

Fleet Community Notices



Wednesday 14th January



New items this week...

[Page 39](#) has the latest parent information sheet from National College—this week provides top tips for digital devices and well being. Camden health & wellbeing team are running a fussy eaters workshop online see [page 38](#). Camden parent/carer forum spring dates on [page 28-29](#) and support for parents on [page 30](#). Brandon Centre are running a 6 week group programme on parenting your child with ADHD see [page 32](#). Talacre are running trampoline development courses see [page 50](#) and SEND trampoline development courses see [page 34](#). The October Gallery is having a family art day please see [page 54-55](#) for details. The Camden mobile health bus is offering a walk in service at various locations across Camden see [page 37](#) for details. See [page 11](#) for details on applying for a Reception school place this must be done by the 15th January which is tomorrow if you need help applying please come to the office. Camden children's centres and family hubs have launched a new website highlighting free and low cost events please see [page 56](#) for details. Castlehaven are running after school clubs % activities please see the timetable on [page 58](#) and to see some of the clubs on offer see pages [59-61](#). Tavistock is running some mental health support see [page 64](#) 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.

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.

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.

Contents—Hyperlinks...

- [Dates for diary/term dates Pg 2-3](#)
- [Attendance Pg 6-7](#)
- [Fundraising Pg 8](#)
- [ParentHub Pg 9](#)
- [Forest School request Pg 10](#)
- [Music including Camden Music @ Fleet Pg 13-21](#)
- [Reading, Writing, Language & Communication Resources Pg 22-24](#)
- [Wake Up Wednesday Parent Information Sheet Pg 39](#)
- [Adult Volunteering and Jobs in schools – Pg 40-41](#)
- [Clubs and Events for children and adults – Pg 42-61](#)

- [Parent Advice & Support \(financial, physical & mental health etc. – Pg 62-77](#)
- [MMR information & vaccine Pg 36-37](#)
- [Reception school place information page 11](#)

Online learning resources and homework

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

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

Dates for your diary this term...

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

WHOLE SCHOOL EVENTS

16th January	Parent workshop—pod 9-10am—focused on sleep
27th January	Year 3 & Year 4 maths open morning
28th January	Year 1 & Year 2 maths open morning
29th January	Year 5 & Year 6 maths open morning
16th-20th February	Half term school closed
27th February	Parent workshop - pod - 9-10am - focused on screen time
5th March	World book day
6th March	Everyone's invited programme parent coffee morning - 9-10am in the Qube
10th March	Fluoride Varnish—Nursery to Year 2
19th March + 1 other day this week t.b.c	Parent Teacher Conferences for all classes
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

30th January 9-10am	Camden kids talk stay & play
13th February 9-10am	Camden kids talk stay & play
27th February 9-10am	Camden kids talk stay & play
13th March 9-10am	Camden kids talk stay & play
5th March	World Book Day
17th March	Trip to Kentish Town City Farm

RECEPTION 2025-26

16th January	Occupation dress up day
4th February	Trip to postal museum
12th March	Trip to October gallery
24th March	Trip to London Zoo

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

28th January	Maths open morning
11th February	October Gallery
5th March	World Book Day
20th March	Class assembly
23rd March	Trip to ZooTown

YEAR 3 2025-26

20th January	London Zoo
27th January	Maths open morning
6th February	Year 3 class assembly
5th March	World Book Day
18th/19th March	Year 3 parents meetings

YEAR 6 2025-26

29th January	Maths open morning
30th January	Black History Autograph Workshop
6th February	Class assembly
25th February	RAF Museum
5th March	World Book Day

YEAR 2 2025-26

29th January	Maths open morning
30th January	London Zoo
24th February	Trip to science museum
5th March	World Book Day
13th March	Year 2 assembly

YEAR 4 2025-26

20th January	London Zoo
27th January	Year 3 and 4 open morning
10th February	Keats library
27th February	Class assembly
5th March	World Book Day
10th March	Health education centre
17th March	Keats library

YEAR 5 2025-26

6th Jan-16th Jan	Swimming
21st January	UCL Observatory
26th January	Lightroom Trip
29th January	Maths open morning
10th February	CPR & Defib training
5th March	World Book Day
13th March	Science Museum

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

SPRING TERM

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

SUMMER TERM

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

STAFF INSET DAYS – SCHOOL CLOSED

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

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

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

It is never too late to benefit from good attendance.





Raise FREE donations for

FLEET PRIMARY SCHOOL

every time you **shop online**

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

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

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



Download the easyfundraising App



NOTE...

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

Fleet Primary School

would like you to join their channel on Parent Hub.

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

@FleetPrimary

The Parent Hub app is FREE to download and use.



What is Parent Hub?



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

Instructions for Parents



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

Visit www.parenthub.co.uk 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

Starting school in Camden 2026

Applying for primary school places between
September 2026 and July 2027



Apply online

www.eadmissions.org.uk

Closing date: 15 January 2026



Camden schools:
Bright futures

camden.gov.uk/admissions

 **Camden**



Camden Early Help Cygnet Autism Support

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

What are the aims of Cygnet?

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

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

What topics does Cygnet cover?

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

How does Cygnet work?

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

Venue:

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

Dates:

8 weeks, starting on 20.01.2026 (excluding half term)

Timings: 9.45am-12.15pm

In order to complete the course, you will need to attend a minimum of the 6 core Cygnet sessions. We can support you to attend, including with travel, childcare and interpreting.

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

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

What do parents/carers say about Cygnet?

"Fantastic! Really enjoyable and helpful!"

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

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

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

"The support of other group members is really valuable"

"All aspects of the course were really helpful"

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

Sign up

Request a referral form:
ReferralsFamiliesIn
Focus@camden.gov.uk

Attending a Cygnet programme?

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

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

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





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
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ENGLAND

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



camdenmusic



Music lessons at Fleet School

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

Getting started is easy!

Simply apply online

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



Or scan the QR code

020 7974 7239

camdenmusic@camden.gov.uk



camdenmusic



Have fun learning to play the drums at Fleet School

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

Getting started is easy!

Simply apply online

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

020 7974 7239

camdenmusic@camden.gov.uk



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

Or scan the QR code above

020 7974 7239

camdenmusic@camden.gov.uk

Message from Camden Music Service:



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

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

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

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

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

Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

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

How can you help?

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

What else will help?

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

Find out more here

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

and here

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

Terms and conditions

All Camden Music staff have enhanced DBS clearance.

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



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

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

Getting started is easy!

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

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



020 7974 7239

camdenmusic@camden.gov.uk

Camden Music Service

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

camdenmusic@camden.gov.uk

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

Individual Instrument Tuition at Fleet

Welcome to the Camden Instrumental Service

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

What instruments can my child learn?

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

Will my child need an instrument?

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

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

When and where will lessons take place?

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

What types of lessons are there?

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

Shared lessons

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

Individual lessons

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

What will it cost?

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

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

How do I pay?

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

Is any financial help available?

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

What about if we want to stop?

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

How do I apply?

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

WELCOME TO CAMJAM!

The Camden Music Junior Saturday Centre



JOIN US ON SATURDAYS

at Brecknock School, NW1 9AL

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



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



camdenmusic

020 7974 7239
camdenmusic@camden.gov.uk



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



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.
Or download the free *LOTE4Kids App*.
2. Login using your library card number or access code.
3. Find a book, in your language, and enjoy!



Download on the
App Store



GET IT ON
Google Play



Camden





Camden



NHS

Whittington Health
NHS Trust

Camden Language and Communication Service (CLCS)

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

Speech and Language Therapy Advice Line:

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



Call: 020 3772 0390 (please leave a message)

Email: whh-tr.camsltclcs@nhs.net

If you require a phone interpreter, please let us know

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
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What you can
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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 Our main email address
Aishatu.Mohammed@kids.org.uk Text or Call Aisha 07385 003 662
Charlene.Murphy@kids.org.uk Text or Call Charlene on 07711 767 258
Jade.Green@kids.org.uk Text or Call Jade on 07825 671 523

We are also on Facebook – facebook.com/CamdenPCF, IG @CamdenPCF and X @CamdenPCForum
Please do connect with us!

January

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

February

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

March

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

WALK and TALK, Hampstead Heath:



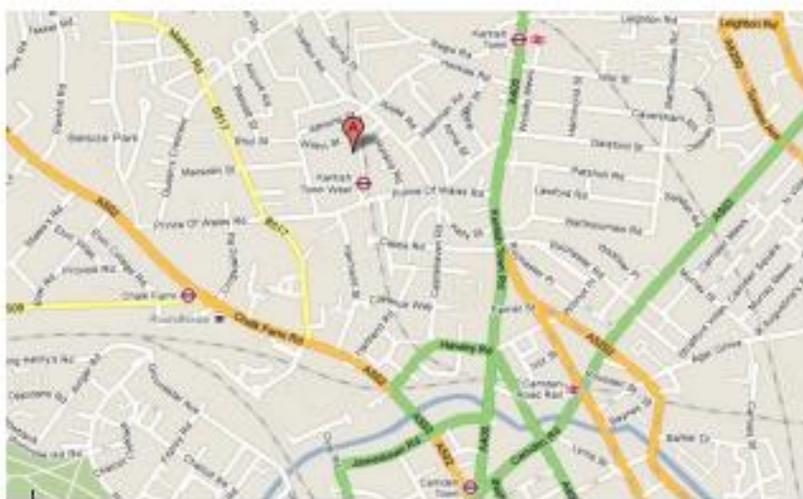
Meet near Parliament Hill Cafe/toilets on Hampstead Heath by the Parliament Hill side of the Heath near the tennis courts (bus access from C2 or 214 or C11 get off at Parliament Hill/ Swains Lane bus stop).
Contact Ali Turner for more information: 07788 521693.

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

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.

f @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

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.

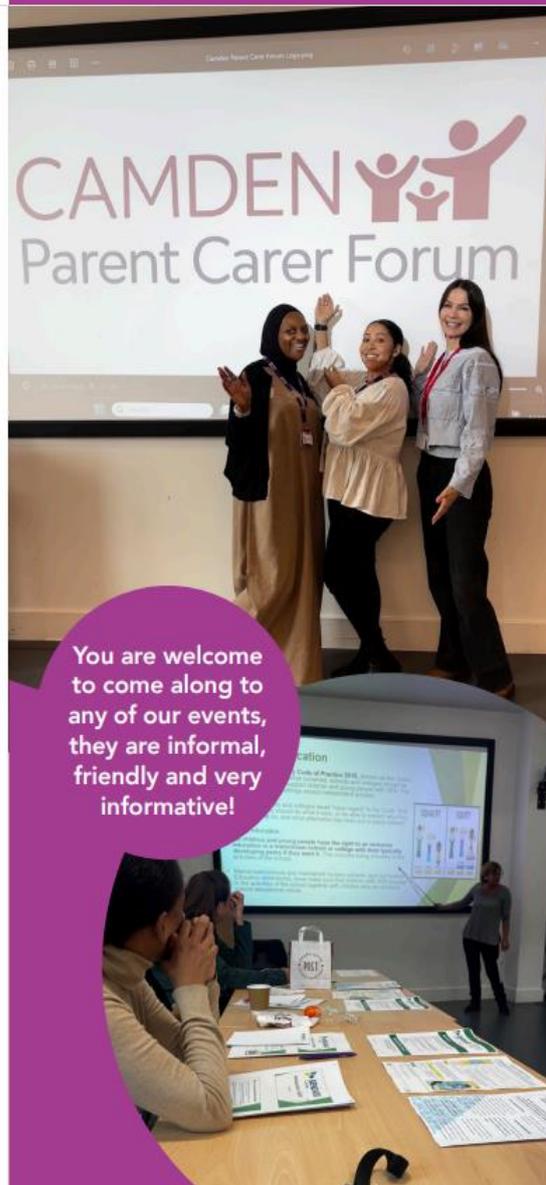
2 Training and Workshops:

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!

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

Self-referrals or professional referrals are accepted and can be made by calling **07939 833 069** or emailing 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

Website: www.brandoncentre.org.uk



Brandon Centre

updated / Jan 2022



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 14th January 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 or referral form to refer



[Click here for referral form!](#)





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: Monday 12th January 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 or referral form to refer



[Click here for referral form!](#)



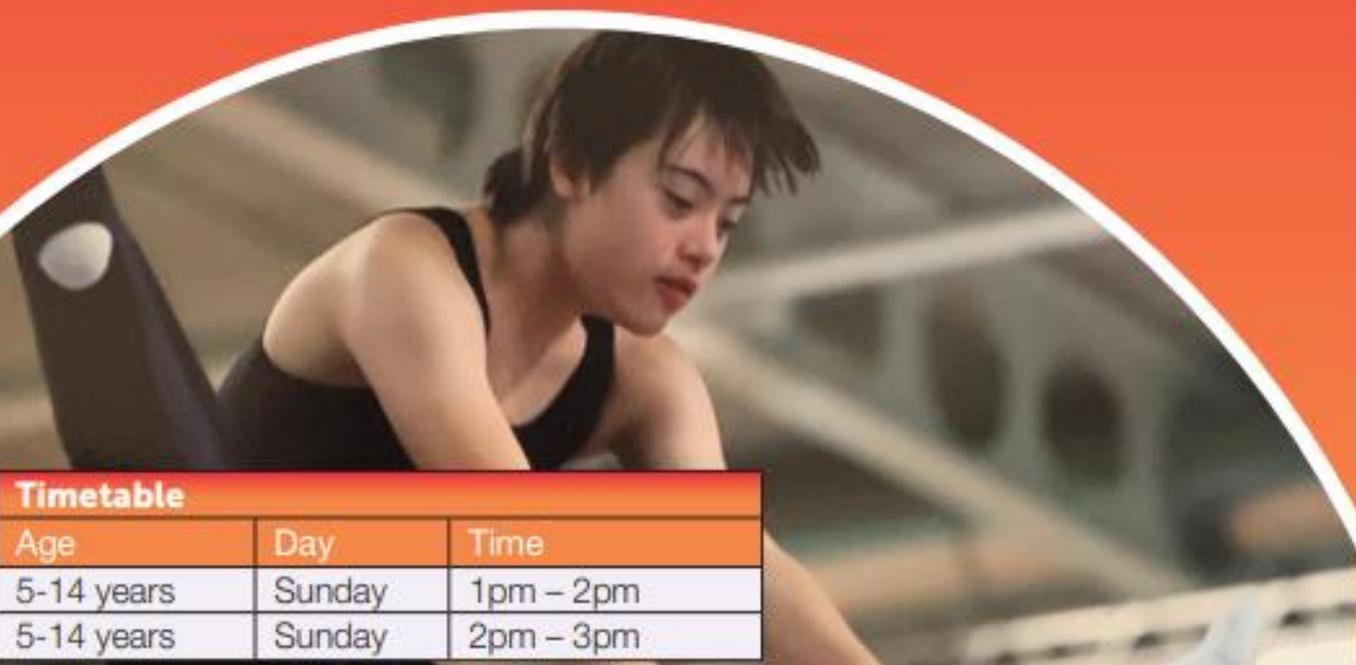
Camden Active

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
- 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

☎ 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



camden.gov.uk/measles



Measles symptoms

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

Rash



Temperature



Runny nose



Red eye



Cough



If you think your child has measles

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

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

The MMR vaccine is safe and effective

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

MMR vaccinations are needed at age:



1 year



3 years and 4 months

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

Getting a free MMR vaccine

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



0203 640 7501

Camden Mobile Health

Come and visit us for a free KYR and BMI assessment, blood pressure checks, information and advice, no appointment needed

We will be open at the following libraries:

Swiss Cottage Library
88 Avenue Road, NW3 3HA

Monday 5 January
12pm-4pm

Camden Town Library
Crowndale Centre, 218 Eversholt Street,
NW1 1BD

Wednesday 7 January
12pm-4pm

Queens Crescent Library
165 Queens Crescent, NW5 4HH

Thursday 8 January
12pm-4pm

West Hampstead Library
Dennington Park Road, NW6 1AU

Friday 9 January
12pm-4pm

Kentish Town Library
62-266 Kentish Town Road, NW5 2AA

Friday 30 January
12pm-4pm

The **Camden Mobile Health Bus** is a walk-in service offering free KYR, BMI and blood pressure checks, health information and advice to support residents to make positive health and wellbeing choices, and to prevent them from developing serious health conditions in the future.



Is your child a Fussy Eater?

If so, then book a place at a free session for parents and carers of children aged 1-4 years

(Parents of older children may also benefit)



Date: Tuesday 3 February 2026

Time: 10am -11.30am

Online

Find out about:

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



Please note: session places need to be booked in advance

Places can be booked using the QR code or by contacting us



Contact us at

✉ healthandwellbeingteam@camden.gov.uk

☎ 020 7974 6736

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.

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops, likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gilbert is Associate Vice Principal for Personal Development at Peristone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeupWednesday

The National College

X @wake_up_weds

f /www.thenationalcollege

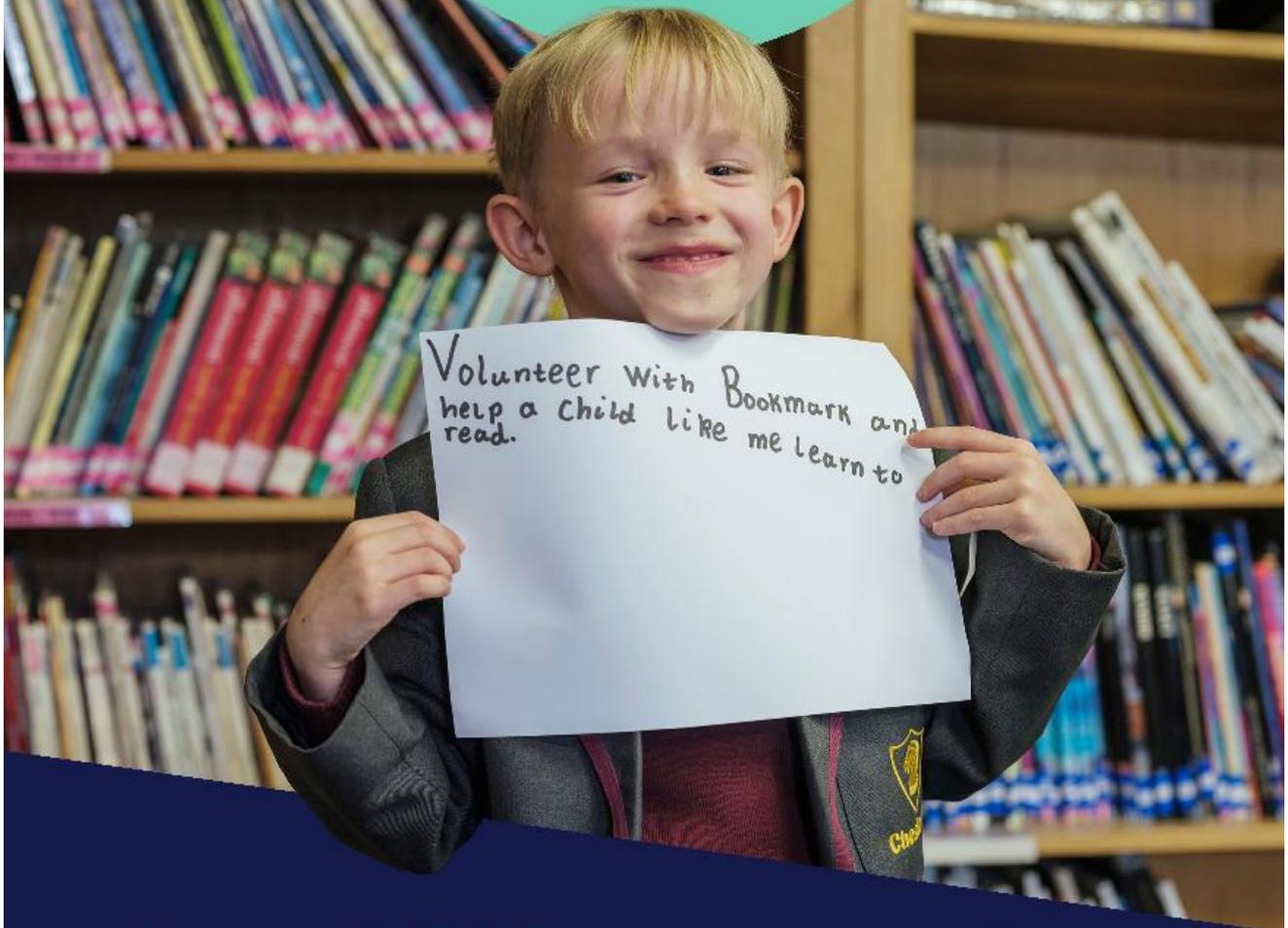
ig @wake.up.wednesday

mus @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: 14.01.2026



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*

Number Champions

1 2 3 4 5

fun + skills = confidence



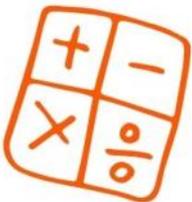
VOLUNTEERS NEEDED

School Maths Volunteers

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



Would you enjoy...



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

Are you...

- available one afternoon a week during school hours?

Contact Lorraine for more information:

✉ lorraine@numberchampions.org.uk

☎ 07918 410 847

Find out about us at:

www.numberchampions.org.uk



Training
provided

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

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

Camden Family Learning Tales and Tumbles



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

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

Please note these sessions
are term time only

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



JOIN US!

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



CHILDREN'S BOXING WITH AYBI

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

FREE
DROP-IN
CLASSES

- Mondays & Tuesdays 4:30PM - 6PM
- Saturdays 10:45AM - 11:45AM
- Ages 8+



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

**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

Swim For All

Available Monday – Sunday

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

Public swimming times may vary please view your local pool programme

www.better.org.uk/bookings



Junior Gym

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

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

Memberships

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

Soft Play

Monday – Sunday

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

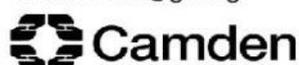


Talacre Community Sports Centre (under/over 5s): 09:00 to 18:00 (Weekdays) and 9:00 to 13:45 (Weekends)

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

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

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



Free Football Sessions Running Round Camden

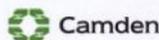
See below for details of session venues and times—including Friday's on the Fleet pitch



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.



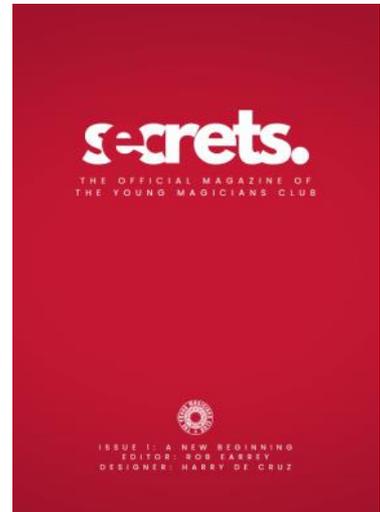
POSITIVEKICKS@ARSENAL.CO.UK

@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
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



Wac Arts

Nurturing children & young people's creativity

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



Performing Arts

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

Creative & Digital Arts

- | Animation
- | Art & Design
- | Filmmaking

**Age
4 - 30**



wacarts.co.uk

213 Haverstock Hill, London, NW3 4QP



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

More Information:
 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 22/4/25	Starting 1/9/25	Starting 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
- 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

☎ 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 9th June which are open to girls & boys!

Meeting Place:

Castlehaven Community Association
23 Castlehaven Road, NW1 8RU

All Staff & Volunteers are DBS certified.

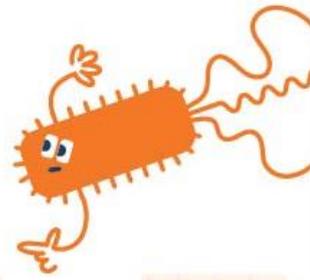
Contact Details:

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

Join the adventure and learn #skillsforlife



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



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

"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

"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

"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

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

october gallery

FAMILY ART DAY

UPCOMING WORKSHOPS
AT OCTOBER GALLERY

SATURDAY 13TH DECEMBER

10AM - 12PM

SATURDAY 10TH JANUARY

10AM - 12PM

SATURDAY 7TH FEBRUARY

10AM - 12PM

FREE
DROP-IN
FOR ALL
AGES

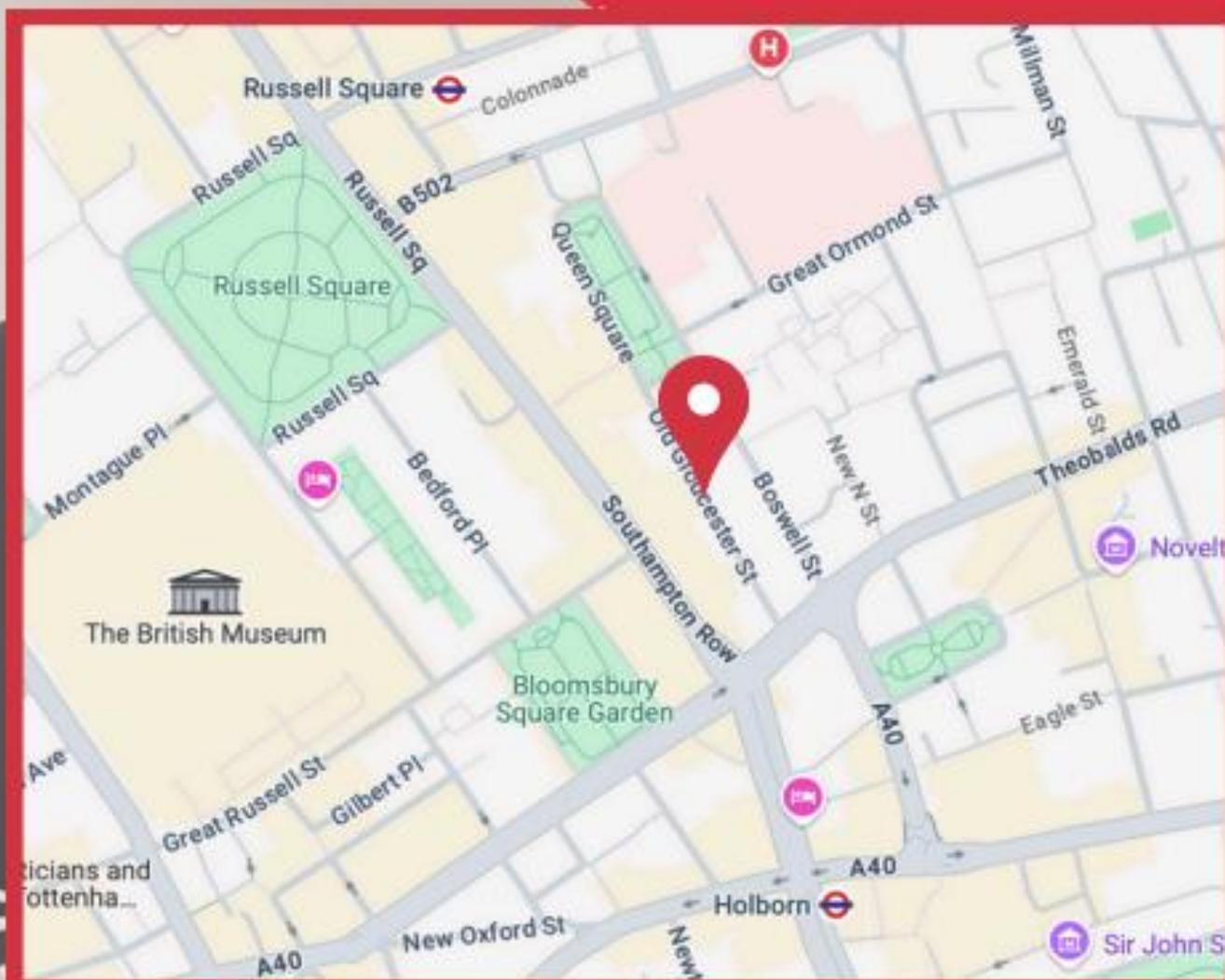
St Andrew Holborn
Charities



ST ANDREW HOLBORN

october gallery

FREE ART AND PLAY AT OCTOBER GALLERY



OCTOBER GALLERY, 24 OLD GLOUCESTER ST.
LONDON WC1N 3AL

FOR MORE INFORMATION OR TO JOIN OUR MAILING LIST:
EDUCATION@OCTOBERGALLERY.CO.UK
WWW.OCTOBERGALLERYEDUCATION.COM



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 to find out more.

[Events and activities - Camden Council](#)

Dolly Parton's Imagination Library

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

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

Imagination Library Scheme

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

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

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



- The No.1 Science Activity Holiday Camp
- For All Boys & Girls Aged 5-12 Yrs
- New Science Activities Every School Holidays
- Find Your Closest Location Online in 10 Secs

FEBRUARY HALF-TERM STEM HOLIDAY CAMP

Mon 16 to Fri 20 February 2026 (5 Days)



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

Book Online:
mnature.co.uk

Or Call:
020 8863 8832



Early Bird and Multi-Book DISCOUNT!



Ofsted
Registered
Childcare Vouchers
GTFC, CGPS,
Universal Credit
Accepted

★★★★★
"BEST CAMP EVER"
Read Parent Reviews at:
feefo ★★★★★
Independent Service Rating

★★★★★
Google
"Mother Nature Science Camp"



FEBRUARY HALF-TERM 2026 Information

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

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

Early Bird and Multi-Book DISCOUNT!

Science Whizz! - New for 2026

Day 1> Science Mix!

Rainbow Paper!
Balancing Robot!
Balloon Zoom!

Day 2> Science Fun!

Crystal Letters!
Static Shock!
Dino Discovery!

Day 3> Science Blast!

Super Slime!
Whole Earth!
Food Chain Cup Stack!

Day 4> Science Slam!

In a Spin!
Hummingbird Spinner!
Chromatography Bouquets!

Day 5> Science Wham!

Rain, Rain Go Away!
MR FABI!
Flying Fish!

and many, many more cool science demonstrations, experiments, games and quizzes!...

VENUES Serving

NW London

- Barnet
- Brent
- Camden
- Ealing
- Harrow
- Hillingdon
- Westminster

NE London

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

SW London

- Kensington
- Hammersmith and Fulham
- Hounslow
- Kingston
- Merton
- Richmond
- Sutton
- Wandsworth

See online for full list...

Google Say "Mother Nature Science Camp" ★★★★★ Rating 4.9

Book online at:
www.mnature.co.uk

Or call us today:
020 8863 8832

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



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



Did You Know?
we also do
THE BEST BIRTHDAY PARTY EVER!



After-school & Weekend Activities Weekly Timetable

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

All our tutors and youth workers are DBS checked. For more information please email 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 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
or call 020 7485 3386 for more info.**

24 Jan 2026
12.30PM - 2.30PM
Meet at Castlehaven
Community Centre

Free

Camden subSTRATUM

**Community
Wassail!**

**An ancient winter festival to
celebrate Nature and Community**

**12.30-1.30 family craft
activities, make a crown
and a shaker.**

**1.30-2.30 Procession to
subSTRATUM**

**Bring a pot or a pan and a
wooden spoon or
Something to make noise.
Dress up as a green being**

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

Cost of living crisis advice, support booklet and translated advice

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

Cost of Living Crisis Fund Payment

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

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

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

How to apply

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

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

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

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

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

Eligibility criteria

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

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

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

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

The cost-of-living advice bus

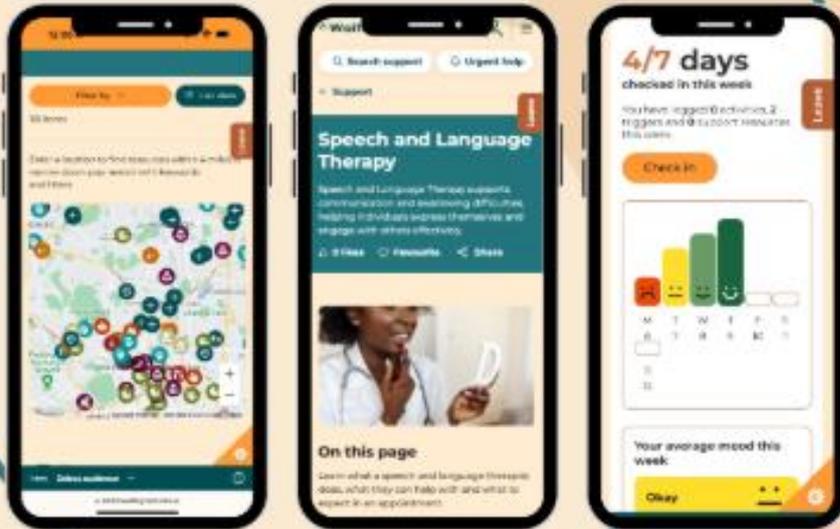
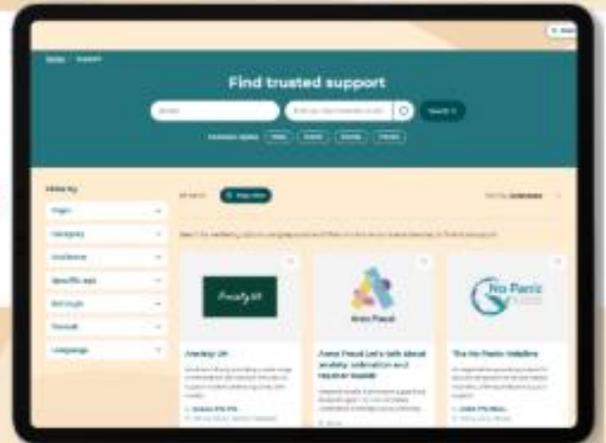
If you're struggling with the cost-of-living crisis and want some help, come along to our advice bus. Run in collaboration with local advice partners, you'll be able to get advice on a range of issues - including money, debt, help finding a job and accessing all the support you're entitled to. In December,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

Waiting Room

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



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
Service email address:
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

Camden Sure Start
Your journey. Our support.



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Pregnancy & New Born Baby

New Born Baby to 2 Years

Child 2 to 5 Years

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

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

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

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

What kind of help?

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

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

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

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

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

Our support.

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

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Camden Children's Centre Services

CAMDEN MHST

MENTAL HEALTH SUPPORT TEAM

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

SUPPORT AND INTERVENTIONS

Individual/Parent led therapy

Group therapy and workshops

Whole class interventions

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



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

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

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

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

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

FLEET PRIMARY SCHOOLS PRACTITIONER

If you are interested in getting help, please contact:
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



Online
Course

strengthening families strengthening communities

For Expectant Parents/ Early Years Help; group starting on Thursday
8 January 2026 at 14:30pm

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

Enhance your relationship with your children?

Learning at a time that suits you?



**6 online
sessions**



**6 group
discussions**



**Certificate on
completion**

What to expect...

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

Topics covered...

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

Group discussion...

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



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

Online
Course

Stronger Relationships



For parents and other adult carers living together or apart **Group starting (Parents of Neurodivergent Children Only) Monday 26 January at 7:30pm**

- 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



strengthening
families
strengthening
communities

How to Register

-  **1** Go to: www.strengthening-families.net/parenting-courses
-  **2** Select an age range for your course
-  **3** Select a day of the week and time for your **group discussion** from the options available
-  **4** Complete your contact details
-  **5** Answer a short questionnaire
-  **6** Click on 'Your profile' and you can start your course

If you need any help, email us at sfscparent@racefound.org.uk

Camden Early Help



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

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

Early Help



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

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



How do I get Early Help?

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

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

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

Other formats

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

Find out more

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

E: LBCMASHadmin@camden.gov.uk

For more information about Early Help visit:

camden.gov.uk/earlyhelp

Sure Start 020 7974 8961

camden.gov.uk/surestart

Produced by Creative Services 1251/23

* free childcare places for eligible 2 year olds



What's Early Help?

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

What can you help with?

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

What does Early Help do?

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

Early Help services include:

Sure Start

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

Early Help Co-ordinators

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

First 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!

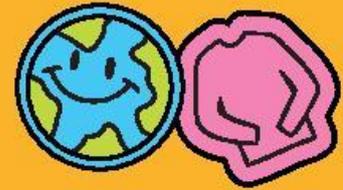
www.recycle4charity.co.uk

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

Parent group: Families, Food and Feelings

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





FREE SCHOOL CLOTHING



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



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



WHEN AND WHERE TO FIND US:

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



COMBAT CLIMATE CHANGE AND SAVE FAMILIES MONEY



COOPERATION TOWN

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

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

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

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

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

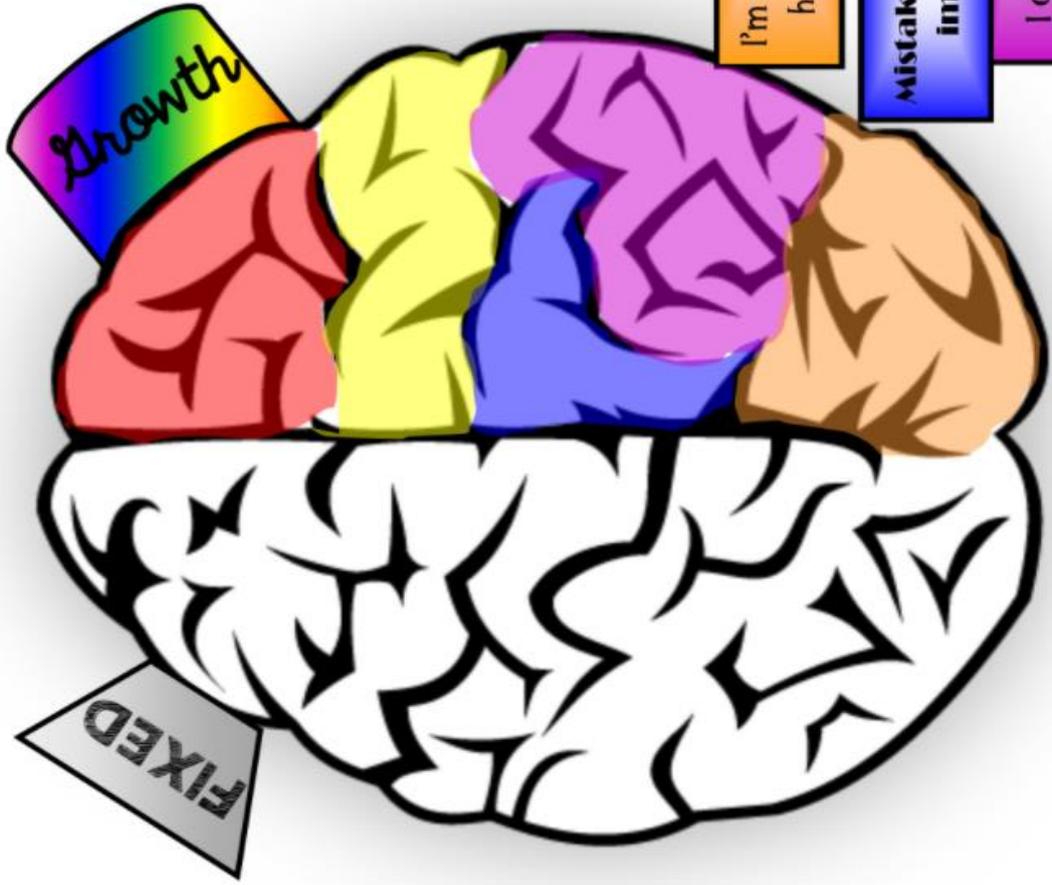
Food co-ops are managed by members, who together decide what to buy and how to run the project. No bosses, no managers!

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

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

Change your words Change your **Mindset**

- 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

Gender stereotyping: what can we do about it?

Toys:

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

Opportunities to challenge gender stereotypes:

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

Language:

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

Expectations and aspirations:

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

Books:

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

Around the home:

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

Attitudes:

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

Clothes and shoes:

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

Similarities and differences:

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



www.liftinglimits.org.uk