 to 5 Years

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

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

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

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

What kind of help?

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

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

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

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

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

Our support.

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

Children's_Centre_Collateral_Sure_Start_with_Father_Illustrations_Final_Artwork.indd 2

12/06/2018 11:44

MHST

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

FLEET PRIMARY SCHOOLS PRACTITIONER

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

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

**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...

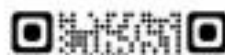
- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

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.



- 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.

How to Register



1

Go to: www.strengthening-families.net/parenting-courses



2

Select an age range for your course



3

Select a day of the week and time for your **group discussion** from the options available



4

Complete your contact details



5

Answer a short questionnaire





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



- ▶ 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,

- ▶ Connections to housing support and homelessness services
- ▶ Connections to community organisations in your area.



How do I get Early Help?

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

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

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

Other formats

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

Find out more

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

E: LBCMASHadmin@camden.gov.uk

For more information about Early Help visit:

camden.gov.uk/earlyhelp

Sure Start 020 7974 8961

camden.gov.uk/surestart

Produced by Creative Services 1051 20



* free childcare places for eligible 2 year olds

What's Early Help?

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

What can you help with?

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

What does Early Help do?

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

Early Help services include:

Sure Start

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

Early Help Co-ordinators

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

First Stop Early Help

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

Families in Focus

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

Transformation Team

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

Youth Early Help

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



Every Early Help team will:

- ▶ Be with you through the tough stuff
- ▶ Listen to you and your family – we'll be led by you
- ▶ Focus on what's important to you and your family, and what a good life might look like for you
- ▶ Work with you to find out what's going well and what feels strong
- ▶ Work with you to explore and
- ▶ Make 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.





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	BOROUGHs 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

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

State Pension Credit support from the National Asylum Support Service (NASS)

If you receive Working Tax Credit you will not be entitled to free school meals status unless you have:

- stopped work in the last 4 weeks; or
 - reduced your hours to less than 16 hours in the last 4 weeks
- Free school meal entitlement will mean that you will not have to pay for school lunches and will receive concessionary rates for clubs and trips. It is also important for you to apply, as the school receives extra funding.

<https://accountforms.camden.gov.uk/freeschoolmeals/>

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



Clue

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



and when not hiding inside printers they usually look like this



www.recycle4charity.co.uk

Recycle 4 Charity

Treasure Hunt

Attention to all children and teachers!

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



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

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



Community
Primary School



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

Cost of living too high?

Join a food co-op!

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

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

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

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

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

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

Change your words

Change your *Mindset*

I give up.

I can't do math/
science/social
studies/reading.

I'm awesome at
this!

I can't make this
any better.

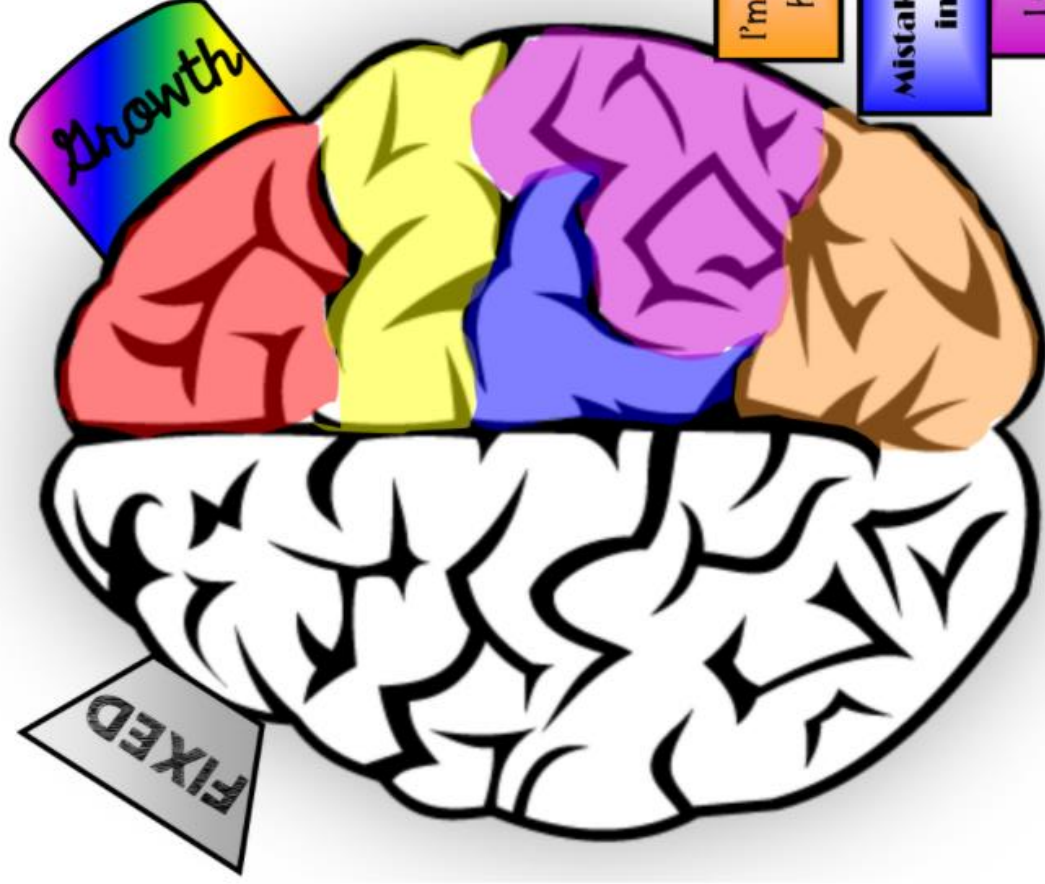
I made a mistake!

I never gonna be
as good as him/her.

This is too hard.

I'm not good at
this.

I'm good enough.



Growth

I'm going to train
in math/science
studies/reading

Is this
best?

This may take some
and effort

What

I'll use some of the
I've learned

I'm going to figure out what
he/she does and try it!

I'm on the

Mistakes help me
improve.

I can always improve; I'll keep

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.**



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'

stereotypes surrounding them what is considered 'normal' for their gender – and their choices adapt accordingly.

- *What's wrong with girls and boys liking different things?*
Nothing, so long as it is down to an individual child's preference rather than pressure to conform. Girls and boys are more alike than different.
- *Are you saying I should stop telling my daughter how pretty she is?*
No – but if her appearance is what your daughter is most often praised for then she may start to think that society values her looks above her other qualities.
- *What about boys?*
Statistically, boys are more likely than girls to achieve lower grades in school, to go to prison and not to seek help for mental health problems. Harmful gender stereotyping contributes to these outcomes.

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



www.liftinglimits.org.uk

Gender stereotyping: what can we do about it?

Toys:

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

Clothes and shoes:

- Are girls wearing clothes or shoes which are more delicate – which

Similarities and differences:

- Don't set up girls and boys as 'opposite' or separate – there are more similarities