

# Fleet Community Notices



Wednesday 11th March



## New items this week...

[Page 42](#) has the latest parent information sheet from National College—this week provides information on what parents and educators need to know about streaming services. Parkhill, Lawn & Fleet Road safe & healthy streets consultation is now open see [p13-14](#). Free tennis sessions at Parliament Hill see [p61](#). Easter holiday cycle training run by Camden see [p62](#). Camden is holding a community skip event see [p80](#). If you are on a low income please speak to your local pharmacy to see if you are entitled to certain free medication see [p80](#). The Brandon Centre are running an ADHD parenting programme see [p36](#) for details. Arsenal in the community are running free football sessions see [p63](#) for locations and details. Camden are running some sessions offering free advice for private renters see [p79](#) for details. Camden parent/carer forum spring dates on [page 30-31](#). Talacre are running trampoline development courses see [page 53](#) and SEND trampoline development courses see [page 39](#). Camden children's centres and family hubs have launched a new website highlighting free and low cost events please see [page 59](#) for details. Castlehaven are running after school clubs & activities please see the timetable on [page 64](#). Dr Bike will be in on the 19th March please do book a place if you need yours or your child's bike looked at—we have 20 spaces available [p12](#) for details. Perform are offering discounted tickets for Fleet families to see Midnight in the toy shop in the West end see [p57-58](#) for details. GLL partnered with NBA are offering court time bookings for just £1 see [p60](#) for details. 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.

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- [Parent Advice & Support \(financial, physical & mental health etc. – Pg 68-86](#)
- [MMR information & vaccine Pg 40-41](#)

## Online learning resources and homework

- Mathematics: [login.mathletics.com](https://login.mathletics.com) or download app for mobile
- Times Table Rockstars: <https://play.ttrockstars.com/auth/school> or download app for mobile
- Numbots (EYFS/KS1): <https://play.numbots.com/#/account/school-login/33442>
- Busy things: <https://www.busythings.co.uk/lglf-login/>

If you do not have working internet or a device for your children to access these resources on (tablet, laptop or computer) please speak to their class teacher as soon as possible. Other Homework for most classes will be delivered via Google Classroom.

## Met Engage - Community Crimefighting



Met Engage is a new online tool whereby the Metropolitan Police will circulate information to users about issues that may impact them in their area, and where they can be contacted by residents and stakeholders (such as school parents) who can have their say in setting local ward priorities and objectives.

The Met are currently trying to encourage as many people as possible to sign up to share information and to provide feedback to the police who serve their community.

# Dates for your diary this term...

Please bear in mind that occasionally trips may be arranged or cancelled last minute. Where possible we will give as much notice as we can. We need adult volunteers to support on these trips so please do look out for notices on class windows or sent out via ParentHub. Thank you.

## WHOLE SCHOOL EVENTS

|                 |   |
|-----------------|---|
| 19th March      | Dr Bike—Must book via the office  |
| 24th March      | Parent Teacher Conferences for all classes<br>(Note date change due to Ramadan the week before) |
| 23rd-27th March | Wellbeing week  |
| 27th March      | Last day of term—finish 2pm   |
| 13th April      | INSET DAY—School closed   |
| 14th April      | First day of summer term  |

## NURSERY 2025-26

|                     |                              |
|---------------------|------------------------------|
| 13th March - 9-10am | Camden kids talk stay & play |
| Monday 23rd March   | Parent Meetings              |
| Thursday 26th March | Parent Meetings              |

## PARENTS ASSOCIATION & SPECIAL EVENTS

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

## YEAR 1 2025-26

|  |                 |
|--|-----------------|
| 19th March                             | Trip to Talacre |
| 26th March<br>(date change due to Eid) | Class assembly  |
| 18th, 19th & 24th March                | Parent Meetings |
| 21st April                             | ZooTown         |

## RECEPTION 2025-26

|                   |                                       |
|-------------------|---------------------------------------|
| 12th March        | Trip to October gallery               |
| 13th March        | Healthcare professionals dress up day |
| 24th March        | London Zoo                            |
| 24th & 25th March | Parent Meetings                       |

## YEAR 2 2025-26

|                         |                 |
|-------------------------|-----------------|
| 13th March              | Year 2 assembly |
| 16th, 17th & 24th March | Parent Meetings |

## YEAR 3 2025-26

|                    |                 |
|--------------------|-----------------|
| 24th, & 25th March | Parent Meetings |
|--------------------|-----------------|

## YEAR 4 2025-26

|                   |                 |
|-------------------|-----------------|
| 16th March        | London Zoo      |
| 17th March        | Keats library   |
| 24th & 25th March | Parent Meetings |

## YEAR 6 2025-26

|                   |                 |
|-------------------|-----------------|
| 24th & 26th March | Parent Meetings |
| 11th-14th May     | KS2 SATS week   |

## YEAR 5 2025-26

|                   |                 |
|-------------------|-----------------|
| 13th March        | Science Museum  |
| 24th & 25th March | Parent Meetings |

# Term Dates for 2025-26

## INSET Day—School Closed

## Monday 13th April 2026



### SCHOOL TERM DATES 2025-2026

#### AUTUMN TERM

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

#### SPRING TERM

|                       |   |
|-----------------------|---|
| First day of term     | Tuesday 6 <sup>th</sup> January 2026                            |
| Half term (inclusive) | Monday 16 <sup>th</sup> – Friday 20 <sup>th</sup> February 2026 |
| Last day of term      | Friday 27 <sup>th</sup> March 2026 – close at 2pm               |

#### SUMMER TERM

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

#### STAFF INSET DAYS – SCHOOL CLOSED

|                           | Autumn Term   | Spring Term                         | Summer Term                        |
|---------------------------|---|-------------------------------------|------------------------------------|
| 1 <sup>st</sup> half term | Monday 1 <sup>st</sup> and Tuesday 2 <sup>nd</sup> September 2025 | Monday 5 <sup>th</sup> January 2026 | Monday 13 <sup>th</sup> April 2026 |
| 2 <sup>nd</sup> half term |   |                                     | Monday 20 <sup>th</sup> July 2026  |

Please note Nursery and Reception start dates in the Autumn Term differ due to home visits and phased transition. You will receive your child's start date as part of the welcome pack and will be discussed at the meeting prior to the Autumn Term start.

## Nut Free School

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

# STOP!

you are now entering a



nut  
free  
zone

please DO NOT bring  
nuts into this area

BE ALLERGY AWARE WITH ALLERGY LIFESTYLE®

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

# MAYOR OF LONDON

**Date:** May 2025

Dear Parent/Carer,

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

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

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

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

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

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

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

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





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

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

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

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

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

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

# Message to parents from our School Inclusion Support Officer

## **School Inclusion Support Officers**

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

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

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

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

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

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

**It is never too late to benefit from good attendance.**



# Lateness

*How much time can you lose?*

In one school year

**5 Minutes**

late each day



Sixteen  
days of  
missed  
schooling



# Raise FREE donations for

**FLEET PRIMARY SCHOOL**

every time you **shop online**

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

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

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



Download the easyfundraising App



**NOTE...**

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

# Fleet Primary School

would like you to join their channel on Parent Hub.

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

**@FleetPrimary**

The Parent Hub app is FREE to download and use.



## What is Parent Hub?



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

## Instructions for Parents



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

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

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



# Fleet's Forest School Request

Dr Bike – get your bike checked over ready for the Winter!



Free Bike Checks. Bring your bike along to the school on Thursday 19th March from 08:45 and have it checked over by professional cycle mechanics. We have 20 spaces available so please book early to avoid disappointment.

Booking via the school required – contact [admin@fleet.camden.sch.uk](mailto:admin@fleet.camden.sch.uk) or call 0207 485 2028.

Minor services, parts and repairs will be free. You can also ask for advice on bike fitting and any technical questions.



Important: This is a free service and delivered in the school. Some repairs may require a workshop. We will advise you if this is the case. If the bike is beyond repair, we will advise you. Please bring replacement inner tubes if you think your bike has punctures. The inner tube will be replaced. We are unable to provide inner tubes as there are many different types and we are unable to carry all the types.

# CONSULTATION NOW OPEN

# PARKHILL, LAWN AND FLEET

SAFE AND HEALTHY STREETS



We want to ensure that our streets provide a lasting legacy of greener, safer and healthier travel. Find out what we are proposing for the area around Fleet Road and share your views in the consultation.



**Safe**

Across Camden we want our streets to have more safe space for pedestrians and people who cycle

**Open**

For children to get to and from school safely and healthily

**Green**

For you to be breathing cleaner air and to reduce carbon emissions from vehicles

**Space**

For businesses to flourish

# CONSULTATION NOW OPEN

## PARKHILL, LAWN AND FLEET SAFE AND HEALTHY STREETS

We want to improve road safety on Fleet Road, outside Fleet Primary School, and on the streets between Fleet Road and Haverstock Hill. We also want to make it easier, safer and more enjoyable for people walking, wheeling and cycling to travel in the area. Our proposals include:

- Widening pavements outside Fleet Primary School plus adding plants, seating and upgrading the signalised crossing making it easier, safer and more enjoyable for people travelling to and from the school
- Tackling speeding by improving traffic calming measures including new and upgraded speed humps within the Parkhill Road area, covering Parkhill Road, Lawn Road, Upper Park Road and Downside Crescent.
- Introducing a trial one way system for motor vehicles at the junctions of Parkhill Road and Lawn Road where they meet Fleet Road, to improve road safety for people walking and cycling across these side roads
- Improving junctions across the area so it's safer for people crossing
- Moving the Abacus School coach bay, making it safer at pick up and drop off times.

## HAVE YOUR SAY

To find out more, including full details on the plans, and to share your views, visit our website to answer a few quick questions. Use the QR code to access the site from your phone, or visit:

[Camden.gov.uk/consultation](https://camden.gov.uk/consultation)

The consultation finishes 22 March 2026



If you'd prefer a paper form or information in any other format (like large print or another language) call us on 020 7974 4444 or email: [safetravel@camden.gov.uk](mailto:safetravel@camden.gov.uk)

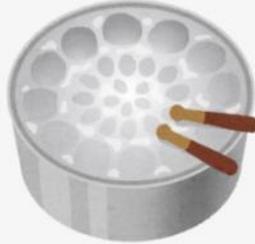
**Thank you for sharing your thoughts with us.**

The final decision on whether to go ahead with any permanent changes will be made based on evidence including the consultation responses, policies, Officer observations, and other data collected to date.



# Camden Youth Steel Bands

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



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

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

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

£66.70 per term

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

Scan the QR code  
below to register



## Why Learn Steel Pan Music?

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

**Musical Skills:** Develop rhythm, coordination, and musicality.

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

**Confidence:** Build self-esteem through performance and practice.

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

camdenmusictrust



Supported using public funding by  
Department for Education  
ARTS COUNCIL  
ENGLAND

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



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## Music lessons at Fleet School

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

**Getting started is easy!**

Simply apply online

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



Or scan the QR code

020 7974 7239

camdenmusic@camden.gov.uk



camdenmusic



## Have fun learning to play the drums at Fleet School

- Lessons will take place during the school day
- Taught by an experienced Camden Music Tutor
- Recommended for children in years 2 - 6

**Getting started is easy!**

Simply apply online

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

020 7974 7239

camdenmusic@camden.gov.uk



camdenmusic



## Have fun learning to play the piano at Fleet School

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

**Getting started is easy!**

Simply apply online

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

Or scan the QR code above

020 7974 7239

camdenmusic@camden.gov.uk

# Message from Camden Music Service:



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

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

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

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

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

## Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

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

## How can you help?

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

## What else will help?

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

Find out more here

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

and here

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

## Terms and conditions

All Camden Music staff have enhanced DBS clearance.

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

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

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

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

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

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

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



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

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

### Getting started is easy!

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

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



020 7974 7239

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

### Camden Music Service

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

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

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

# Individual Instrument Tuition at Fleet

## Welcome to the Camden Instrumental Service

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

## What instruments can my child learn?

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

## Will my child need an instrument?

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

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

## When and where will lessons take place?

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

## What types of lessons are there?

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

### Shared lessons

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

### Individual lessons

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

## What will it cost?

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

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

## How do I pay?

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

## Is any financial help available?

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

## What about if we want to stop?

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

## How do I apply?

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

# WELCOME TO CAMJAM!

The Camden Music Junior Saturday Centre



## JOIN US ON SATURDAYS

at Brecknock School, NW1 9AL

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



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



**camdenmusic**

020 7974 7239  
camdenmusic@camden.gov.uk



# 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

📍 Camden School for Girls, Sandall Road,  
London NW5 2DB



# JOIN 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



[www.camdenmusic.org](http://www.camdenmusic.org)



Camden  
**MUSIC**

#WeMakeMusic



# LOTE 4Kids

*Storytime, in their language*

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

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



Download on the  
App Store



GET IT ON  
Google Play



# Camden





Camden



**NHS**

**Whittington Health**  
NHS Trust

## Camden Language and Communication Service (CLCS)

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

### Speech and Language Therapy Advice Line:

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



**Call:** 020 3772 0390 (please leave a message)

**Email:** [whh-tr.camsltclcs@nhs.net](mailto:whh-tr.camsltclcs@nhs.net)

**If you require a phone interpreter, please let us know**

**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:





Introducing the new neurodevelopmental website for children, young people, families and professionals in Barnet, Camden, Enfield, Haringey and Islington

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.

**Autism and ADHD 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 neurodevelopmental resources

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 young people, parents and carers

SCAN ME

<https://londonwaitingroom.nhs.uk/autism-adhd-support-ncl>

# Autism and ADHD 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  
neurodevelopmental  
resources

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



SCAN ME

Professional  
advice and  
guidance on  
Autism & ADHD  
symptoms

Help with finding a  
local NHS service  
for a diagnostic  
assessment

Hear the voices of  
young people,  
parents and carers

## **You can get the winter COVID-19 vaccine if you are:**

- Aged 75 and over
- Residents in care homes for older adults
- 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 employer-led occupational health provision

# CAMDEN

## Parent Carer Forum

### SPRING TERM Calendar 2026

Welcome to our SPRING Term Calendar of events, workshops and meetings for any parent, carer in Camden with a child or young person (0- 25 years) with additional needs. Whether you are seeking guidance, looking to share your views and experiences or simply hoping to connect with other parents or carers, our calendar has something for everyone - we look forward to welcoming you all!

-  Breakfast Clubs - Meet other parents for a relaxed morning chat over a light breakfast.
-  Walk & Talk - Gentle walk on Hampstead Heath + warm conversation + coffee breaks.
-  Workshops - Practical sessions with local services and agencies—information, advice & support.
-  Forum Meetings - Speak directly with professionals, ask questions, share feedback, stay informed.
-  Relaxation, Movement & Lunch – light physical exercises to relax the body & mind followed by a cooked lunch

If you would like to attend any of the events on our calendar below, request a link to join 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](mailto:CamdenPCF@kids.org.uk) Our main email address  
[Aishatu.Mohammed@kids.org.uk](mailto:Aishatu.Mohammed@kids.org.uk) Text or Call Aisha 07385 003 662  
[Charlene.Murphy@kids.org.uk](mailto:Charlene.Murphy@kids.org.uk) Text or Call Charlene on 07711 767 258  
[Jade.Green@kids.org.uk](mailto:Jade.Green@kids.org.uk) Text or Call Jade on 07825 671 523

We are also on Facebook – [facebook.com/CamdenPCF](https://facebook.com/CamdenPCF), IG @CamdenPCF and X @CamdenPCForum  
[Please do connect with us!](#)

### January

- 14<sup>th</sup> Wed The PCF 'Breakfast Club', 10:30am-11:30am @ Kilburn Grange Children's Centre & Family Hub (NW6 2JL)
- 20<sup>th</sup> Tue Forum Meeting – 'HYBRID' (online and in person event) 10.30-12.30pm @The Greenwood Centre, Kentish Town
- 21<sup>st</sup> Wed Sleep Workshop with CAMHS all ages, 12.30-2.30pm Online - register for link
- 26<sup>th</sup> Mon CAMHS Reflective Space – 12.30-2pm @ Kentish town congregational church, Kelly Street
- 27<sup>th</sup> Tue 'Movement, Relaxation & Lunch' 12pm-2pm @ Kentish Town Congregational Church, Kelly Street, NW1 8PH.

### February

- 2<sup>nd</sup> Mon 'Walk and Talk', 10:15am-12:30pm @ Hampstead Heath TBC
- 4<sup>th</sup> Wed 'Coffee & Catch up' – 11.30-12.30pm Online - register for link
- 10<sup>th</sup> Tue 'Movement, Relaxation & Lunch' 12pm-2pm @ Kentish Town Congregational Church, Kelly Street, NW1 8PH.

### March

- 3<sup>rd</sup> Tue Tribunal Training for Parents & Carers with SENDIASS, 10.30am-12:30pm @Greenwood Centre, Kentish Town.
- 9<sup>th</sup> Mon Walk and Talk, 10:15am-12:30pm, @ Hampstead Heath TBC
- 11<sup>th</sup> Wed PCF 'Breakfast Club', 10:30am-11:30am @ Regents Park Children's Centre & Family Hub (NW1 3TJ)
- 17<sup>th</sup> Tue 'Movement, Relaxation & Lunch' 12pm-2pm @ Kentish Town Congregational Church, Kelly Street, NW1 8PH
- 23<sup>rd</sup> Mon Intro to CAMHS Workshop - all ages, 12.30-2.30pm, Online register for link
- 25<sup>th</sup> Wed Forum Meeting – 'HYBRID' (online and in person event) @ The Greenwood Centre, Kentish Town

**WALK and TALK, Hampstead Heath:**



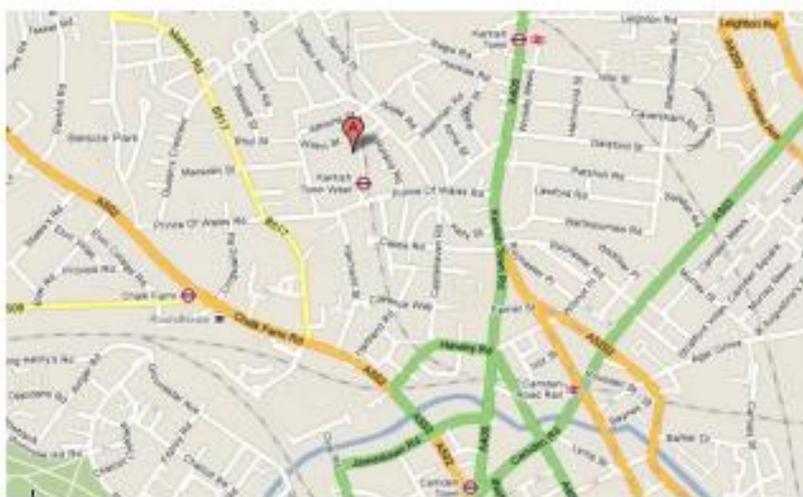
Meet near Parliament Hill Cafe/toilets on Hampstead Heath by the Parliament Hill side of the Heath near the tennis courts (bus access from C2 or 214 or C11 get off at Parliament Hill/ Swains Lane bus stop).  
Contact Ali Turner for more information: 07788 521693.

**Training Courses & Forum Meetings:**



**Greenwood Centre, 37 Greenwood Place, London NW5 1LB**

Situated in Kentish Town and a 5 mins walk from Kentish Town Underground Station, 10 min walk from Kentish Town West Overground Station and a 15 min walk from Gospel Oak Overground Station. Also served by bus 88 and 214.



**Kentish Town Congregational Street, Kelly Street NW5 8PH**

Situated in Kentish Town and a 5 mins walk from Kentish Town West Overground Station and a 10 minute walk from Kentish Town Underground Station. Also served by bus 88, 393, 134 and 214.

**Just email us or text to join a session!  
CamdenPCF@kids.org.uk  
07385 003 662**

## Want to join us?

Get in touch to become a free member of our Forum. We will add you to our mailing list where you will receive invitations & reminders of our termly events as well as our monthly newsletter which has lots of useful information.

- Join our mailing list using the QR code below.
- Come along to any of our events & meet us in person.
- We are on Facebook, IG and X
- Become a Forum Champion & work closely with us.



“The Camden Special Parents Forum is like a Sat-Nav for SEND. It takes you exactly where you need to go”

- Camden parent

You can also email us at:  
[CamdenPCF@kids.org.uk](mailto:CamdenPCF@kids.org.uk)

Or text/call on: 07385 003 662

Address: KIDS Camden,  
The Old Town Hall,  
213 Haverstock Hill,  
London, NW3 4QP

Like our Facebook page to see what we're up to, receive news and to keep connected. You can also follow us on Facebook & X.

 @CamdenSpecialParentsForum

 @CamdenPCF

 @CamdenSPForum

“I love being around other parents and carers that understand how I'm feeling & can offer supportive ways to help me and my child.”

- Camden parent

A Kids Charity organisation, funded by the Department for Education & commissioned by Camden.



Charity no: 275936

Company no. 1346252

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

# CAMDEN

Parent Carer Forum



Camden's official Forum for parents and carers of children and young people aged 0-25 with Special Educational Needs and Disabilities (SEND).

Providing a safe and supportive community for parents and carers of SEND children in Camden.

## Who are we?

The Camden Special Parents Forum is run by parents of SEND Children who live in & have links with the local Community. We understand the unique journey of raising children with special educational needs. We aim to share information, listen to your experiences, identify common themes and strengthen our common voice to improve services.

We are a member of the National Network of Parent Carer Forums (known as the NNPCF), which brings together the collective voice of families like ours from across England.

We work in partnership with Camden Local Authority (Education, Health & Social Care) and other service providers to influence how they commission, plan and deliver services to meet the needs of children and young people with SEND.



## What do we do?

### 1 Peer support:

We hold regular events to bring parents & carers together in person or online, in a safe and supportive environment where they can share experiences & discuss ideas. We provide activities that promote self care & support Parents and Carers looking after themselves to ensure that they can look after others to the best of their ability.

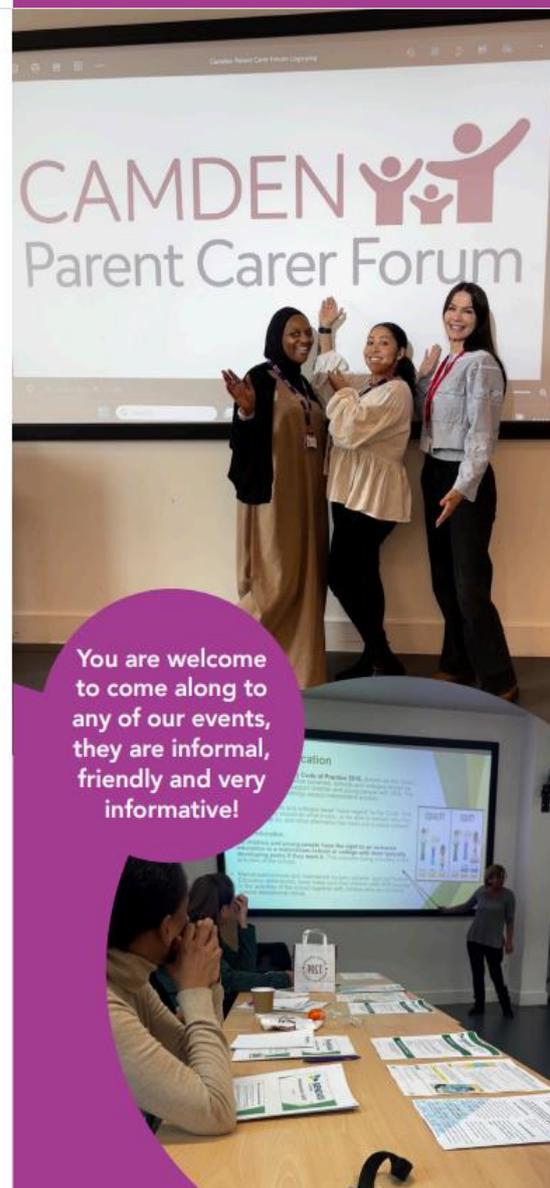
### 2 Training and Workshops:

We work in partnership with different education, health and social care providers to provide training and workshops on different topics helpful to parents and carers.

### 3 Co-production and Co-Design

We work in partnership with Camden Local Authority to feedback views of parents and carers and ensure that the families voices are at the centre of the work that they do. We hold an informative bi-monthly forum meeting which is attended by professionals alongside parents and carers to break down the barriers & support a co-productive relationship. Members are encouraged to share individual & collective experiences & use their voices to help co-design & shape services.

We also support key opportunities for parents & carers to feed into focus groups/ provide consultation on key areas.



You are welcome to come along to any of our events, they are informal, friendly and very informative!

# CAMDEN Parent Carer Forum

## **Movement, Relaxation & Lunch**



**Would you like to join a group of parents and carers, led by an instructor in gentle movement and relaxation sessions followed by a lovely, freshly prepared group lunch?**

If so, please join us on:

When?

**Tuesday 17<sup>th</sup> March 26**

**Tuesday 2<sup>8th</sup> April 26**

Time?

**12-2pm**

**12-2pm**

**Where:**

Kentish Town Congregational Church, Kelly Street, Kentish Town NW1 8PH (The entrance is through the gates and across the garden)

These sessions will focus on gentle movement, stretching, relaxation and well-being, followed by a re-invigorating lunch freshly prepared by our KIDS keyworkers – suitable for all abilities.

**Come along and try it out, this one is for looking after YOU!**

To book a place please text your name to [Aishatu.mohammed@kids.org.uk](mailto:Aishatu.mohammed@kids.org.uk) call or text 07385 003 662/ [Jade.Green@kids.org.uk](mailto:Jade.Green@kids.org.uk) call or text 07711 767 258

<https://www.facebook.com/CamdenSpecialParentsForum>

Limited numbers - booking in advance is required.

***Please bring an exercise mat or something comfortable to use.***

# CAMDEN Parent Carer Forum

## Introduction to Child and Adolescent Mental Health Services (CAMHS)



This session offers a helpful introduction to CAMHS for parent and carers. Led by two experienced CAMHS clinicians, Susan Cottam and Adele O'Hanlon, the session will explain what CAMHS is, the types of support available, and how children and young people can be referred. There will be time for questions, giving parents and carers the opportunity to better understand the service and how to navigate support

**When: Monday 23<sup>rd</sup> March, 12.15-1.30pm**

**Where: Hybrid: In Person- at the Greenwood Centre, NW5 1LB**

**Online: Teams Register For Link**

**To register for the link please email: [Camdenpcf@kids.org.uk](mailto:Camdenpcf@kids.org.uk) / [Aishatu.Mohammed@kids.org.uk](mailto:Aishatu.Mohammed@kids.org.uk) Or you can call or text 07385 003 662**

# CAMDEN Parent Carer Forum

## Hybrid Forum Meeting

Tuesday 24<sup>th</sup> March 2026 - 10.30am – 12:30pm

This meeting will be held in person at The Greenwood Centre (37 Greenwood Place London NW5 1LB) and online via Teams



**This meeting is for Camden Parents and Carers who have or care for a child or young person (0-25 years old) with additional needs.**

Join us for our regular bi-monthly meeting, where you will hear service updates from:

- **The Camden Parent Carer Forum**
- **Camden's Special Educational Needs (SEND) Service**
- **Children and Young People with Disabilities Service (CYPDS)**
- **MOSAIC Health Service**
- **Learning Disability Community Support Service**

This is a great opportunity to meet other parents and carers and speak to the different teams, learning more about the services that they provide. You will also be able to ask questions directly and feedback your lived experiences to help shape future support.

**Come along to listen, chat, and catch up - we'd love to see you there!**

Everyone is welcome, but please sign up in advance so we can plan the space and share the Teams link if you are joining online.

To book a place please email [CamdenPCF@kids.org.uk](mailto:CamdenPCF@kids.org.uk) / [Aishatu.mohammed@kids.org.uk](mailto:Aishatu.mohammed@kids.org.uk)

You can also call or text 07385 003 662 / 07711 767 258

# ADHD Parenting Programme



FREE 6-week parent support group for Camden and Islington residents

Parents and Carers of children aged 5-12 with an ADHD diagnosis are welcome!

Learn more about the diagnosis and gain parenting skills and strategies from the 1-2-3 Magic model to help you manage your child's behaviour

**Parents awaiting an assessment can join from  
Session 2**

**Start date:** Wednesday 15<sup>th</sup> April 2026

**Time:** 10am-11:30am

**Venue:** Online (Microsoft Teams)

**Group runs at the same time weekly for 6 weeks**

We accept referrals from professionals and parents. Please use the QR code to access the referral form. Or please email [familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk) to request for a referral form



# Early Years SEND parent coffee morning: focus on sleep

For parents and carers of children aged 0-5 years with emerging or diagnosed Special Educational Needs or Disabilities. This is a relaxed and supportive space where you can:

- Connect with others who understand the challenges and joys of raising a child with additional needs
- Share experiences and advice
- Find emotional support
- Make new friends who understand your journey
- Access information about what resources are available for children with SEND in Camden



**SIGN UP!**

## SLEEP

In our Sleep Workshop for parents, Michelle Stott (Mosaic CAMHs psychologist and sleep counsellor) will:

- Discuss what might be maintaining your child's sleeping difficulties
- Give you information and advice about different ways of managing these difficulties including behavioural strategies and evening routines
- Give you a space to ask questions
- Give you an opportunity to meet other parents whose children may be experiencing similar difficulties to yours

After signing up, you will receive a sleep diary that you may want to complete before the session.

When:

Tuesday 21<sup>st</sup> April,  
10:00am-12:00pm -  
Hampden Centre 80  
Polygon Road NW1 1HQ  
and

Tuesday 13<sup>th</sup> October  
10:00am - 12:00pm Agar  
Family Hub Lulworth,  
Wrotham Road, NW1  
9SU

[Click here to sign up](#)

or scan the QR code



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

# Parenting your Child with ADHD

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



What people say about our ADHD programme:

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

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

**“It worked well - thank you!”**

**Brandon Centre**

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

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

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

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

## Brandon Centre

updated / Jan 2022

### Referrals

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

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

### Contact details:

**Brandon Centre**  
**26 Prince of Wales Road**  
**London**  
**NW5 3LG**

Tel: **020 7267 4792**

Email: [familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk)

Website: [www.brandoncentre.org.uk](http://www.brandoncentre.org.uk)



**Brandon Centre**

updated / Jan 2022

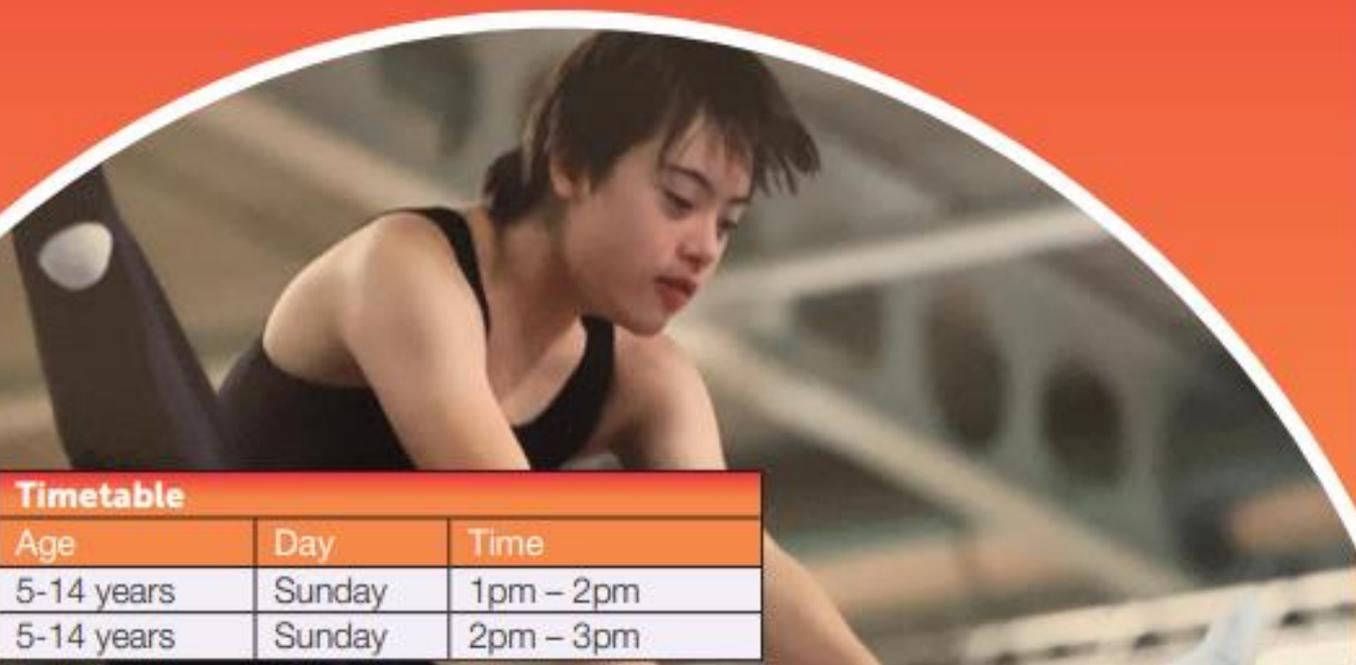
Camden Active

# SEND Trampoline

## Development Courses

Talacre Community Sports Centre, NW5 3AF

Fun weekly sessions for young people aged 5 to 14



| Timetable  |        |           |
|------------|--------|-----------|
| Age        | Day    | Time      |
| 5-14 years | Sunday | 1pm – 2pm |
| 5-14 years | Sunday | 2pm – 3pm |

| Membership | Price per week | Number of weeks per term |                 |                 |
|------------|----------------|--------------------------|-----------------|-----------------|
|            |                | Summer 25                | Autumn 25       | Spring 26       |
| Concession | £4.20          | 12 Weeks                 | 15 Weeks        | 11 Weeks        |
| Standard   | £5.75          |                          |                 |                 |
| Full Price | £7.20          | Starting 22/4/25         | Starting 1/9/25 | Starting 5/1/26 |

- Please be advised that parents/carers are required to remain in the sports hall for the duration of the session to provide support.
- All participants are required to register for a British Gymnastics membership via [www.british-gymnastics.org](http://www.british-gymnastics.org)
- All participants need to pay an annual London Gymnastics fee, payable at Talacre reception when booking your child's place.
- Refunds will incur a 15% admin fee and require 2 weeks' notice. Please note all trampoline courses are **booked on a termly basis**.

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

☎ 0207 974 8754

## Talk to us about MMR

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



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



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

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

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



## Is your child fully vaccinated against measles?

Measles cases are increasing in London

### What is measles?

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

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



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



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



## Measles symptoms

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

Rash



Temperature



Runny nose



Red eye



Cough



### If you think your child has measles

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

Find out more about symptoms and see photos of the measles rash at [nhs.uk/conditions/measles](http://nhs.uk/conditions/measles)

## The MMR vaccine is safe and effective

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

MMR vaccinations are needed at age:



1 year



3 years and 4 months

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

## Getting a free MMR vaccine

- Check if your child is up to date with their measles vaccinations by looking in their Red Book (or vaccine record). If you're not sure, contact your GP to book a free vaccine appointment.
- You can find free vaccine appointments near you at [schoolvaccination.uk/catch-up-camden](http://schoolvaccination.uk/catch-up-camden) or by calling 020 4603 3495.





Vaccination UK  
Immunisation Provider for  
**NHS**

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



[Camden@v-uk.co.uk](mailto:Camden@v-uk.co.uk)



0203 640 7501

# From the National College - Wakeup Wednesday Guides

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

## What Parents & Educators Need to Know about STREAMING SERVICES

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVOD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

### WHAT ARE THE RISKS?

#### COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2023.

#### ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

#### AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

#### EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 16-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

#### BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

#### HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

## Advice for Parents & Educators

### SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

### MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay of ad or graphic content after a child's movie has been played. While some TV shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

### TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

### SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator, and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



See full reference list on our website

X @wake\_up\_weds

f /www.thenationalcollege

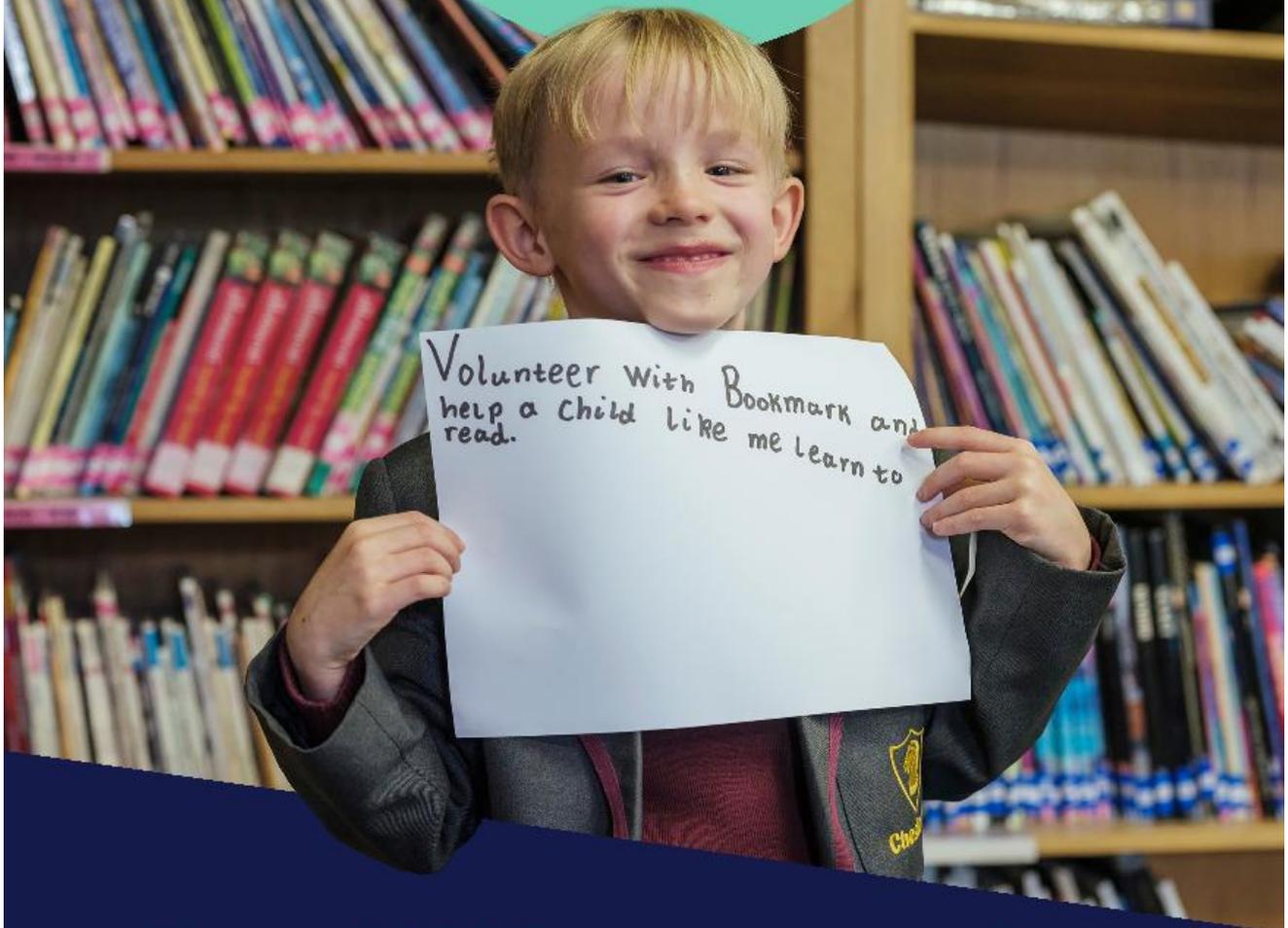
@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.03.2025



Bookmark



## Help a child learn to read

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

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

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

Registered Charity No. 117768

**SIGN UP  
TODAY**



[bookmarkreading.org/  
volunteer2f](http://bookmarkreading.org/volunteer2f)

*Could you volunteer to help a child with their reading? Our school is working with **Bookmark**, a children's literacy charity, to provide our pupils with extra reading support. As a volunteer, you'll come into school to read and play fun, literacy games with the same child for 30-minute sessions, twice a week. We're looking for people who could support a minimum of two children a week, across 12 weeks. Sign up now to help children in your local community. Please feel free to share this volunteering opportunity with your own networks. You can find out more and sign up here: [www.bookmarkreading.org/volunteer2f](http://www.bookmarkreading.org/volunteer2f)*

Number Champions

1 2 3 4 5

fun + skills = confidence



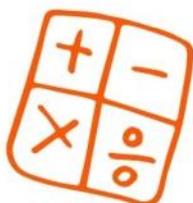
# VOLUNTEERS NEEDED

## School Maths Volunteers

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



### Would you enjoy...



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

### Are you...

- available one afternoon a week during school hours?

Contact Lorraine for more information:

✉ [lorraine@numberchampions.org.uk](mailto:lorraine@numberchampions.org.uk)

☎ 07918 410 847

Find out about us at:

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



Training  
provided

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

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



### JOIN US!

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



### CHILDREN'S BOXING WITH AYBI

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

**FREE  
DROP-IN  
CLASSES**

Mondays & Tuesdays 4:30PM - 6PM

Saturdays 10:45AM - 11:45AM

Ages 8+

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



**TREASURE  
BOXING CLUB**  
EST. 2020

**VRU**

**MAYOR OF LONDON**  
VIOLENCE REDUCTION UNIT

# **CAMDEN ACTIVITY PROGRAM**

**FREE  
BOXING  
CLASSES**

**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**

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

# TERM TIME ACTIVITIES FOR CHILDREN & YOUNG PEOPLE

## IN CAMDEN LEISURE CENTRES



### Lessons and Courses

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

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

**Kentish Town, Swiss Cottage and Pancras Square.**

Book your place at [www.better.org.uk/lessons](http://www.better.org.uk/lessons)

### Swim For All

Available Monday – Sunday

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

Public swimming times may vary please view your local pool programme

[www.better.org.uk/bookings](http://www.better.org.uk/bookings)



### Junior Gym

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

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

### Memberships

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

### Soft Play

Monday – Sunday

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

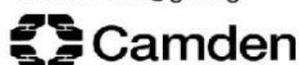


**Talacre Community Sports Centre (under/over 5s):** 09:00 to 18:00 (Weekdays) and 9:00 to 13:45 (Weekends)

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

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

Contact Us: **Pancras Square:** [pancras.square@gll.org](mailto:pancras.square@gll.org)  
**Kentish Town:** [kentishtown@gll.org](mailto:kentishtown@gll.org)  
**Swiss Cottage:** [swiss.cottage@gll.org](mailto:swiss.cottage@gll.org)  
**Talacre:** [talacre@gll.org](mailto:talacre@gll.org)  
**Oasis:** [Oasis@gll.org](mailto:Oasis@gll.org)



# Free Football Sessions Running Round Camden

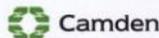
See below for details of session venues and times—including Friday's on the Fleet pitch



## OPEN SPACES TIMETABLE



SUPPORTED BY OUR PARTNERS:



**ARSENAL  
IN THE COMMUNITY**

## 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 | YEAR GROUP         | TYPE  | POSTCODE | START  | END    |
|-------------------|--------------------|-------|----------|--------|--------|
| Elthorne Park     | Y3 - Y6            | Mixed | N19 3NF  | 4.30pm | 5.30pm |
| Elthorne Park     | Y7 - Y11           | Mixed |          | 5.30pm | 6.30pm |
| Rosemary Garden   | Y3 - Y6 & Y7 - Y11 | Mixed | N13DU    | 5.00pm | 6.30pm |
| Rosemary Garden   | Y10 - Y12          | Mixed |          | 6.30pm | 8.00pm |
| London Fields     | Y3 - Y6            | Mixed | E8 4PD   | 5.00pm | 7.00pm |

### TUESDAY

| COMMUNITY SESSION | YEAR GROUP | TYPE  | POSTCODE | START  | END    |
|-------------------|------------|-------|----------|--------|--------|
| London Fields     | Y7 - Y11   | Mixed | E8 4PD   | 5.00pm | 7.00pm |
| Elthorne Park     | Y7 - Y11   | Mixed | N19 3NF  | 4.00pm | 5.30pm |
| Harvist Estate    | Y3 - Y6    | Mixed | N7 7NB   | 4.30pm | 5.30pm |
| Harvist Estate    | Y7 - Y11   | Mixed |          | 5.30pm | 6.30pm |
| St Lukes          | Y3 - Y6    | Mixed | EC1V 9NR | 4.30pm | 5.30pm |
| St Lukes          | Y7 - Y11   | Mixed |          | 5.30pm | 6.30pm |

### WEDNESDAY

| COMMUNITY SESSION | YEAR GROUP | TYPE  | POSTCODE | START  | END    |
|-------------------|------------|-------|----------|--------|--------|
| Kings Square      | Y3 - Y6    | Mixed | EC1V 3QU | 4.30pm | 5.30pm |
| Kings Square      | Y7 - Y11   | Mixed |          | 5.30pm | 6.30pm |
| Westbourne        | Y3 - Y6    | Mixed | N7 8AX   | 4.30pm | 5.30pm |
| Westbourne        | Y7 - Y11   | Mixed |          | 5.30pm | 6.30pm |
| Woodberry Down    | Y7 - Y11   | Mixed | N4 2RJ   | 6.00pm | 7.30pm |
| Elthorne Park     | Y3 - Y6    | Mixed | N19 3NF  | 4.30pm | 5.30pm |
| Elthorne Park     | Y7 - Y11   | Mixed |          | 5.30pm | 6.30pm |

### THURSDAY

| COMMUNITY SESSION | YEAR GROUP | TYPE       | POSTCODE | START  | END    |
|-------------------|------------|------------|----------|--------|--------|
| Andover Estate    | Y3 - Y7    | Mixed      | N7 7RQ   | 4.30pm | 6.00pm |
| Crouch Hall Court | Y7 - Y11   | Mixed      | N19 4EP  | 5.00pm | 6.30pm |
| Mabley Green      | Y8 - Y13   | Girls Only | E9 5HW   | 5.00pm | 7.00pm |

### FRIDAY

| COMMUNITY SESSION | YEAR GROUP         | TYPE       | POSTCODE | START   | END    |
|-------------------|--------------------|------------|----------|---------|--------|
| Rosemary Garden   | Y3 - Y6 & Y7 - Y11 | Mixed      | N13DU    | 5.00pm  | 6.30pm |
| Rosemary Garden   | Y10 - Y12          | Mixed      |          | 6.30pm  | 8.00pm |
| Paradise Park     | Y3 - Y6            | Mixed      | N7 8PF   | 4.30pm  | 6.00pm |
| Paradise Park     | Y7 - Y9            | Mixed      |          | 5.30pm  | 6.30pm |
| Paradise Park     | Y10 - Y12          | Mixed      |          | 6.30pm  | 7.30pm |
| Woodberry Down    | Y3 - Y6            | Mixed      |          | 4.30pm  | 6.30pm |
| Woodberry Down    | Y7 - Y11           | Mixed      | N4 2RJ   | 6.30pm  | 7.30pm |
| Fleet             | Y3 - Y6            | Mixed      |          | NW3 2QT | 4.30pm |
| Fleet             | Y7 - Y11           | Mixed      | 6.00pm   |         | 7.30pm |
| William Tyndale   | Y9 - Y13           | Girls Only | N1 2DL   | 5.30pm  | 7.30pm |

### SATURDAY

| COMMUNITY SESSION     | YEAR GROUP | TYPE       | POSTCODE | START   | END     |
|-----------------------|------------|------------|----------|---------|---------|
| Arts and Media School | Y3 - Y6    | Girls Only | N4 3QL   | 9.00am  | 10.15am |
| Arts and Media School | Y7 - Y11   | Girls Only |          | 10.20am | 11.45pm |

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



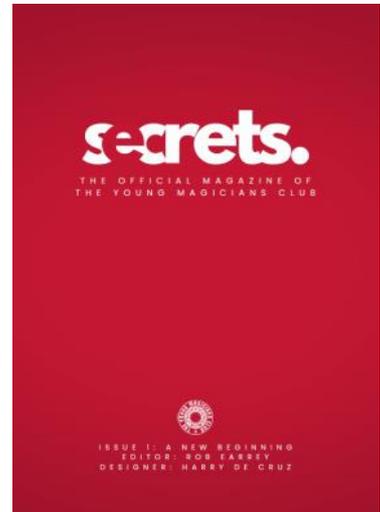
POSITIVEKICKS@ARSENAL.CO.UK

@ARSENAL\_IN\_THE\_COMMUNITY

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

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

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



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

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

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

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

## HOW TO JOIN

**Annual Membership from just £30**

One-off Joining Fee £20

Welcome pack includes:

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



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

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

# THE YOUNG MAGICIANS CLUB

The Youth Initiative of The Magic Circle

**MONTHLY WORKSHOPS**

At The World Famous Magic Circle Headquarters

**MAGIC PACKED MAGAZINE**

Featuring tricks, reviews and interviews

**EXCLUSIVE COMPETITIONS**

Your chance to win BIG bundles of magic

**LEARN FROM THE BEST**

Lectures from the best Magic Circle Magicians

**ANNUAL CONVENTION**

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

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



# Wac Arts

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

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



## Performing Arts

- | Dance
- | Drama
- | Singing
- | Music
- | Musical Theatre

## Creative & Digital Arts

- | Animation
- | Art & Design
- | Filmmaking

**Age  
4 - 30**



[wacarts.co.uk](http://wacarts.co.uk)

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



# RUGBY IN REGENTS PARK



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



Accredited Club

### EVERY SUNDAY THROUGHOUT THE SEASON



07770 753162



regentsparkroyals@gmail.com



regentsparkroyals.com



# DANCE CLASS

Music & Movement - Get fit dancing

Location: Royal Free Recreation Club  
Fleet Road NW3 2QG

Enquiry/Bookings: 07940394383  
gymbodyandmindfit@gmail.com

 **TIME**  
9:00 AM

 **DATE**  
Thursdays



**MENTOR**  
Val Almeida

**REGISTER NOW**



## MATCH PLAY ONLY FOOTBALL SESSIONS

**EVERY THURSDAY** 

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

**BOOK NOW FOR A  
FREE TASTER CLASS**

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

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

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

Website Link  
[www.prorevo.co.uk](http://www.prorevo.co.uk)

More Information:  
 [Prorevolution.devel](mailto:Prorevolution.devel)

# Trampoline

## Development courses

Talacre Community Sports Centre, NW5 3AF

Fun sessions for young people aged 5 to 16

| Timetable   |          |             |
|-------------|----------|-------------|
| Age         | Day      | Time        |
| 5-8 years   | Thursday | 4pm – 5pm   |
| 9-12 years  | Thursday | 5pm – 6pm   |
| 13-16 years | Thursday | 6pm – 7pm   |
| 5-10 years  | Saturday | 9am – 10am  |
| 11-16 years | Saturday | 10am – 11am |

| Membership | Price per week | Number of weeks per term |                    |                    |
|------------|----------------|--------------------------|--------------------|--------------------|
|            |                | Summer 25                | Autumn 25          | Spring 26          |
| Concession | £4.20          | 12 Weeks                 | 15 Weeks           | 11 Weeks           |
| Standard   | £5.75          |                          |                    |                    |
| Full Price | £7.20          | Starting<br>22/4/25      | Starting<br>1/9/25 | Starting<br>5/1/26 |

- Children must wear appropriate sports attire (no jeans)
- Children must wear socks
- Please remove all jewellery before the class.
- All participants are required to register for a British Gymnastics membership via [www.british-gymnastics.org](http://www.british-gymnastics.org)
- All participants need to pay an annual London Gymnastics fee, payable at Talacre reception when booking your child's place.
- Refunds will incur a 15% admin fee and require 2 weeks' notice.
- **Please note all trampoline courses are booked on a termly basis.**

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

☎ 0207 974 8754



# New Scout Group

Opening in Camden  
Castlehaven Community Association

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

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

**Squirrels**

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



**BEAVERS**

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



**cubs**

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



**SCOUTS**

10.5 - 14 year olds  
Friday's - coming soon



**SIGN UP HERE**



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

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

**Meeting Place:**

Castlehaven Community Association  
23 Castlehaven Road, NW1 8RU

All Staff & Volunteers are DBS certified.

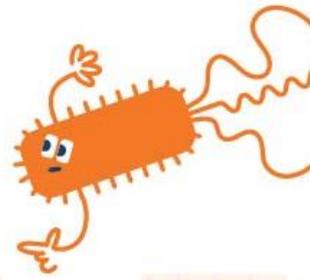
**Contact Details:**

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

Join the adventure and learn #skillsforlife



# Make science fun with our interactive 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](http://kids.crick.ac.uk)



## Bring your Spring topics to life



Safe Internet Day  
10th February 2025

### 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](http://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." *Southbank International School*



Chinese New Year  
17th February 2025

### 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](http://perform.org.uk/chinesenewyear)

"The children loved the workshops, educational and so much fun. Laura was engaging, friendly and very professional." *Clatford CE Primary School*



World Book Day  
5th March 2025

### 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](http://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." *St Edmunds Prep*



### How to book

Our visits last 3-5 hours and we can facilitate a different topic or class each hour.  
Call **020 7255 9121** or visit [performforschools.org.uk](http://performforschools.org.uk)

SMASH HIT FAMILY SHOW DIRECT FROM NEW YORK

# MARIO!

## THE MAKER MAGICIAN

"SUPERB"  
-NY TIMES

"GLEEFUL  
INSANITY"  
-VOGUE



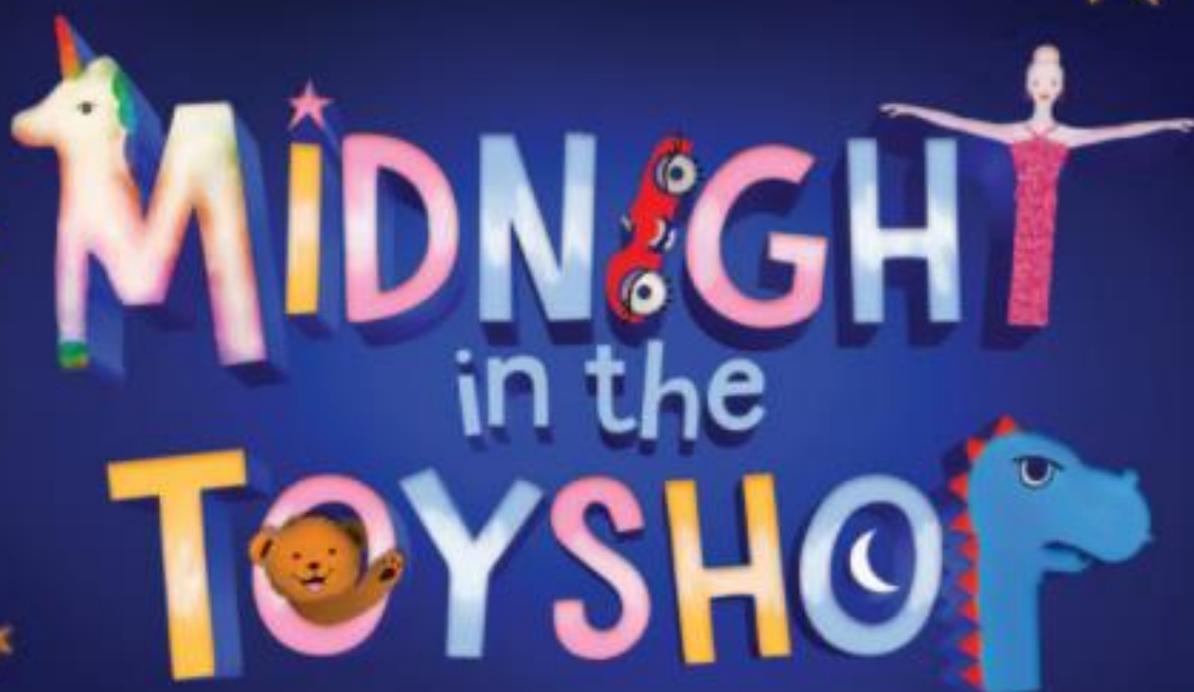
ALL  
AGES

underbelly  
BOULEVARD SOHO

<https://www.mariothemagician.com/>  
For details

**PERFORM  
PRODUCTIONS**  
proudly presents

**NOW  
BOOKING IN  
THE WEST END!**



**MIDNIGHT**  
in the  
**TOYSHOP**

Watch the magic come to life

*"What a great introduction to theatre – a fun-filled story brought to life with catchy songs, wonderful costumes and an amazing cast."*

Praise for our *Magical Merlin* show in October 2025

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**7–12 APRIL**

West Street, London WC2H 9NZ

**toyshop.show**

THE  
ST. MARTIN'S  
THEATRE

WEST STREET – WEST END

# THE PERFECT EASTER TREAT

This April, step inside a magical toyshop where toys spring to life as the clock strikes midnight.

But their world is under threat. When tech entrepreneur, Peyton Pixel, plans to tear down the toyshop and replace it with an "AI Experience Center", the toys must prove that REAL children still want REAL toys.

With Belle Ballerina's feisty attitude, Rebel Racer's high-octane energy and Grumble the Dinosaur's cake-fuelled courage, the unlikely team set off on an epic adventure to show that technology can't replace the magic of true friendship. But can they outsmart Peyton and save their home before daybreak?

Packed with catchy songs, dazzling dances and heart-warming storytelling, *Midnight in the Toyshop* is a delightful musical the whole family will adore.

*"Top rate acting, humorous and fast paced. Costumes and props were amazing, lots of song and dance."*

Praise for our *Magical Merlin* show in October 2025



7-12 APRIL 2026  
ST. MARTIN'S THEATRE

West Street, London WC2H 9NZ

To book tickets visit

[toyshop.show](https://toyshop.show)

Run time: 1 hour. Suitable for age 3+



THE  
ST. MARTIN'S  
THEATRE

Fleet pupils and their families get an exclusive 10% discount on tickets. Just use the code MITT180326 at checkout by Wednesday, 18th March to redeem this limited-time

# Events and activities

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](https://families.camden.gov.uk/events-and-activities) to find out more.*

[Events and activities - Camden Council](#)

## Dolly Parton's Imagination Library

<https://www.camden.gov.uk/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)

# Book NBA Court Time: £1 Basketball Sessions For Londoners

In partnership with the NBA, [GLL](#) (the social enterprise behind Better), and the London Coaches Programme, you can book £1 coached basketball sessions at selected [Better leisure centres](#) across London. Sessions take place from week commencing the 2nd of February 2026 and are delivered by trained coaches, designed to be fun, safe and inclusive for all abilities.

## How to book an NBA Court Time session

### 1. Select your leisure centre below to go directly to the booking page for NBA Court Time at that location.

- [King's Cross Fitness](#) [Bookings | Choose a Time Slot](#)  
Sessions run Friday and Sunday
- [Southbury Leisure Centre](#)  
Sessions run Wednesday and Sunday
- [Britannia Leisure Centre](#)  
Sessions run Friday and Sunday
- [Newham Leisure Centre](#)  
Sessions run Thursday and Sunday
- [Woolwich Waves](#)  
Sessions run Monday and Saturday
- [Botwell Green Sports and Leisure Centre](#)  
Sessions run on Tuesday and Saturday

### 2. Choose your session

- Choose an available date from 2nd February onwards
- Select the correct age group session: 5-10 years or 11-15 years
- Select Book

### 3. Confirm booking

- You'll be asked to log in or create a free Better account to complete the booking.
- Once your booking is confirmed, you'll receive an email confirmation.
- Attend the session at your chosen centre and time.

## Free Tennis Sessions



Rudolph School of Tennis are offering free tennis sessions for children aged 8 to 16. The sessions will take place at Parliament Hill Fields Tennis Courts from 10am to 1pm on Saturday 4 April and Saturday 11 April.

There is no sign up required, simply turn up on the day and play. Please see the map below for location details.

## Where we teach

### **Parliament Hill Fields Tennis Courts**

Parliament Hill Fields, Highgate  
Road, LONDON, Middlesex, NW5  
1QR





## Easter holiday cycle training for children

Free cycle training sessions for children during the half term break. The training is free of charge and is delivered over two days; however, booking is required to secure a place.

Aimed at children and young people aged 6 and above. We offer **Children Learn to Cycle** for children who cannot balance and want to learn how to balance and **Children Building Cycle Confidence** – for children who can ride and would like to prepare for on road cycling. These sessions will include how to start and stop safely, using gears, signalling and stopping in emergencies.

|                   |                                    |                  |  |
|-------------------|------------------------------------|------------------|--|
| 7 + 8 April<br>26 | Children Building Cycle Confidence | 10:00 -<br>11:00 |  |
|                   | Children Learn to Cycle            | 11:30 -<br>12:30 |  |

|                    |                                    |                  |  |
|--------------------|------------------------------------|------------------|--|
| 9 + 10 April<br>26 | Children Building Cycle Confidence | 10:00 -<br>11:00 |  |
|                    | Children Learn to Cycle            | 11:30 -<br>12:30 |  |

**VENUE:** Haverstock School, 24 Haverstock Hill. Chalk Farm. NW3 2BQ

For more information, or to book onto a course please email - [cycletraining@camden.gov.uk](mailto:cycletraining@camden.gov.uk)

Please state which set of dates and which course you would like to book, and you will be sent details on how to register.

**Please ensure you bring your own roadworthy bike.**

**There are some bikes available to borrow. But we cannot guarantee there will be a suitable bike for every rider.**



EVERY TUESDAY AND THURSDAY

# FREE FOOTBALL SESSIONS

**Location:**  
Peckwater Estate,  
Islip St, NW5 2UD

**Dates:**  
Tuesdays and  
Thursdays

**Time:**  
School Year Group 3-6  
4.00pm - 5.00pm

School Year Group 7-11  
5.00pm - 6.00pm

**SIGNUP**



**ARSENAL IN  
THE COMMUNITY**





## After-school & Weekend Activities Weekly Timetable

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   |
|---|---|--|---|---|--|
| <b>Drop-in Basketball</b><br><b>4:30 - 5:30 pm</b><br>Basketball Hoop (outside)<br>(ages 11 - 16)<br>Free | <b>Healthy Cooking Class</b><br><b>4:30 - 6:00 pm</b><br>Castlehaven Kitchen<br>(ages 8 - 16)<br>Free | <b>Healthy Cooking Class</b><br><b>4:30 - 6:00 pm</b><br>Castlehaven Kitchen<br>(Kids & Parents)<br>Free | <b>Football Training (Girls &amp; Boys)</b><br><b>4:00 - 5:00 pm</b><br>Sports Pitch (ages 8 - 16)<br>£4 per Session<br>Dinner Included | <b>Football Training With Pro Touch</b><br><b>4:00 - 5:00 pm</b><br>Sports Pitch (ages 5 - 10)<br>Free  | <b>Martial Arts Training</b><br><b>9:30 - 10:30 am</b><br>Castlehaven Community Hub<br>(ages 8 - 13)<br>£4 per Session |
| <b>Chess Club</b><br><b>4:30- 5:30 pm</b><br>(ages 8 - 13)<br>Castlehaven Kitchen                         |   |  |   | <b>Football Training With Pro Touch</b><br><b>5:00 - 6:00 pm</b><br>Sports Pitch (ages 11 - 16)<br>Free | <b>Castlehaven Youth Hub</b><br><b>10:30 am - 12:00 pm</b><br>Sports Pitch (ages 8 - 16)<br>Free                       |

All our tutors and youth workers are DBS checked. For more information please email [selina@castlehaven.org.uk](mailto:selina@castlehaven.org.uk) or call 0743 5986 620.



# After-school Healthy Cooking Sessions

**For Kids Aged 8 - 16 & Families**

Looking for a fun, free way to get cooking?  
Come along to our after-school session in the  
Community Kitchen, for kids, and parents to cook  
healthy, delicious meals together!

**Tuesdays: 4:30 - 6:30 pm: Kids Only**  
**Wednesdays: 4:30 - 6:30 pm: Kids + Parents**

Email [selina@castlehaven.org.uk](mailto:selina@castlehaven.org.uk) or call  
020 7485 3386 to sign-up!



# Afterschool Chess Club

**Mondays | 4:30 - 5:30 pm**

**Free, afterschool club for children building problem-solving skills in a fun, supportive setting, led by a qualified tutor.**

**Email [selina@castlehaven.org.uk](mailto:selina@castlehaven.org.uk)  
or call 020 7485 3386 for more info.**

# Our Camps

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

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

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



## Contact Us

- 🌐 [www.wallacechess.com](http://www.wallacechess.com)
- 📷 [wallace.chess](https://www.instagram.com/wallace.chess)
- ☎ 07879 655581
- ✉ [bookings@wallacechess.com](mailto:bookings@wallacechess.com)



# HOLIDAY CAMPS 2026



## Dates – 2026

### Spring Half-Term Camp

February 16-19

### Easter Camp

Week 1: March 30-April 2

Week 2: April 7-10 (Tues-Fri)

Week 3: April 13-16

### Summer Half-Term Camp

May 26-29 (Tues-Fri)

### Summer Camp

Week 1: July 13-16

Week 2: July 20-23

Week 3: July 27-30

Week 4: August 17-20

Week 5: August 24-27

Week 6: September 1-4 (Tues-Fri)

### Autumn Half-Term Camp

Week 1: October 19-22 (half-day only)

Week 2: October 26-29

### Christmas Camp

December 14-17



Our goal is that your child's love for chess should thrive! Running for over 19 years, we know what it takes to run a fun day of chess for children of different ages and abilities.



## Our Locations

- Swiss Cottage
- Kensington & Chelsea
- Fulham



## Timings

Half day: 9am-1pm

Full day: 9am-4pm

Mon-Thurs



# Meet your local councillors



**Jenny  
Mulholland**

**020 7974 2792**

Jenny.Mulholland@camden.gov.uk

**Labour and Co-op**



**Marcus  
Boyland**

**020 7974 2792**

**07815 032 923**

Marcus.Boyland@camden.gov.uk

**Labour**



**Lorraine  
Revah**

**07798 846 584**

**020 7974 6775**

Lorraine.Revah@camden.gov.uk

**Labour**

## Surgery times

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

### Cllr Jenny Mulholland

#### **1st and 5th Thursday of the month**

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

For surgery appointments at other times,  
please email

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

### Cllr Marcus Boyland

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

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

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

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

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

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

### Cllr Lorraine Revah

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

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

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

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

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

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

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

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

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

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

## In writing

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

Gospel Oak



# Cost of Living Crisis - Camden Support Available



## Healthy Start pre-paid card and free vitamins

Do you receive income support? Are you pregnant or do you have any children under the age of four? You may be eligible for a Healthy Start prepaid card. The Healthy Start payments can be used to buy milk, fruit, vegetables, and infant formula. If you are eligible, you may receive: **£4.25 each week from the 10<sup>th</sup> week of your pregnancy, £8.50 each week for children from birth to one year old, £4.25 each week for children between one and four years old.** [Apply online](#). Pregnant women and children under the age of four are also eligible for free vitamins from children's centres. Find your local children's centre [here](#).

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

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

## Cost of Living Crisis Fund Payment

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

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

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

### **How to apply**

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

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

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

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

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

### **Eligibility criteria**

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

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

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

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

## The cost-of-living advice bus

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

# Stronger Relationships



For parents and other adult carers living together or apart. **For Parents of Year Six Students Only, group starting Monday 9 March at 1:00pm**

- 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.

Find out more or register for the course by scanning the QR code or emailing us at: [sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk)



Online  
Course

# Stronger Relationships



For parents and other adult carers living together or apart. **For Parents of Year Five Students Only, group starting Wednesday 1 April at 6:00pm**

- 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.

Find out more or register for the course by scanning the QR code or emailing us at: [sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk)



strengthening  
**families**  
strengthening  
communities

# LOVE & LIMITS PARENTING PROGRAMME

**FREE 6-week support group for parents/carers of adolescents aged 12-16 with challenging behaviour**

Groups are held online via Microsoft Teams

**Parents must live in or be registered with a GP in Camden or Islington**

**Start date:** Friday 17<sup>th</sup> April 2026

**Time:** 10am - 11:30am

**Venue:** Online (Microsoft Teams)

**Group runs at the same time weekly for 6 weeks**

We accept referrals from professionals and parents. Please use the QR code to access the referral form. Or please email [familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk) to request for a referral form



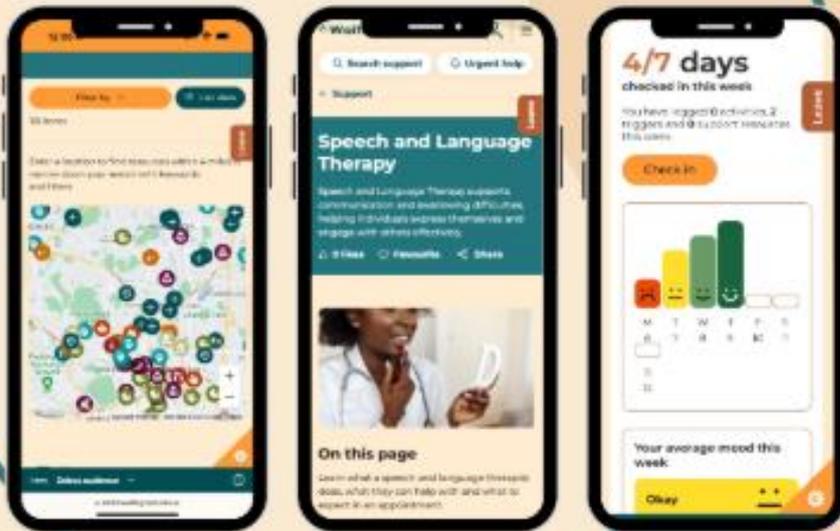
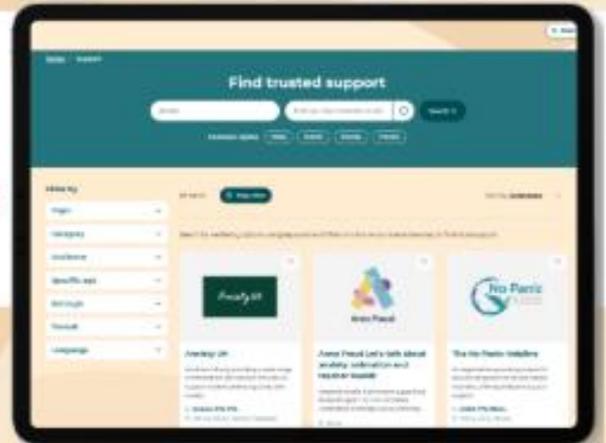
**For more details please email us at:**  
[Familyservice@brandoncentre.org.uk](mailto:Familyservice@brandoncentre.org.uk)

# Waiting Room

[londonwaitingroom.nhs.uk](https://londonwaitingroom.nhs.uk)



- ★ Your **one-stop shop** to finding mental health support
- ★ Use our **trusted search** to find vetted resources across London & beyond



The information provided by Waiting Room is vital. The links available on the site allow families to know where to turn in the interim giving them more opportunities to find help, feel less alone and "wait well".

**Barnet Resident**



## Create an account today

Make the most of all our features by creating an account



Journal your thoughts



Set and track your goals



Save your favourites



Read our daily updates

Designed by You, for You

[londonwaitingroom.nhs.uk/contact-us](https://londonwaitingroom.nhs.uk/contact-us)



Young People



Adults



Parents & Carers



Professionals

Get in touch with us using the QR code or the link.



**The  
Children's  
Society**



# **Emotional health and well-being support**

**For Children and Young People aged 6-25**

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



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

Find out more:  
[childrensociety.org.uk/beam](http://childrensociety.org.uk/beam)  
Service email address:  
[CamdenBeam@childrensociety.org.uk](mailto:CamdenBeam@childrensociety.org.uk)

**Come and talk to us...**

We listen to parents. We can advise you about your child's development, breastfeeding, parenting, housing, employment and benefits advice. There are local free drop-in 'stay and play' sessions and we can help you find an early education and childcare place. In fact everything you need in the early years to bring up your child.

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

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

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



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



**Children's Centres:**

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

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

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



Children's\_Centre\_Colateral\_Sure\_Start\_with\_Father\_Illustrations\_Final\_Artwork.indd 1

12/06/2018 11:44



Pregnancy & New Born Baby

New Born Baby to 2 Years

Child 2 to 5 Years

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

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

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

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

**What kind of help?**

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

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

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

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

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

**Our support.**

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

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

12/06/2018 11:44

# Camden Children's Centre Services

# CAMDEN MHST

## MENTAL HEALTH SUPPORT TEAM

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

## SUPPORT AND INTERVENTIONS

Individual/Parent led therapy

Group therapy and workshops

Whole class interventions

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



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

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

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

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

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

## FLEET PRIMARY SCHOOLS PRACTITIONER

If you are interested in getting help, please contact:  
Saoirse Charles—Family Support Worker

# Parent and carer counselling service

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

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

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

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

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

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



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

Children, schools and families, Camden Council, Crowndale Centre

218 Eversholt Street, London NW1 1BD

Telephone: 0207 974 6500

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



# My SEND Space



## Virtual 1:1 Drop-In Sessions for Young people with SEND (16 - 25)

4pm to 6pm

11 February

11 March

08 April

13 May

10 June

8 July

2026



Free private 30 mins session with a SENDIASS Officer



Microsoft Teams



WhatsApp

- Do you live in Camden and have Special Educational Needs or a Disability (SEND)?
- Do you need information and advice about your education, EHCP, or next steps?
- Do you have any SEND related concerns you want to talk about?

**BOOK NOW**

For joining details please click  **SIGN UP HERE**

OR go to [https://sendiass\\_young\\_people\\_virtual\\_drop\\_ins.eventbrite.com](https://sendiass_young_people_virtual_drop_ins.eventbrite.com)

For more information, please contact the Camden SEND Information Advice and Support Service (SENDIASS) at [sendiass@camden.gov.uk](mailto:sendiass@camden.gov.uk)

# Camden Private Renters' Week

## Online Webinars

 Monday 16 March – Friday 20 March  6-7pm

## Renters' Fair

 Saturday 21 March  11am-4pm

 Crowndale Centre, 218 Eversholt Street, NW1 1BD

Free  
advice,  
information  
and  
support!

- Attend for free advice on your renter's rights
- Get specific advice for students and older renters
- Access benefits and cost of living support
- Learn about energy efficiency and repairs
- And more!

Prize draws  
each day



Register using the **QR code** or at  
[camden.gov.uk/privaterenters](https://camden.gov.uk/privaterenters)  
[privatesectorhousing@camden.gov.uk](mailto:privatesectorhousing@camden.gov.uk)  
020 7974 5969



Looking to get rid of household items for free?

Our next Community Skip event is taking place this Friday where you can drop off unwanted household items including broken furniture, electrical items, household batteries and other bulky waste.

You can also bring unwanted items that are in good condition to swap or give away!

 **Friday 13 March**  
 **Woodfield and Barnfield Estate, NW3 2UU**  
 **11am to 3pm (or until full)**

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 **11am to 3pm (or until full)**

### How does it work?

- This event is free for Camden residents only so please bring proof of address.
- There is limited space available and when the community skip is full, we will not be able to accept more items.
- Each household can bring up to 5 items only and you must be able to carry items yourself.

Supporting people on a low income with certain free medicines



If you're on a low income - speak to your local pharmacy to find out if you're eligible.

A range of common conditions are covered.

Supporting people on a low income with certain free medicines 

If you're on a low income, you might be able to get certain medicines for free from your local pharmacy.

A range of common conditions are covered and treating minor illnesses early could help you get better quickly and avoid a visit to your GP.

# Camden Early Help



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

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

## Early Help



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

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



### How do I get Early Help?

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

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

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

### Other formats

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

### Find out more

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

**E:** LBCMASHadmin@camden.gov.uk

For more information about Early Help visit:

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

Sure Start 020 7974 8961

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

Produced by Creative Services 1251/23

\* free childcare places for eligible 2 year olds



### What's Early Help?

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

### What can you help with?

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

### What does Early Help do?

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

### Early Help services include:

#### Sure Start

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

#### Early Help Co-ordinators

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

#### First Stop Early Help

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

#### Families in Focus

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

#### Transformation Team

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

#### Youth Early Help

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



### Every Early Help team will:

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



## Free 24/7 urgent mental health support for young people

The NHS has set up free telephone lines across London for young people in distress, open all day, every day, and staffed by trained mental health professionals. They can provide immediate support, or refer people to other sources of help if needed.

Find your local crisis line number [here](#).



**URGENT MENTAL HEALTH SUPPORT 24/7**

**Worried about your mental health?**

Young people and their parents can get urgent support and advice from trained NHS mental health advisors, any time, day or night.

Every mental health trust in London has put in place a telephone line for people in urgent need - including children, young people and their parents. The lines are free to call and open 365 days a year.

| AREA                 | BOROUGHES COVERED   | 24/7 SUPPORT NUMBERS |
|----------------------|---|----------------------|
| North West London    | Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster | 0800 023 4650        |
|                      | Ealing, Hounslow and Hammersmith & Fulham                       | 0800 328 4444        |
| North Central London | Barnet, Camden, Enfield, Haringey and Islington                 | 0800 151 0023        |
| North East London    | City & Hackney  | 0800 073 0006        |
|                      | Newham  | 0800 073 0066        |
|                      | Tower Hamlets   | 0800 073 0003        |
| South West London    | Barking & Dagenham, Havering, Redbridge and Waltham Forest      | 0800 995 1000        |
|                      | Kingston, Merton, Richmond, Sutton and Wandsworth               | 0800 028 8000        |
| South East London    | Croydon, Lambeth, Lewisham and Southwark                        | 0800 731 2864        |
|                      | Bexley, Bromley and Greenwich                                   | 0800 330 8590        |

## FREE SCHOOL MEALS STATUS

For this year, all children from Reception—Year 6 will be able to receive a free school meal thanks to the Mayor of London's programme and you don't need to do anything to apply for it—simply let us know your child will be taking up the offer and that is it—nothing to fill in or apply for. However, this is different from 'Free School Meal Status'. This is still something you need to apply through Camden for. It is really important that you do this as this measure dictates a lot of the funding schools are allocated. To ensure we receive the correct funding we need all children who are eligible for this status to complete the process. You may be entitled to this status and therefore Fleet will receive additional funding if you receive one of the following:

- Income Support
- Income-based Job Seeker's Allowance
- Income-related Employment and Support Allowance
- Universal Credit – your

household income must be less than £7,400 a year (after tax and not including benefits)

- Child Tax Credit with a taxable income of no more than £16,190 and not in receipt of Working Tax Credit
- the Guaranteed Element of State Pension Credit support from the National Asylum Support Service (NASS)

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

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

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

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



Recycle 4 Charity

# Treasure Hunt

Attention to all children and teachers!

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

and when not hiding inside printers they usually look like this

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

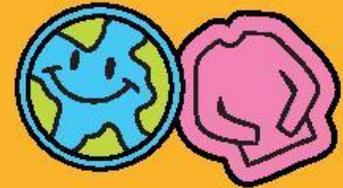
[www.recycle4charity.co.uk](http://www.recycle4charity.co.uk)

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

## Parent group: Families, Food and Feelings

The Enhanced Healthy Living Service (EHLS) runs quarterly 6-week parent groups for Camden and Islington parents/carers of children aged 5-17 who struggle with excess weight. The group focuses on psychoeducation and strategies around boundary setting, healthy modelling, emotional eating and encouraging a healthy relationship with food. Referrals are accepted by professionals and parents can also self-refer via the [brandoncentre.healthyliving@nhs.net](mailto:brandoncentre.healthyliving@nhs.net) email address.





# FREE SCHOOL CLOTHING



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



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



## WHEN AND WHERE TO FIND US:

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



**COMBAT CLIMATE CHANGE AND SAVE FAMILIES MONEY**



# COOPERATION TOWN

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

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**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!

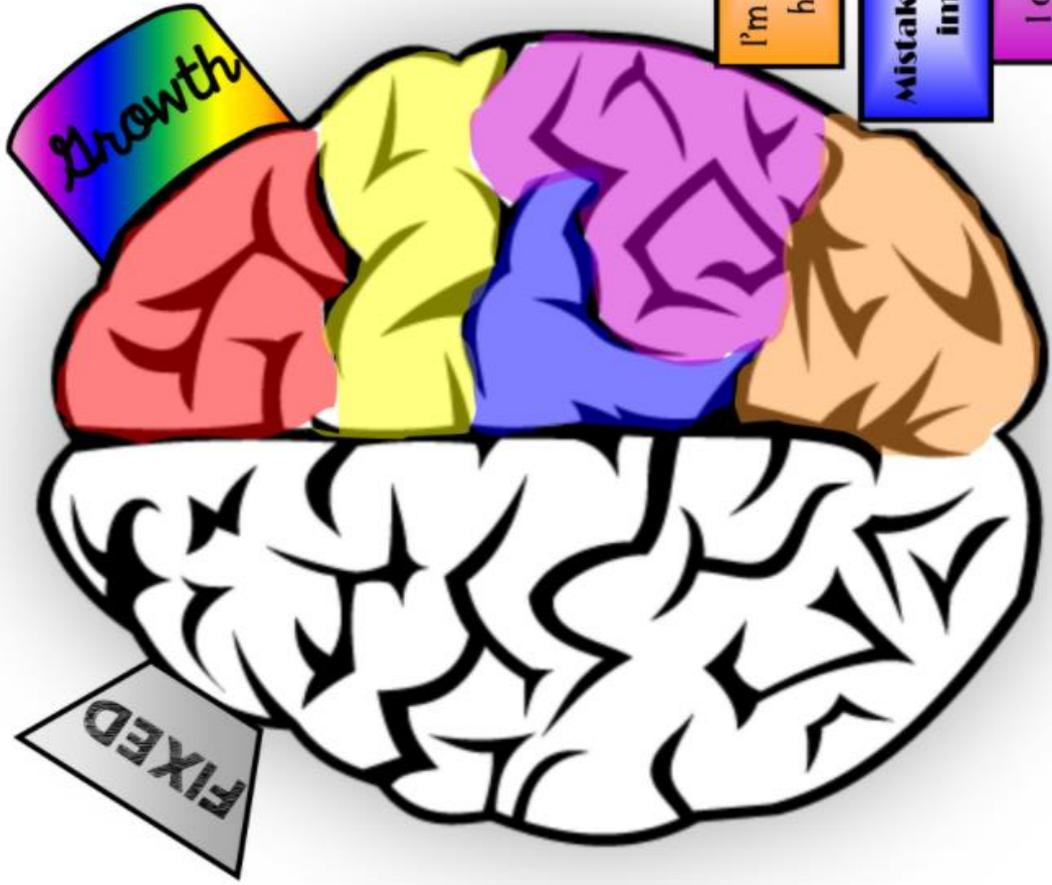
**Start a community food co-op today  
on your street or your estate!**

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

# Change your words Change your *Mindset*

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



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

## Gender equality: guide for families

### What are gender stereotypes?

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

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



### Why are they bad for everyone?

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

#### Study and work:

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



#### Health and mental health:

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

'You cry like a girl'

### FAQs

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

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



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

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

### Toys:

- Building blocks, puzzles and construction develop spatial awareness. Dolls and imaginary play help to develop empathy and communication. Introduce a range of toys for all children.
- Thinking about buying presents? For help avoiding gifts which reinforce gender stereotyping see the Let Toys be Toys website at [www.lettoysbetoys.org.uk](http://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 expressing how they feel.
- What praise are children given? e.g. repeated praise of girls as pretty and boys as clever or strong teaches children what society expects of them.

### Clothes and shoes:

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

### Similarities and differences:

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



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