

Fleet Community Notices



Wednesday 26th November



New items this week...

[Page 39](#) has the latest parent information sheet from National College—this week provides information on Tik Tok. [Page 61](#) has information on a Childcare course and mid day assistant course great for anyone who is thinking of working with children. Camden music holiday courses on [page 16](#) and Camjam music on Saturday mornings [page 22](#). Some information from CAHMS Camden on understanding your child's communication & behaviours workshop starting 16th October on [page 28](#) Please see [page 12](#) for information on applying for reception places, if your child is currently in our nursery they will be coming home with a booklet on this. [Page 38](#) for information on flu jab clinics if you missed these in school. Emotion coaching please see [page 33](#). A new ADHD and Autism website has been launched please see [page 31-32](#) for details. ESOL open days at Rhyl Community Primary school please see [page 15](#) for details. Camden parent/carers forum breakfast club see [page 30](#) for details. Christmas Fair at Fleet [page 4](#). See [p59-60](#) for details on HAF Winter courses. Winterfest at Castlehaven see [p58](#). Camden foodbank urgent Christmas donation appeal please see [page 13](#) for details and a list of things they really need donated.

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

Morning Snacks—Fruit only please

Please can you ensure that if your child is bringing in a morning snack to have at playtime that is restricted to a piece of fruit. Any other food items should be kept to have with their lunch and any packaging disposed of in the dining room (or if in Tupperware left on the trolley in the hall to be collected after school). Thank you.

Infant Playground after school—Please read

If you are staying behind after school and using the playground then you must ensure you are supervising your child/children. Children must not take out or use any of the equipment in the green boxes located in either playground. Children must not be in the Reception play area at all or in Year 1's fenced off outside area either. Teachers set up outdoor activities for children ready for the next day and do need them to be left alone and not messed up. We are happy for children to stay and play supervised by a parent/carers however, If the rules can not be followed then we will unfortunately not be allowing anyone to remain in the school after school time.

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Online learning resources and homework

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

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

Dates for your diary this term...

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

WHOLE SCHOOL EVENTS

12th December	Christmas Lunch
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PARENTS ASSOCIATION & SPECIAL EVENTS

5th December	Winter fair
19th March	Spring term—whole school tea after school
9th July	Summer term—whole school tea after school

YEAR 1 2024-25

26th, 27th, 28th November	Parent meetings
5th December	Infant Christmas show for parents @ 10am

RECEPTION 2024-25

5th December	Infant Christmas show for parents @ 10am
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YEAR 2 2024-25

25th, 26th, 27th November	Parent meetings
5th December	Infant Christmas show for parents @ 10am

YEAR 3 2024-25

26th, 27th November	Parent meetings
1st December	Trip Natural History museum

YEAR 4 2024-25

26th, 27th November	Parent meetings
27th November	Digging Into Roman London Workshop

YEAR 5 2024-25

26th, 27th November	Parent meetings
2nd December	Performance at Wac Arts

YEAR 6 2024-25

26th & 27th November	Parents Evening
3rd December	Theatre Trip—Cinderella @ Hackney Empire
5th December	Winter Fair
11th December	Junior Christmas Show

Term Dates for 2025-26

INSET Day—School Closed

Monday 5th Jan 2026



SCHOOL TERM DATES 2025-2026

AUTUMN TERM

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

SPRING TERM

First day of term	Tuesday 6 th January 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.



FLEET PRIMARY SCHOOL

Christmas Fair

DECEMBER 5TH 3.45-6PM

MAIN HALL

FREE ENTRY

PLEASE JOIN US FOR

☆ HOT FOOD & DELICIOUS TREATS ☆

☆ BAR, MULLED WINE & HOT CHOCOLATE

☆ GAMES & CRAFTS ☆

☆ MUSIC & FESTIVE CHEER ☆

SANTA'S GROTTO

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 on to gain good passes in their GCSEs at age 16.

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

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

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

Message to parents from our School Inclusion Support Officer

School Inclusion Support Officers

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

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

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

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

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

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

It is never too late to benefit from good attendance.



Raise FREE donations for

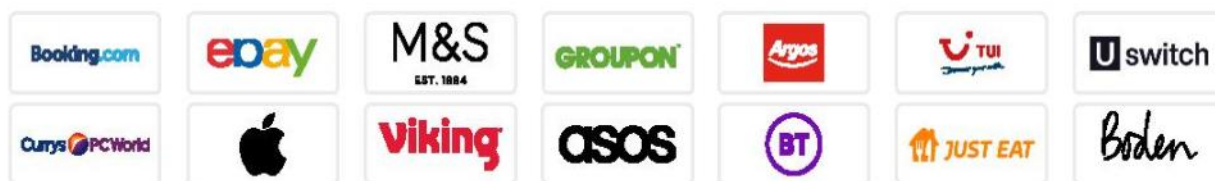
FLEET PRIMARY SCHOOL

every time you **shop online**

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**

CAMDENFOODBANK URGENT CHRISTMAS DONATION APPEAL



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

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

URGENT FOOD ITEMS !

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

• DONATE MONEY THROUGH JUSTGIVING

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

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



• FOR CHEQUES / DIRECT DEBITS AND OTHER DONATION

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

• DONATE FOOD IN PERSON

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

• DONATE BY ONLINE SHOPPING

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

You can help by donating Food or Money

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



Camden Foodbank 14 Pratt Mews, London NW1 0AD

☎ 07871248704 ✉ info@camden.foodbank.org.uk 🌐 <https://Camden.foodbank.org.uk>

Camden Foodbank registered charity in England and Wales 1213047

ENGLISH FOR ALL



Do you...

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

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

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

Contact Zara Lee at:

Phone: 020 7485 1947

Email: office@rhylprim.camden.sch.uk



wmcollege.ac.uk

ESOL Open Days

Grafton Road
NW5 4AX



**Information and
enrolment on**

**Thursday 27 November
Thursday 4 December**

**Grafton Road site
9 - 10am**

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



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

**Classes begin in
January 2026**





Camden Youth Steel Bands

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



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

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

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

£66.70 per term

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

*Scan the QR code
below to register*



Why Learn Steel Pan Music?

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

Musical Skills: Develop rhythm, coordination, and musicality.

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

Confidence: Build self-esteem through performance and practice.

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

camdenmusictrust

Camden

Camden
Learning

Supported using public funding by
Department for Education
ARTS COUNCIL
ENGLAND

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



camdenmusic



Music lessons at Fleet School

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

Getting started is easy!

Simply apply online

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



Or scan the QR code

020 7974 7239

camdenmusic@camden.gov.uk



camdenmusic



Have fun learning to play the drums at Fleet School

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

Getting started is easy!

Simply apply online

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

020 7974 7239

camdenmusic@camden.gov.uk



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>

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

Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

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

How can you help?

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

What else will help?

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

Find out more here

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

and here

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

Terms and conditions

All Camden Music staff have enhanced DBS clearance.

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

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

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

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

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

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

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



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

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

Getting started is easy!

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

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



020 7974 7239

camdenmusic@camden.gov.uk

Camden Music Service

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

camdenmusic@camden.gov.uk

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

Individual Instrument Tuition at Fleet

Welcome to the Camden Instrumental Service

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

What instruments can my child learn?

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

Will my child need an instrument?

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

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

When and where will lessons take place?

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

What types of lessons are there?

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

Shared lessons

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

Individual lessons

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

What will it cost?

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

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

How do I pay?

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

Is any financial help available?

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

What about if we want to stop?

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

How do I apply?

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

WELCOME TO CAMJAM!

The Camden Music Junior Saturday Centre



JOIN US ON SATURDAYS

at Brecknock School, NW1 9AL

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



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



camdenmusic

020 7974 7239
camdenmusic@camden.gov.uk



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



LOTE4Kids *Storytime, in their language*

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

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



Download on the
 App Store



GET IT ON
 Google Play



Camden





Camden



NHS

Whittington Health
NHS Trust

Camden Language and Communication Service (CLCS)

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

Speech and Language Therapy Advice Line:

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



Call: 020 3772 0390 (please leave a message)

Email: whh-tr.camsltclcs@nhs.net

If you require a phone interpreter, please let us know

**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:



Winter Circle of Security Parenting group (CAMHS)

We are pleased to inform you that CAMHS (WFT-P) are running a new Circle of Security group starting this October.

What? The group is called Circle of Security Parenting Group for parents of children aged 1-5. The group is run by two clinical psychologist and will support parents and carers to understand their child's communications and behaviours through an attachment lens. There is a focus on parents' and carers' own histories and experiences and how these may interact with their current parenting. It's a lovely intervention which takes a strengths-based approach to enhance parents' own confidence and enable them to promote their child's secure attachment and self-esteem. Here is short video to give you a flavour:

[Circle of Security Animation - YouTube.](#)

Who? Are you working with a family/parent/carer who are:

- anxious about their parenting roles
- struggling to understand/respond to their child's communication/behaviour
- feeling triggered/overwhelmed by their child's communication/behaviour
- struggling with their relationship with their child
- wanting to understand more about their child's emotional world
- likely to benefit from a space to reflect on their experiences of being parented and current parenting
- wanting to develop their confidence in their parenting skills/may benefit from receiving peer support around their parenting

Where? At Agar Children's Centre. Creche support TBC.

When? Starting on 16th October 2025 (with a break over half term) and running for 8 sessions until 12th December - 12.30 - 2.30pm.

Who can attend? Parents who would benefit from a space to reflect on their relationship with their child. We welcome fathers and couples. For further details, please see the following advert: [Circle of security parenting group - Tavistock and Portman](#). *Please note the current dates (October – December) and location (Agar).*

Referral process: If you are working with families you think would benefit please send an email to *both* Nicky and Fran at: flarcombe@tavi-port.nhs.uk and nsmith@tavi-port.nhs.uk with the subject line 'Circle of Security referral'. We will arrange a brief referral discussion to discuss why you think the parent(s) would benefit from the group. If they are suitable, we will ask you to complete a group referral form and we will then organise an assessment with family.

Please note, this is a targeted and not specialist intervention. As such, there may be some families who may benefit from a different kind of support and may not be suitable for CoS on this occasion.

We look forward to hearing from you soon!

With best wishes,

Fran & Nicky

CAMDEN

Parent Carer Forum

AUTUMN TERM Calendar 2025

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

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

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

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

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

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

CamdenPCF@kids.org.uk Our main email address

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

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

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

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

November

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

December

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



CAMDEN Parent Carer Forum

‘Breakfast Club’

Wednesday 26th November 2025 10.30-11.30am

Agar Children’s Centre and Family Hub (Wrotham Rd, London NW1 9SU)



Join us for a relaxed morning with a light breakfast, warm drinks, and great company!

It's a chance to connect with other SEND parents and carers, switch off from the realities of day-to-day life and feel supported in a friendly, welcoming space.

If you are new and haven't joined us before, why not make this your first time? We are a friendly bunch, and we'd love to see you there!

To book a place please email: Camdenpcf@kids.org.uk / Aishatu.Mohammed@kids.org.uk
Or you can call or text 07385 003 662



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

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

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

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

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

Autism and ADHD
Neurodevelopmental Site
for 0-18yrs

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

Camden Islington Barnet Enfield Haringey

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

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

Downloadable neurodevelopmental resources

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

Professional advice and guidance on Autism & ADHD symptoms

Help with finding a local NHS service for a diagnostic assessment

Hear the voices of young people, parents and carers

SCAN ME

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

Autism and ADHD Neurodevelopmental Site for 0-18yrs

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

Camden

Islington

Barnet

Enfield

Haringey

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

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

Downloadable
neurodevelopmental
resources

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



SCAN ME

Professional
advice and
guidance on
Autism & ADHD
symptoms

Help with finding a
local NHS service
for a diagnostic
assessment

Hear the voices of
young people,
parents and carers

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

EMOTION COACHING

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

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

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

Sign up with the QR code below:



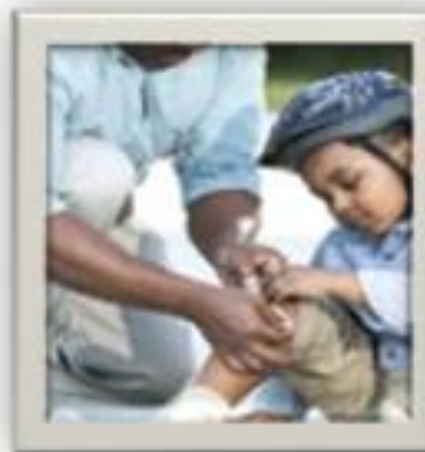
Thursday 4th & 11th December,
12.00 to 2.00pm,
Tavistock & Portman Trust,
120 Belsize Lane, NW3 5BA




The Tavistock and Portman
NHS Foundation Trust

Family Learning

Family First Aid Awareness



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

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

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

Rhyl Community Primary School
Rhyl Street NW5 3HB

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

**There are limited creche spaces available
you must book a space with Zara first .**

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

Talk to us about MMR

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



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



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

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

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



camden.gov.uk/measles



Is your child fully vaccinated against measles?

Measles cases are increasing in London

What is measles?

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

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

camden.gov.uk/measles



Measles symptoms

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

Rash



Temperature



Runny nose



Red eye



Cough



If you think your child has measles

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

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

The MMR vaccine is safe and effective

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

MMR vaccinations are needed at age:



1 year



3 years and 4 months

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

Getting a free MMR vaccine

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





Vaccination UK
Immunisation Provider for
NHS

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



Camden@v-uk.co.uk



0203 640 7501

FLU IMMUNISATION FOR PUPILS IN SCHOOL YEARS RECEPTION - YEAR 11

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

NASAL VACCINE



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

OR

THE INJECTION



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

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

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

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

CONTACT THE TEAM

✉ camden@v-uk.co.uk

☎ 0204 603 3495

Need more
information?

Please see our FAQs
sheet attached with
this letter.

Or visit our
website:



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

Details of these can be found on our website or you
can contact the team above.

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

LEARN MORE



<https://www.schoolvaccination.uk/flu>
www.youtube.com/@vaccinationuk

PRIVACY POLICY

Our 2024/25 policy can be viewed here: www.schoolvaccination.uk/privacy-policy
For data protection queries, please contact: dpo@vaccinationuk.co.uk

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

TIKTOK

WHAT ARE THE RISKS?

Online videos are often associated with apps such as YouTube, but among teens, TikTok is king. The app provides a potentially addictive, never-ending stream of short clips tailored to users' interests based on their viewing habits. Around half of British children use TikTok, and while most content is benign, Ofcom considers it the app where young people are "most likely to encounter a potential harm".

AGE RESTRICTION
13+
(Certain features are restricted to over-18s only)

AGE-INAPPROPRIATE CONTENT

TikTok's following feed shows videos from known creators, while the default For You feed serves endless clips based on viewing history. Most are harmless, but unsuitable content can still appear, and watching for long enough signals interest to the algorithm. Although TikTok bans illegal or inappropriate uploads, the volume of posts means some slip through, increasing the chance that children encounter age-inappropriate material before it is detected or removed.

BODY IMAGE AND DANGEROUS CHALLENGES

Ofcom reports that most online harms for girls involve body image, while boys more often see dangerous stunts. Both types appear frequently on TikTok and spread quickly through its engagement-driven algorithm. Harmful challenges have included the "blackout" trend, where users held their breath until passing out. Families filed lawsuits after children died linked to the trend, showing how extreme or risky content can rapidly reach young people and negatively influence them.

IN-APP SPENDING

TikTok is free, but children can still spend money. TikTok coins, costing £9.99 to £224.99, let users buy gifts for creators. TikTok Shop adds risk by allowing purchases from influencers or companies, sometimes leading to poor-quality items driven by persuasive marketing. A Canadian investigation found TikTok collected personal data from many children for targeting and advertising despite age limits, meaning young users may lose control over their personal information.

CONTACT WITH STRANGERS

Between 1.6 and 1.9 billion people use TikTok, meaning there's a high risk of unwanted attention from strangers. Accounts created by over-18s (or young people using a fake date of birth) are set to public view by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and allows anyone to download or comment on them.

MISINFORMATION AND RADICALISATION

TikTok's short videos may appear lighthearted, but they can expose young people to harmful ideas. Misinformation is common, and Ofcom reports that nearly one third of 12-15-year-olds use TikTok as a news source, increasing the chance of seeing racist, misogynistic, extremist or conspiracy material. Even brief clips can influence impressionable users and shape their worldview, making discussions about critical thinking, propaganda and online influence especially important for parents and educators.

ADDICTIVE DESIGN

TikTok's fast-paced stream of eye-catching videos can be potentially addictive for young users. In 2024, UK children spent an average of 127 minutes per day on the platform, double the time recorded in 2020. Excessive use can disrupt sleep, increase irritability, and distract from healthier activities. Constantly skipping between short clips may also affect attention span, making it harder to focus on longer tasks such as homework or reading.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's in order to manage settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children cannot alter these settings without parental approval.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure they don't share any identifying personal information or respond to dangerous trends, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's important to talk about misinformation and propaganda.

BLOCK IN-APP SPENDING

Parents can restrict in-app purchases on iPhone and Android devices to prevent accidental or impulsive TikTok spending. Young people can easily spend large amounts on TikTok coins or low-quality products promoted through TikTok Shop. If a disappointing purchase occurs, turn it into a discussion about influencer marketing and how online promotions can be misleading.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



#WakeupWednesday

The National College

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Release date: 26.11.2025



Bookmark

Volunteer with Bookmark and
help a child like me learn to
read.

Help a child learn to read

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

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

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

Registered Charity No. 117768

**SIGN UP
TODAY**



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

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

Number Champions

1 2 3 4 5

fun + skills = confidence



VOLUNTEERS NEEDED

School Maths Volunteers

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



Would you enjoy...



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

Are you...

- available one afternoon a week during school hours?

Contact Lorraine for more information:

✉ lorraine@numberchampions.org.uk

☎ 07918 410 847

Find out about us at:

www.numberchampions.org.uk



Training
provided

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

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

Camden Family Learning Tales and Tumbles

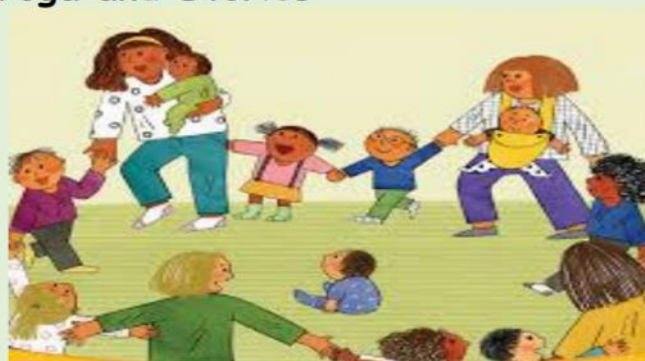


Free Fun Sessions for Parent/Carers, Babies and Toddlers
with Singing, Yoga and Stories

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

Please note these sessions
are term time only

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



JOIN US!

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



CHILDREN'S BOXING WITH AYBI

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

FREE
DROP-IN
CLASSES



Mondays & Tuesdays 4:30PM - 6PM



Saturdays 10:45AM - 11:45AM



Ages 8+

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





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

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

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

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

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



**TREASURE
BOXING CLUB**
EST 2020

VRU

MAYOR OF LONDON
VIOLENCE REDUCTION UNIT

**FREE
BOXING
CLASSES**

**THURS
DAYS**

CAMDEN ACTIVITY PROGRAM

5PM



**CHILDREN
6-12 YEARS OLD**

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

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

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

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



Lessons and Courses

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

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

Kentish Town, Swiss Cottage and Pancras Square.

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

Swim For All

Available Monday – Sunday

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

Public swimming times may vary please view your local pool programme

www.better.org.uk/bookings



Junior Gym

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

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

Memberships

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

Soft Play

Monday – Sunday

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



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

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

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

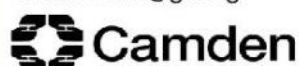
Contact Us: Pancras Square: pancras.square@gll.org

Kentish Town: kentishtown@gll.org

Swiss Cottage: swiss.cottage@gll.org

Talacre: talacre@gll.org

Oasis: Oasis@gll.org



Free Football Sessions Running Round Camden

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



@ARSENAL_IN_THE_COMMUNITY

POSITIVEKICKS@ARSENAL.CO.UK

SUPPORTED BY OUR PARTNERS



OPEN SPACES TIMETABLE



OPEN SPACES TIMETABLE

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

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

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

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



**SIGN UP
HERE**

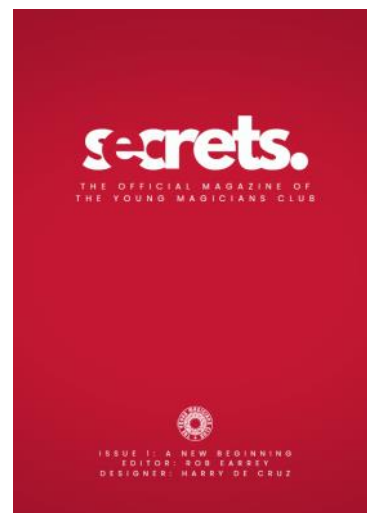
POSITIVEKICKS@ARSENAL.CO.UK

@ARSENAL_IN_THE_COMMUNITY

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

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

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





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

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

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

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

HOW TO JOIN

Annual Membership from just £30

One-off Joining Fee £20

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



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

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



It's
Free



It's
Free

JUNIOR CRICKET COACHING CLUB

Age 7 to 15 Years old Boys and Girls

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



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

**Starting From
2nd February
2025**

Venue

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



**REGISTE
R NOW**



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

Mobile : 07717765932 , 07464592776

Email: unitedsportingclub@hotmail.com

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

Supported by



www.unitedsportingclub.com

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JOIN THE ONLY JUNIOR RUGBY CLUB IN CENTRAL LONDON!



Accredited Club

EVERY SUNDAY THROUGHOUT THE SEASON



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regentsparkroyals@gmail.com



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EUROPEAN FOOTBALL ACADEMY

U5-U18



Win a Football Scholarship Open Trials in London!

UEFA Licensed Coaches

Player Representation

Play in Competitive Leagues



Central locations

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

PLAYERS PROGRESSED TO TOP CLUBS



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

Train and Play Abroad



Gothia Cup 2026,
Gothenburg, Sweden



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



SIGN UP



WWW.EUROPEANFOOTBALL.ACADEMY/OPEN-TRIAL



**SOUTH LONDON
6 & 7 SEPTEMBER**



**ARCHBISHOPE'S PARK, SE1 7LE
KENNINGTON PARK, SE11 4BY**



**NORTH LONDON
7 SEPTEMBER**



**PADDINGTON REC - W9 1PD
WHITEFIELDS SCHOOL - NW2 1TR**

DANCE CLASS

Music & Movement - Get fit dancing

Location: Royal Free Recreation Club
Fleet Road NW3 2QG

Enquiry/Bookings: 07940394383
gymbodyandmindfit@gmail.com



TIME
9:00 AM



DATE
Thursdays



MENTOR
Val Almeida

REGISTER NOW



MATCH PLAY ONLY FOOTBALL SESSIONS

EVERY THURSDAY 

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

**BOOK NOW FOR A
FREE TASTER CLASS**

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

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

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

Website Link
www.prorevo.co.uk

More Information:
 Prorevolution.devel



New Scout Group

Opening in Camden
Castlehaven Community Association



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

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

Squirrels

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



BEAVERS

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



cubs

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



SCOUTS

10.5 - 14 year olds
Friday's - coming soon



SIGN UP HERE



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

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

Meeting Place:

Castlehaven Community Association
23 Castlehaven Road, NW1 8RU

All Staff & Volunteers are DBS certified.

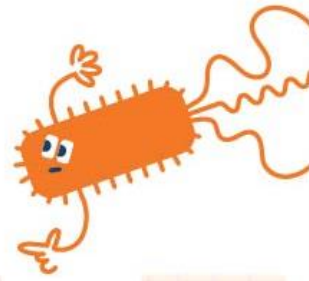
Contact Details:

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

Join the adventure and learn #skillsforlife



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



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

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*



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



HOLIDAY CLUBS

Celebrating Creativity since 1990

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

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

www.creativewizkids.com

Upcoming Clubs:

December Holiday Club

Dec 27th 29th 30th 31st

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

Early drop off available

G.O. Methodist Church, Agincourt Rd,
Hampstead, NW3 2NT



WinterFEST

Friday 5th December 2025 • 4:00 – 7:00 pm

Free Festive Entertainment & Activities for all!

Delicious Food & Drink



Festive Stalls



Santas Grotto



Special Performances



info@castlehaven.org.uk • 020 7485 3386

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Charity No: 295829 | Company No: 2069107

www.castlehaven.org.uk

castlehavencommunityassociation

ccacamden



HAF WINTER

COURSES & CHRISTMAS PARTY !

21st / 22nd / 23rd DECEMBER

- **LOVE COOKING** with Chefs Seyi & Rhian
- **FASHION PHOTOGRAPHY** with Professional Photographers Debbi Clark & Susana Hill
- **FESTIVE CRAFT & GIFT MAKING** with Designer Lola Turner
- **RAP & BEATS** with Music Mentors Zander & Ethan

CREATE AN ACCOUNT:

<https://book.plinth.org.uk/calendar/Iy9ultDHV1FHKtjjs8qb/cover>

TO BOOK: Please follow the direct link under each course

THE HvH ARTS CHRISTMAS PARTY

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

LOVE COOKING

with **CHEFS Seyi & Rhian**

This includes a ticket to the HvH ARTS CHRISTMAS PARTY!

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

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

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

Ages 5yrs to 16yrs

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

BOOKING

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

FESTIVE CRAFT & GIFT MAKING

with **Designer Lola Turner**

This includes a ticket to the HvH ARTS CHRISTMAS PARTY!

Our young people will be joined by Designer LOLA TURNER for a festive handmade Christmas extravaganza for ages 5yrs to 16yrs making Pom Pom & Baul Baul Christmas decorations using ribbon, yarns & scrap fabric. Using a weaving fabric

Our cooking course is an exciting opportunity to connect with food as a joyous part of festivals, carnivals, holidays and other celebrations. We believe in both the nourishing power of good food on our bodies, and the cultural and spiritual significance it holds for many in our diverse communities.

Our day starts at 10am with a tasty breakfast — this will give us the energy we need to cook up a storm. We will split our time between our main lunch meal of the day and doing some preparation for our tasty party food.

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

TUESDAY 23rd DECEMBER 10am - 6pm

Ages 8yrs to 16yrs

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

BOOKING LINK:

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

FASHION PHOTOGRAPHY

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

This includes a ticket to the HvH ARTS CHRISTMAS PARTY!

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

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

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

Ages 5yrs to 16yrs

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

BOOKING LINK:

<https://book.plinth.org.uk/e/fTuRG9kek9ZDAP9KLvJO>

RAP & BEATS

with **Professional Music Mentors Xander & Ethan**

This includes a ticket to the HvH ARTS CHRISTMAS PARTY!

Learning how to create beats, write and rap. We will be teaching our young musicians to use Logic Pro, working with professional mics, guitars, amps, piano to learn how to arrange music and record vocals. The final beats will be uploaded on to each young musician's very own HvH ARTS USB key to take home. We will be able to DJ Perform our final beats at the Christmas Party

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

Ages 8yrs to 16yrs

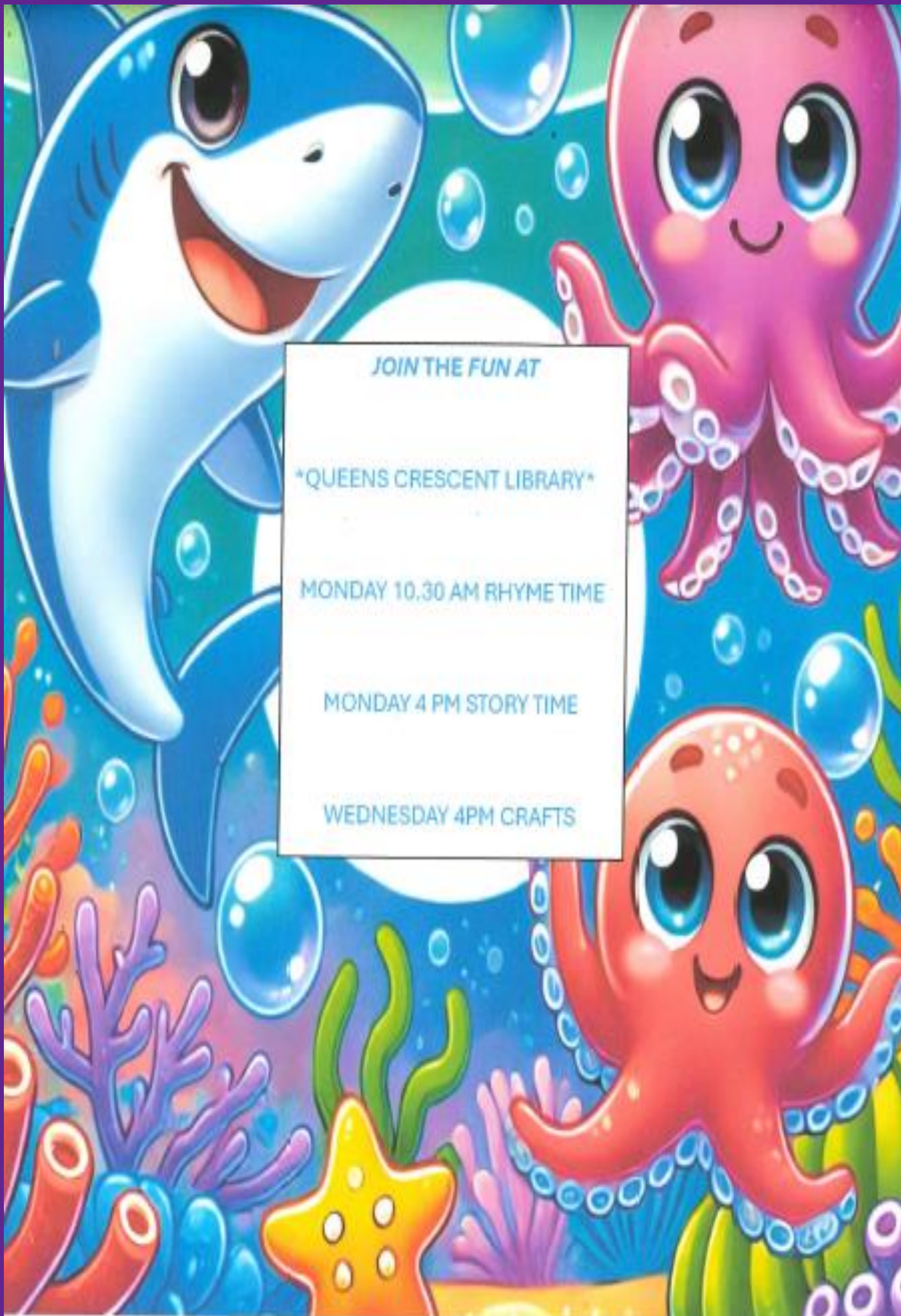
LOCATION: HvH ARTS Studio / SEMINAR ROOM. 181

Mansfield Road. NW3 2HP

BOOKING LINK:

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





JOIN THE FUN AT

QUEENS CRESCENT LIBRARY

MONDAY 10.30 AM RHYME TIME

MONDAY 4 PM STORY TIME

WEDNESDAY 4PM CRAFTS

Meet your local councillors



**Jenny
Mulholland**

020 7974 2792

Jenny.Mulholland@camden.gov.uk

Labour and Co-op



**Marcus
Boyland**

020 7974 2792

07815 032 923

Marcus.Boyland@camden.gov.uk

Labour



**Lorraine
Revah**

07798 846 584

020 7974 6775

Lorraine.Revah@camden.gov.uk

Labour

Surgery times

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

Cllr Jenny Mulholland

1st and 5th Thursday of the month

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

1pm to 2pm

For surgery appointments at other times,
please email

jenny.mulholland@camden.gov.uk
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



Level 1 Award in Childcare Course

Are you interested in working with young children?

Tuesday Afternoons

Starting - Tuesday 23 September

Time - 1:00pm - 3:00pm

Rhyl Community Primary School

Grafton Road NW5 4AX

An accredited level 1 award in childcare

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

Induction Session Tuesday 23rd September

Limited creche places available.



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

Camden Family Learning FREE Courses

Mid Day Assistant Course

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

Rhyl Community Primary School

Grafton Road NW5 4AX

Tuesday Mornings

Starting - Tuesday 23rd September

Time - 9:30am - 11:30am

Limited crèche places you must book first

**Speak to Zara at Rhyl School for more
information or call Alison
07876 651950**



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](#)

Love and Limits Parent Programme

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

Groups are held online via Teams

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

*Groups run weekly and parents can choose to attend either a
morning group **or** an afternoon group*

Afternoon session: 17th September 2025 (Wednesday)

Time: 1pm- 2.30pm

Group runs at the same time weekly until 15th October 2025

Morning session: 19th September 2025 (Friday)

Time: 10am - 11.30am

Group runs at the same time weekly until 24th October 2025



For more details please email us at:

familyservice@brandoncentre.org.uk

**To refer: Scan the QR code or complete the
referral form on the link provided.**

[Click here for referral form](#)

familyservice@brandoncentre.org.uk

INCREDIBLE YEARS SCHOOL AGE PROGRAMME



AN EVIDENCED BASED GROUP INTERVENTION TO SUPPORT PARENTS AND CARERS

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

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

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

12 week programme (excluding
school holiday)



**Venue: Regent's
Children's Centre,
Augustus St, NW1 3TJ**

**The
Children's
Society**



Emotional health and well-being support

For Children and Young People aged 6-25

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



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

Find out more:
childrenssociety.org.uk/beam
Service email address:
CamdenBeam@childrenssociety.org.uk

Come and talk to us...

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

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

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

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



Children's_Centre_Collateral_Sure_Start_with_Father_Illustrations_Final_Artwork.indd 1

Children's Centres:

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

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



Find out more:
camden.gov.uk/camdensurestart

Camden Sure Start
Your journey. Our support.



12/06/2018 11:44



Pregnancy & New Born Baby



New Born Baby to 2 Years



Child 2 to 5 Years

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

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

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

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

What kind of help?

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

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

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

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

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

Our support.

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

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Camden Children's Centre Services

CAMDEN MHST

MENTAL HEALTH SUPPORT TEAM

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

SUPPORT AND INTERVENTIONS

Individual/Parent led therapy

Group therapy and workshops

Whole class interventions

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



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

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

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

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

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

FLEET PRIMARY SCHOOLS PRACTITIONER

If you are interested in getting help, please contact:

Rebecca Wall —Deputy Head

Parent and carer counselling service

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

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

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

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

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

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



PCCS co-ordinator, SEN and psychology services

Children, schools and families, Camden Council, Crowndale Centre

218 Eversholt Street, London NW1 1BD

Telephone: 0207 974 6500

Email: pccs@camden.gov.uk



strengthening families strengthening communities

Want to get some new ideas to help
you be the best parent you can be?
Enhance your relationship with your children?
Learning at a time that suits you?



**6 online
sessions**



**6 group
discussions**



**Certificate on
completion**

What to expect...

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

Topics covered...

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

Group discussion...

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



Stronger Relationships

For parents and other adult carers living together or apart

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



**6 online
sessions**



**6 group
discussions**



**Certificate on
completion**

What to expect...

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

Topics covered...

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

Group discussion...

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



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

* free childcare places for eligible 2 year olds



Produced by Creative Services 1251 23

What's Early Help?

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

What can you help with?

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

What does Early Help do?

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

Early Help services include:

Sure Start

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

Early Help Co-ordinators

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

First Step Early Help

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

Families in Focus

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

Transformation Team

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

Youth Early Help

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



Every Early Help team will:

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



Free 24/7 urgent mental health support for young people

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

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



URGENT MENTAL HEALTH SUPPORT 24/7

Worried about your mental health?

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

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

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

FREE SCHOOL MEALS STATUS

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

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

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

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

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

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

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

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



Clue

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




and when not hiding inside printers they usually look like this





www.recycle4charity.co.uk



Recycle 4 Charity

Treasure Hunt

Attention to all children and teachers!

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




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

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

Parent group: Families, Food and Feelings

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





FREE SCHOOL CLOTHING



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

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



WHEN AND WHERE TO FIND US:

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



COMBAT CLIMATE CHANGE AND SAVE FAMILIES MONEY



COOPERATION TOWN

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

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

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

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

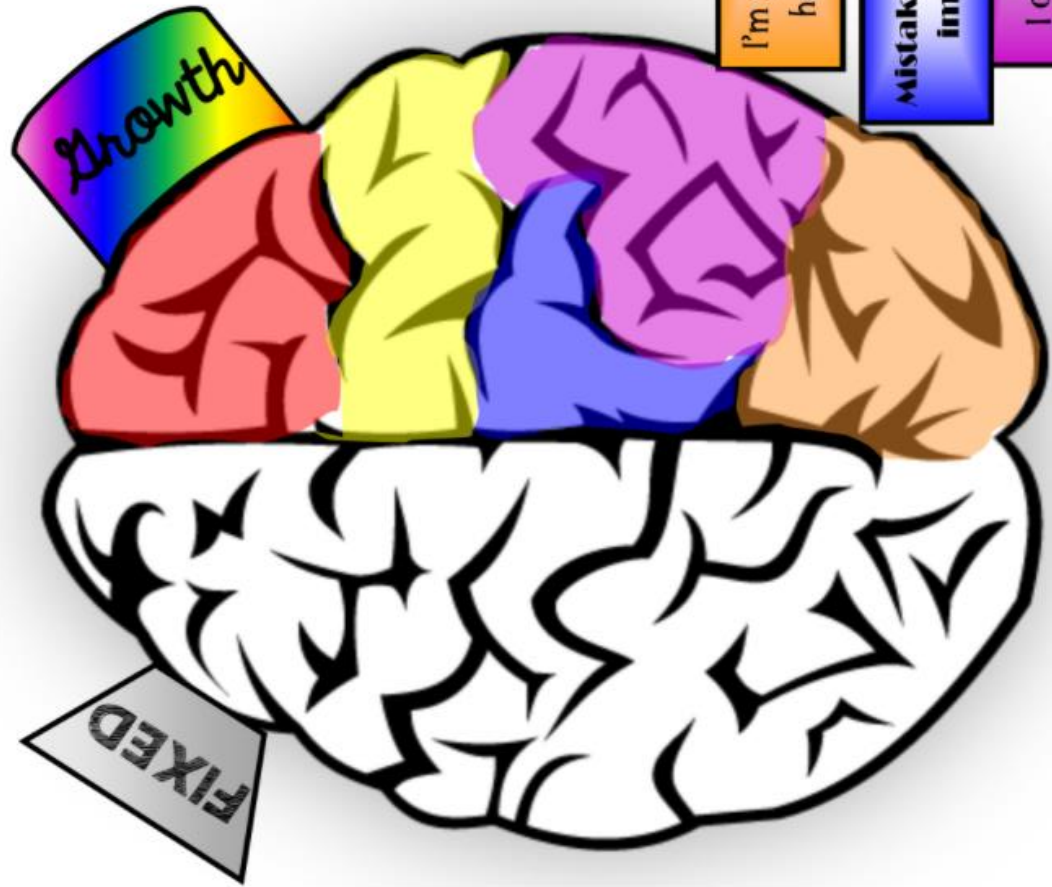
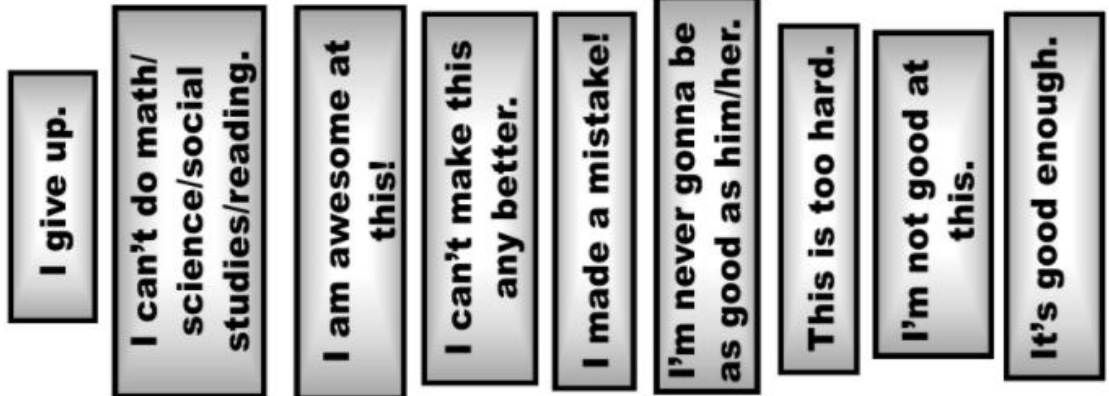
Co-op members can save up to 40% on their weekly food costs by organising with friends and neighbours.

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

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

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

Change your words Change your *Mindset*



Gender equality: guide for families

What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

FAQs

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

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



www.liftinglimits.org.uk

Gender stereotyping: what can we do about it?

Toys:

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

Opportunities to challenge gender stereotypes:

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

Language:

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

Expectations and aspirations:

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

Books:

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

Around the home:

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

Attitudes:

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

Clothes and shoes:

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

Similarities and differences:

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



www.liftinglimits.org.uk