

# Fleet Community Notices



Wednesday 8th October 2025



## New items this week...

Please see [Page 32-33](#) for important information about MMR and information on the MMR vaccines. [Page 35](#) has the latest parent information sheet from National College—this week is based on dealing with traumatic & challenging events. [Page 29-30](#) for Camden Mobile Health & Covid Vaccine. [Page 56](#) 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 21](#) 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 26](#). Please see [page 12](#) for the secondary school upcoming viewing dates. Camden special parents forum information on [page 27](#). TFL Citizens are running their 2025-26 scheme for 11 year olds at the salvation army in Chalk Farm, participating agencies include London Fire Brigade and the London Ambulance Service please see [page 44](#). [Page 33](#) for information on flu jab clinics if you missed these in school. Halloween disco at school on [page 4](#).

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.

## Holiday Care for RhiRhi the tortoise!

Are you able to offer the school pet - RhiRhi the Tortoise- a holiday home during the October half Term? She is a very low maintenance guest! If you are able to offer her a home for the holidays or want to know more information before committing, please speak to Becca.



## Contents—Hyperlinks...

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- [Page 51-52 Holiday camps](#)
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## Online learning resources and homework

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

If you do not have working internet or a device for your children to access these resources on (tablet, laptop or

# 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

|               |                                                                     |
|---------------|---------------------------------------------------------------------|
| 10th October  | Help with the cost of living crisis application (9-11am in the pod) |
| 17th October  | Fluoride varnish application—Nursery-Year 2                         |
| 12th December | Christmas Lunch                                                     |

## NURSERY 2024-25

|               |                                             |
|---------------|---------------------------------------------|
| 23rd October  | Nursery reading café—2:45                   |
| 10th November | Stay & play 9-10am                          |
| 26th November | Stay & play 9-10am                          |
| 5th December  | Infant Christmas show for parents @ 10am    |
| 9th December  | Trip to Bloomsbury Theatre to see stick man |

## PARENTS ASSOCIATION & SPECIAL EVENTS

|               |                                           |
|---------------|-------------------------------------------|
| 24th October  | Halloween disco                           |
| 13th November | Autumn term—whole school tea after school |
| 5th December  | Winter fair                               |
| 19th March    | Spring term—whole school tea after school |
| 9th July      | Summer term—whole school tea after school |

## RECEPTION 2024-25

|              |                                          |
|--------------|------------------------------------------|
| 5th December | Infant Christmas show for parents @ 10am |
|--------------|------------------------------------------|

## YEAR 1 2024-25

|               |                                          |
|---------------|------------------------------------------|
| 14th November | Class assembly parents welcome @ 10am    |
| 5th December  | Infant Christmas show for parents @ 10am |

## YEAR 2 2024-25

|                   |                                          |
|-------------------|------------------------------------------|
| 21st-22nd October | Bike training—bring bike if you have one |
| 23rd October      | Anansi @ Unicorn theatre                 |
| 5th December      | Infant Christmas show for parents @ 10am |

## YEAR 3 2024-25

|                   |                                             |
|-------------------|---------------------------------------------|
| 17th October      | Trip to CLC                                 |
| 23rd-24th October | Bike training—bring in bike if you have one |
| 21st November     | Class Assembly parents welcome @ 10am       |

## YEAR 4 2024-25

|                  |                                    |
|------------------|------------------------------------|
| 6th-17th October | Swimming                           |
| 24th October     | Class Assembly –parents welcome    |
| 11th November    | Keats Community Library            |
| 18th November    | Trip to CLC                        |
| 27th November    | Digging Into Roman London Workshop |

## YEAR 5 2024-25

|               |                                       |
|---------------|---------------------------------------|
| 6th-10th Oct  | Level 2 Bike training (opt in)        |
| 10th October  | CLC Workshop in school                |
| 16th October  | Everyone's invited workshop           |
| 20th-24th Oct | Sayers Croft residential trip         |
| 7th November  | Class assembly—parents welcome @ 10am |

## YEAR 6 2024-25

|                           |                                          |
|---------------------------|------------------------------------------|
| 9th October (date change) | West End walking trip                    |
| 31st October              | Secondary school applications close      |
| 19th November             | Cinema trip                              |
| 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 <sup>rd</sup> September 2025                       |
| Half term (inclusive) | Monday 27 <sup>th</sup> – Friday 31 <sup>st</sup> October 2025 |
| Last day of term      | Friday 19 <sup>th</sup> December 2025 – close at 2pm           |

##### SPRING TERM

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

##### SUMMER TERM

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

##### STAFF INSET DAYS – SCHOOL CLOSED

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

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

FLEET PTA PRESENTS

# HALLOWEEN



*Horror Night Party*

24TH OCTOBER 2025

3.45 – 6.30PM

## TICKETS

ADULT £3.00

CHILD £2.50

FAMILY OF 4+ £10

HOT FOOD

BAR

SPOOKY TREATS

CRAFTS

MUSIC

AND PRIZES

FOR THE BEST COSTUME

FLEET PRIMARY SCHOOL, MAIN HALL



LOTS OF VOLUNTEERS NEEDED  
PLEASE CONTACT PTA/OFFICE

## Nut Free School

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

# STOP!

you are now entering a



nut  
free  
zone

please DO NOT bring  
nuts into this area

BE ALLERGY AWARE WITH ALLERGY LIFESTYLE®

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

# MAYOR OF LONDON

**Date:** May 2025

Dear Parent/Carer,

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

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

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

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

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

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

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

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





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

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

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

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

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

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

# Message to parents from our School Inclusion Support Officer

## **School Inclusion Support Officers**

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

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

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

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

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

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

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



# Raise FREE donations for

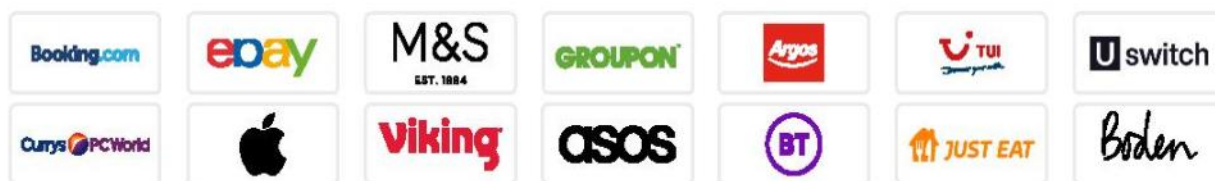
**FLEET PRIMARY SCHOOL**

every time you **shop online**

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

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

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



**Download the easyfundraising App**



**NOTE...**

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

# Fleet Primary School

would like you to join their channel on Parent Hub.

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

@FleetPrimary

The Parent Hub app is FREE to download and use.



## What is Parent Hub?



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

## Instructions for Parents



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

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

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



# Fleet's Forest School Request

# Choosing a secondary school in Camden

## Open events 2025



### Acland Burghley School

Burghley Road, London NW5 1UJ 020 7485 8515  
[www.aclandburghley.camden.sch.uk](http://www.aclandburghley.camden.sch.uk)



**Open evening:** Wednesday 24 September, 5 to 7pm  
**Open mornings:** 23, 24 and 25 September, 9 to 10.30am  
**Sixth Form:** Thursday 27 November, 4.30 to 7pm at William Ellis and Parliament Hill Schools (pre-registration is required – see the school website or [www.laswap.camden.sch.uk](http://www.laswap.camden.sch.uk))

### Hampstead School

Westbere Road, London NW2 3RT  
 020 7794 8133  
[www.hampsteadschool.org.uk](http://www.hampsteadschool.org.uk)



**Open evening:** Tuesday 7 October, 4.30pm  
**Open mornings:** 30 September and 1, 7, 14, 15 October, 9.15am  
**Sixth Form:** Tuesday 21 October, 4.30pm

### The UCL Academy

Adelaide Road, London NW3 3AQ 020 7449 3080  
[www.uclacademy.co.uk](http://www.uclacademy.co.uk)



**Open evening:** Thursday 2 October, 4.30 to 6.30pm  
**Open mornings:** 11, 16 and 25 September, 9 to 10.30am. Please register via the Academy website  
**Sixth Form:** Thursday 6 November, 4.30 to 6.30pm. Please register via the school website

### Parliament Hill School

Highgate Road, London NW5 1RL  
 020 7485 7077  
[www.parliamenthill.camden.sch.uk](http://www.parliamenthill.camden.sch.uk)



**Open evening:** Thursday 25 September, 5 to 7.30pm  
**Open mornings:** 1, 2 and 7 October, 9 to 10.30am  
**Sixth Form:** Thursday 27 November, 4.30 to 7pm at William Ellis and Parliament Hill Schools (pre-registration is required – see the school website or [www.laswap.camden.sch.uk](http://www.laswap.camden.sch.uk))

### La Sainte Union

Highgate Road, London NW5 1RP 020 7428 4600  
[www.lasainteunion.org.uk](http://www.lasainteunion.org.uk)



**Open evening:** Tuesday 30 September, 4 to 7pm  
**Open mornings:** 14 and 16 October, 9 to 11am. Headteacher Coffee Mornings on 22 and 23 October at 9am  
**Sixth Form:** Thursday 27 November, 4.30 to 7pm at William Ellis and Parliament Hill Schools (pre-registration is required – see the school website or [www.laswap.camden.sch.uk](http://www.laswap.camden.sch.uk))

### Camden School for Girls

Sandall Road, London NW5 2DB 020 7485 3414  
[www.csfg.org.uk](http://www.csfg.org.uk)



**Open evening:** Monday 22 September, 5 to 7pm  
**Open mornings:** 17 and 19 September, 9am to 11am  
**Sixth Form:** Tuesday 18 November. Tickets will be available from 1 October. Please check website nearer the time  
**Banding assessment registration:** register online by 23 September, 12 noon

### Haverstock School

24 Haverstock Hill, London NW3 2BQ  
 020 7267 0975  
[www.haverstock.camden.sch.uk](http://www.haverstock.camden.sch.uk)



**Open evening:** Wednesday 1 October, 4.30 to 6.30pm  
**Open mornings:** Every Thursday from 25 September to 23 October, from 9 to 10am  
**Sixth Form:** Wednesday 26 November, 4.30 to 6.30pm

### Maria Fidelis School FJC

1–39 Drummond Crescent, London NW1 1LY  
 020 7387 3856  
[www.mariafidelis.camden.sch.uk](http://www.mariafidelis.camden.sch.uk)



**Open evening:** Wednesday 24 September, 4 to 6pm  
**Open mornings:** Every Tuesday from 9 to 10am during term time  
**Sixth Form:** Thursday 15 January 2026

### Regent High School

Chalton Street, London NW1 1RX 020 7387 0126  
[www.regenthighschool.org.uk](http://www.regenthighschool.org.uk)



**Open mornings:** 29 September to 3 October and 6 to 10 October starting at 9am  
**Sixth Form:** Thursday 13 November, 4 to 6pm

### William Ellis School

Highgate Road, London NW5 1RN 020 7267 9346  
[www.williamellis.camden.sch.uk](http://www.williamellis.camden.sch.uk)



**Open evening:** Thursday 25 September, 6 to 8pm  
**Meet the Head:** 17 September, 1 October and 15 October, 4 to 5pm  
**Open mornings:** 10 and 24 September, 8 and 22 October, 9 to 10.30am  
**Sixth Form:** Thursday 27 November, 4.30 to 7pm at William Ellis and Parliament Hill Schools (pre-registration is required – see the school website or [www.laswap.camden.sch.uk](http://www.laswap.camden.sch.uk))

Local group **Meet the Parents** will hold informal forums at local primary schools from 15 to 18 September, where families can 'meet the parents' and students who attend their local secondary schools.

Find out more and book your places: [meettheparents.info/latest-events](http://meettheparents.info/latest-events)

All Camden secondary schools plan to have open events for parents and the details above were correct at the time of going to print. However, please check the schools' and Camden Council's website for the most up to date information.



# 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](mailto:office@rhylprim.camden.sch.uk)



[wmcollege.ac.uk](http://wmcollege.ac.uk)



# Camden Youth Steel Bands

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



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

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

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

£66.70 per term

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

*Scan the QR code  
below to register*



## **Why Learn Steel Pan Music?**

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

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

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

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

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

camdenmusictrust

Camden

Camden  
Learning

Supported using public funding by  
Department for Education  
ARTS COUNCIL  
ENGLAND

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



# camdenmusic



## Music lessons at Fleet School

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

**Getting started is easy!**

Simply apply online

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



Or scan the QR code

020 7974 7239

camdenmusic@camden.gov.uk



camdenmusic



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

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

**Getting started is easy!**

Simply apply online

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

020 7974 7239

camdenmusic@camden.gov.uk



camdenmusic



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

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

**Getting started is easy!**

Simply apply online

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

Or scan the QR code above

020 7974 7239

camdenmusic@camden.gov.uk

# Message from Camden Music Service:



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

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

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

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

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

## Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

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

## How can you help?

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

## What else will help?

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

Find out more here

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

and here

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

## Terms and conditions

All Camden Music staff have enhanced DBS clearance.

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

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

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

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

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

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

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



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

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

### Getting started is easy!

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

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



020 7974 7239

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

### Camden Music Service

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

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

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

# Individual Instrument Tuition at Fleet

## Welcome to the Camden Instrumental Service

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

## What instruments can my child learn?

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

## Will my child need an instrument?

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

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

## When and where will lessons take place?

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

## What types of lessons are there?

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

### Shared lessons

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

### Individual lessons

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

## What will it cost?

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

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

## How do I pay?

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

## Is any financial help available?

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

## What about if we want to stop?

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

## How do I apply?

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

# WELCOME TO CAMJAM!

The Camden Music Junior Saturday Centre



## JOIN US ON SATURDAYS

at Brecknock School, NW1 9AL

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



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



**camdenmusic**

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



# Camden Holiday Courses

Come and experience Camden Holiday Courses!

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

**Scan the QR Code to register**

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



# JOIN CAMJAM

Saturday Mornings



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

SCAN ME



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



Camden  
**MUSIC**

#WeMakeMusic



# **LOTE4Kids** *Storytime, in their language*

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

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



Download on the  
 App Store



GET IT ON  
 Google Play



# Camden





Camden



**NHS**

**Whittington Health**  
NHS Trust

## **Camden Language and Communication Service (CLCS)**

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

### **Speech and Language Therapy Advice Line:**

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



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

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

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

**Are you concerned about your child's speech, language and/or communication skills?**



**Does your child attend a school in Camden, or do you live in Camden?**



**Camden Language and communication Service (CLCS) are running parent workshops over the summer term**

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

<https://forms.office.com/e/Ch2BE9NBUI>

or use the QR code:



### 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 16<sup>th</sup> October 2025 (with a break over half term) and running for 8 sessions until 12<sup>th</sup> 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](mailto:flarcombe@tavi-port.nhs.uk) and [nsmith@tavi-port.nhs.uk](mailto: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

## 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:](#)

[Aishatu.Mohammed@kids.org.uk](mailto:Aishatu.Mohammed@kids.org.uk) Text or Call Aisha 07385 003 662

[Charlene.Murphy@kids.org.uk](mailto:Charlene.Murphy@kids.org.uk) Text or Call Charlene on 07711 767 258

[Jade.Green@kids.org.uk](mailto:Jade.Green@kids.org.uk) Text or Call Jade on 07825 671 523

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

### September

- 15 Mon Walk and Talk, 10:15am-12:30pm @ Hampstead Heath.
- 17 Wed Coffee Morning, 10:30-11:30 @Greenwood Centre, Kentish Town.
- 23 Tue Movement, relaxation & lunch, 12pm-2pm @ Kentish Town Congregational Church, Kelly Street, NW1 8PH.
- 24 Wed Forum meeting, 10:30am-12:30pm @ Greenwood Centre, Kentish Town.

### October

- 7 Tue Intro to SEND Workshop, SENDIASS 10:30am-2pm @ Greenwood Centre, Kentish Town.
- 13 Mon Walk and Talk, 10:15am-12:30pm @ Hampstead Heath.
- 14 Tue Movement, relaxation & lunch 12pm-2pm @ Kentish Town Congregational Church, Kelly Street, NW1 8PH
- 22 Wed Coffee Morning, 10:30am-11:30am @ Greenwood Centre, Kentish Town.

### November

- 4 Tue Tour of Charlie Ratchford Court (Extra care scheme) 11am-12pm, Chalk farm- Registration required
- 11 Tue Forum meeting, 10:30am-12:30pm @ Greenwood Centre, Kentish Town.
- 17 Mon Walk and Talk, 10:15am-12:30pm, @ Hampstead Heath.
- 18 Tue Movement, relaxation & lunch 12pm-2pm @ Kentish Town Congregational Church, Kelly Street, NW1 8PH.
- 24 Mon CAMHS Understanding and Managing behaviour all ages, 11:45am-1pm Online via Zoom- register for link.
- 26 Wed Coffee Morning, 10:30am-11:30am @ Greenwood Centre, Kentish Town.

### December

- 2 Tue Movement, relaxation & lunch 12pm-2pm @ Kentish Town Congregational Church, Kelly Street, NW1 8PH
- 3 Wed Annual Review workshop, 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.



## ADHD Parenting Programme

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

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

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

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



Start date: Friday 12th September 2025  
Time: 10:00-11:30  
Venue: Online  
Groups will conclude on 17<sup>th</sup> October 2025

We accept referrals from  
professionals and parents.  
Please use the QR code or  
referral form to refer



[Click here for referral form!](#)





**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 25<sup>th</sup> 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 .**



# Camden Mobile Health

Come and visit us for a BMI and blood pressure check, winter COVID booster and flu vaccination for eligible people\*, smoking cessation information and advice, no appointment needed

We will be open at the below location:

**Henderson Court** (indoors)  
102 Fitzjohn's Avenue, NW3 6NS

**Thursday 2 October**  
10:30am-12:30pm

**Argenta House** (indoors)  
1 Aspern Grove, NW3 2AB

**Thursday 2 October**  
1:30pm-4pm

**Swiss Cottage Market**  
Eton Avenue, NW3 3EP

**Friday 3 October**  
11am-4pm

**Denton Tower**  
Denton Car Park Malden Crescent,  
NW1 8BW

**Thursday 9 October**  
10:30am-12:30pm

**Cressfield Close Sheltered Housing** (indoors)  
68 Cressfield Close, NW5 4BW

**Thursday 9 October**  
1:30pm-4pm



Winter COVID  
booster and flu  
vaccines  
offered



## **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](http://camden.gov.uk/measles)



## Is your child fully vaccinated against measles?

Measles cases are increasing in London

### What is measles?

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

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

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



## Measles symptoms

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

Rash



Temperature



Runny nose



Red eye



Cough



### If you think your child has measles

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

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

## The MMR vaccine is safe and effective

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

MMR vaccinations are needed at age:



1 year



3 years and 4 months

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

## Getting a free MMR vaccine

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





Vaccination UK  
Immunisation Provider for  
**NHS**

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



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



0203 640 7501

# 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](mailto: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](https://www.youtube.com/@vaccinationuk)

### PRIVACY POLICY

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

# From the National College - Wakeup Wednesday Guides

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

## 10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

### 1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

### 2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

### 3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

### 4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

### 5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "it's not that bad" or "you're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

### 6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

### 7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

### 8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

### 9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

### 10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

### Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College

X @wake\_up\_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 09.30.2025



Bookmark

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

## Help a child learn to read

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

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

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

Registered Charity No. 117768

**SIGN UP  
TODAY**



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

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

Number Champions

1 2 3 4 5

fun + skills = confidence



# VOLUNTEERS NEEDED

## School Maths Volunteers

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



### Would you enjoy...



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

### Are you...

- available one afternoon a week during school hours?

Contact Lorraine for more information:

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

☎ 07918 410 847

Find out about us at:

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



Training  
provided

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

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

### Camden Family Learning Tales and Tumbles

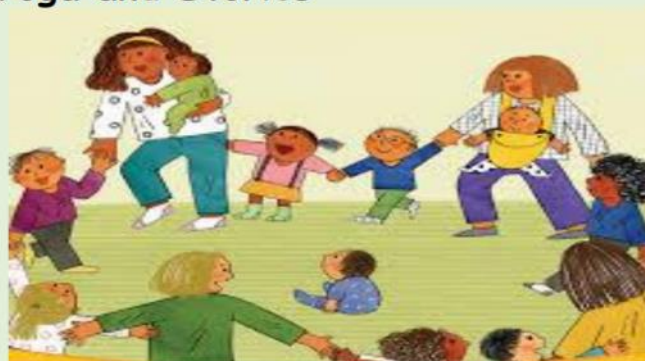


Free Fun Sessions for Parent/Carers, Babies and Toddlers  
with Singing, Yoga and Stories

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

Please note these sessions  
are term time only

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



## JOIN US!

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



## CHILDREN'S BOXING WITH AYBI

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

FREE  
DROP-IN  
CLASSES



Mondays & Tuesdays 4:30PM - 6PM



Saturdays 10:45AM - 11:45AM



Ages 8+

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





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

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

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

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

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



**TREASURE  
BOXING CLUB**  
EST 2020

**VRU**

**MAYOR OF LONDON**  
VIOLENCE REDUCTION UNIT

**FREE  
BOXING  
CLASSES**

**THURS  
DAYS**

# **CAMDEN ACTIVITY PROGRAM**

**5PM**



**CHILDREN  
6-12 YEARS OLD**

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

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

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

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



## Lessons and Courses

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

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

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

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

## Swim For All

**Available Monday – Sunday**

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

Public swimming times may vary please view your local pool programme

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



## Junior Gym

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

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

## Memberships

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

## Soft Play

**Monday – Sunday**

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



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

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

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

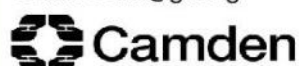
**Contact Us: Pancras Square:** [pancras.square@gll.org](mailto:pancras.square@gll.org)

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

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

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

**Oasis:** [Oasis@gll.org](mailto:Oasis@gll.org)



# Free Football Sessions Running Round Camden

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



@ARSENAL\_IN\_THE\_COMMUNITY

POSITIVEKICKS@ARSENAL.CO.UK

SUPPORTED BY OUR PARTNERS



## OPEN SPACES TIMETABLE



### OPEN SPACES TIMETABLE

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

#### MONDAY

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

#### TUESDAY

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

#### WEDNESDAY

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

#### THURSDAY

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

#### FRIDAY

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

#### SATURDAY

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

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



**SIGN UP  
HERE**

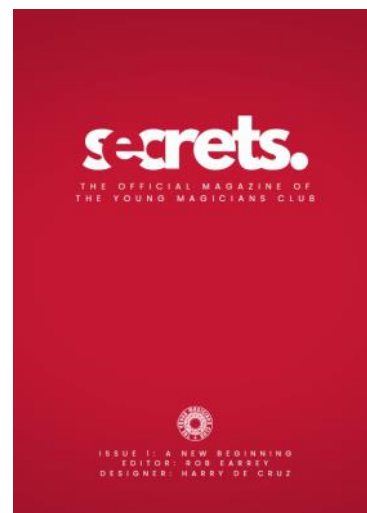
POSITIVEKICKS@ARSENAL.CO.UK

@ARSENAL\_IN\_THE\_COMMUNITY

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

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

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





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

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

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

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

**HOW TO JOIN**

**Annual Membership from just £30**

**One-off Joining Fee £20**

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



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

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

**THE YOUNG MAGICIANS CLUB**

The Youth Initiative of The Magic Circle

**MONTHLY WORKSHOPS**  
At The World Famous Magic Circle Headquarters

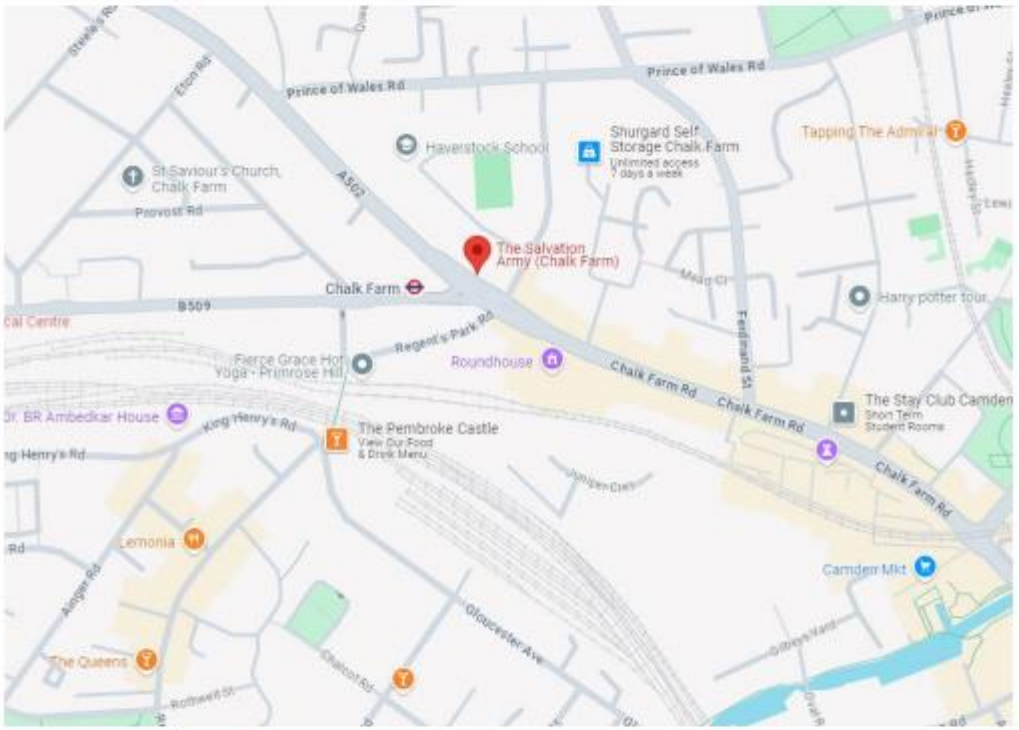
**MAGIC PACKED MAGAZINE**  
Featuring tricks, reviews and interviews

**EXCLUSIVE COMPETITIONS**  
Your chance to win BIG bundles of magic

**LEARN FROM THE BEST**  
Lectures from the best Magic Circle Magicians

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

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

|                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                  |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Scheme:</b>                                                                      | Camden Junior Citizenship Scheme                                                                                                                                                                                                                                                                                                                                                 |
| <b>Venue:</b>                                                                       | The Salvation Army (Chalk Farm)<br>10-16 Haverstock Hill<br>Chalk Farm<br>London<br>NW3 2BL                                                                                                                                                                                                                                                                                      |
| <b>Event Contact:<br/>(On the day)</b>                                              | Aleef Ahmed TfL Citizens<br>Phone Number: 07872 049 495                                                                                                                                                                                                                                                                                                                          |
|  |                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Additional Information:</b>                                                      | <p><b>Lunch</b></p> <p>tbc</p> <p><b>Venue Facilities</b></p> <ul style="list-style-type: none"> <li>• There is lift access so the venue is wheelchair friendly.</li> <li>• There are 2 Sets toilets on both floors</li> <li>• The Venue is locked whilst the pupils are on site but it is also manned by the Salvation Army staff and Aleef Ahmed from TfL Citizens.</li> </ul> |

### [TfL Citizens](#)

Bus Safety, Underground Safety, Active Travel & Journey Planning.

### [London Fire Brigade](#)

Fire Safety in The Home.

### [London Ambulance Service](#)

Basic First Aid.

### [Metropolitan Police Service](#)

Online Safety, Personal Safety Messages.

### [My Bank](#)

Staying safe online in relation to fraud/scams

### [Met Police Cycle Safety Team](#)

General cycle safety advice – e-scooters/e-bikes

### [Hope UK](#)

Health & Wellbeing, Vaping, Smoking, Harmful Substances.

### Camden JCS site details



## Camden Junior Citizenship Scheme 2025-2026

*'All 11-year-olds need this!'*

*'A fantastic morning-very informative and engaging!'*



# Wac Arts

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

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

.....

## **Performing Arts**

| Dance  
| Drama  
| Singing  
| Music  
| Musical Theatre

## **Creative & Digital Arts**

| Animation  
| Art & Design  
| Filmmaking

**Age  
4 - 30**



**wacarts.co.uk**

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



It's  
Free



It's  
Free

# JUNIOR CRICKET COACHING CLUB

Age 7 to 15 Years old Boys and Girls

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



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

**Starting From  
2nd February  
2025**

**Venue**

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



**REGISTE  
R NOW**



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

Mobile : 07717765932 , 07464592776

Email: [unitedsportingclub@hotmail.com](mailto:unitedsportingclub@hotmail.com)

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

**Supported by**



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

# RUGBY IN REGENTS PARK



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



Accredited Club

### EVERY SUNDAY THROUGHOUT THE SEASON



07770 753162



regentsparkroyals@gmail.com



regentsparkroyals.com





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

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



# New Scout Group

Opening in Camden  
Castlehaven Community Association



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

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

**Squirrels**

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



**BEAVERS**

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



**cubs**

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



**SCOUTS**

10.5 - 14 year olds  
Friday's - coming soon



**SIGN UP HERE**



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

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

**Meeting Place:**

Castlehaven Community Association  
23 Castlehaven Road, NW1 8RU

All Staff & Volunteers are DBS certified.

**Contact Details:**

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

**Join the adventure and learn #skillsforlife**



**AGES  
3-9**



## **HOLIDAY CLUBS**

*Celebrating Creativity since 1990*

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

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

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

### **Upcoming Clubs:**

October & December Holiday Clubs

Oct 27<sup>th</sup>-31<sup>st</sup> & Dec 27<sup>th</sup> 29<sup>th</sup> 30<sup>th</sup> 31<sup>st</sup>

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

Early drop off available

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



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

# OCTOBER HALF-TERM STEM HOLIDAY CAMP

Week A: Mon 20 to Fri 24 Oct 2025 (5 days)

Week B: Mon 27 to Fri 31 Oct 2025 (5 days)

\*Check Online with your Home Postcode, for which Dates and Weeks are Running at your Closest Location



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

**Book Online:**  
[mnature.co.uk](http://mnature.co.uk)

**Or Call:**  
**020 8863 8832**



Early  
Booking  
Discount  
Available!

**"BEST CAMP EVER"**

Read Parent Reviews at:  
**feefo** ★★★★★  
Independent Service Rating

**Ofsted**

Registered  
Childcare Vouchers  
GTFC, CGPS,  
Universal Credit  
Accepted

**Scan Me!**



## Information: Autumn Half-term October 2025

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

### • Dates\*:

Week A: Mon 20-Fri 24 Oct 2025 (5 days)

Week B: Mon 27-Fri 31 Oct 2025 (5 days)

\*Check online for which weeks are running at your Location

### • Times: 9am - 3:30pm (6.5hrs)

Extended Hours: 8:30am; latest collection 4pm  
- simply add when booking online

### • Open to Children: aged 5-12 years

### • Locations: across Greater London (look right>)

## Spooky Science! - New 2025 Activities

### Day 1> It's Hallow-Scream!

Dep Sea Monsters!  
Weird Shadows!  
Coughs and Sneezes!

### Day 2: Fang-Tastic Fun!

Jumping Spiders!  
Ghastly Greenhouse!  
Squishy Cells!

### Day 3: Spook-Takular Science!

Forever Autumn!  
Pirate Ghost Ship!  
Incy-Wincy Taratula!

### Day 4: Happy Haunting!

Vanishing Ghosts!  
Howling Werewolf!  
Franken Balloons!

### Day 5: Toil & Trouble!

Smashing Pumpkins!  
Witch's Broom!  
Balancing Bats!

### Vampire Vomit!

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

Early Bird  
and  
Multi-Book  
DISCOUNT!

## Haunted School Venues this Halloween Serving:

### NW London

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

### NE London

- City of London
- Enfield
- Haringey
- Islington
- Tower Hamlets
- Walthamstow

### SW London

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

See online for full list...

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

**Book online at:**  
**[www.mnature.co.uk](http://www.mnature.co.uk)**

**Or call us today:**  
**020 8863 8832**



### Parent Testimonial:

"Science camp has inspired my child to learn more and he adores it, which says a lot about the teaching. It was incredibly reassuring to know he was in good hands. Highly recommend it. We will definitely be back for more!"



### Did You Know?

we also do  
**THE BEST  
BIRTHDAY PARTY  
EVER!**

# GIRLS CAMPS

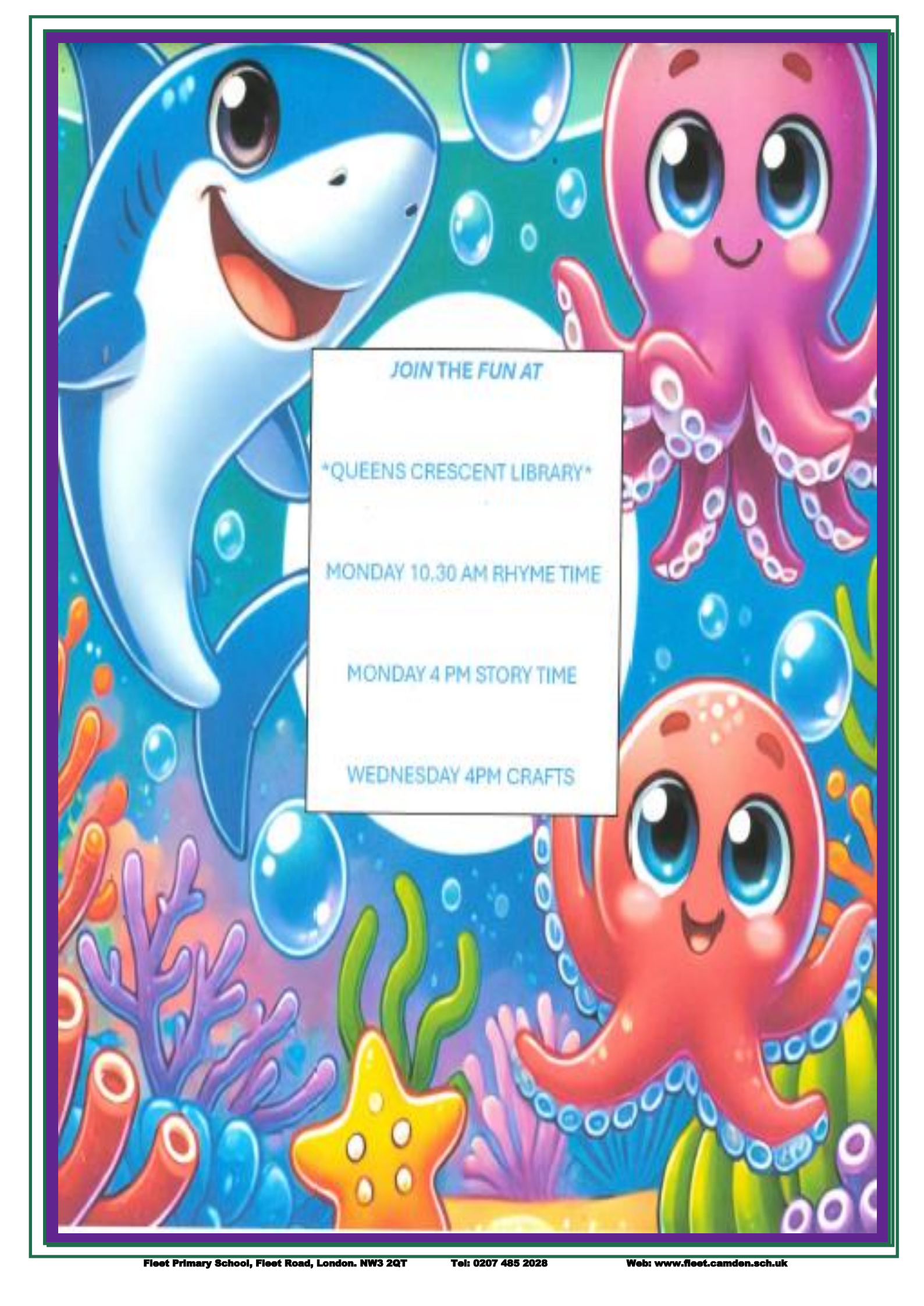
28+29  
OCTOBER

10AM - 3PM | AGES 6-16

TUFNELL PARK, NW5 1UJ



**BLOOMSBURY  
FOOTBALL  
FOUNDATION**



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 23<sup>rd</sup> 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 23<sup>rd</sup> 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 10<sup>th</sup> week of your pregnancy, £8.50 each week for children from birth to one year old, £4.25 each week for children between one and four years old.** [Apply online](#). Pregnant women and children under the age of four are also eligible for free vitamins from children's centres. Find your local children's centre [here](#).

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

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

## Cost of Living Crisis Fund Payment

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

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

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

### How to apply

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

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

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

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

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

### Eligibility criteria

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

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

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

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

## The cost-of-living advice bus

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

# 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:** 19<sup>th</sup> September 2025 (Friday)

**Time:** 10am - 11.30am

*Group runs at the same time weekly until 24<sup>th</sup> October 2025*



For more details please email us at:

[familyservice@brandoncentre.org.uk](mailto: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](mailto: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](http://childrenssociety.org.uk/beam)  
Service email address:  
[CamdenBeam@childrenssociety.org.uk](mailto: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](http://camden.gov.uk/camdensurestart)

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



12/06/2018 11:44



Pregnancy & New Born Baby



New Born Baby to 2 Years



Child 2 to 5 Years

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

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

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

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

### What kind of help?

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

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

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

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

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

### Our support.

Midwifery and health visiting services

Information and support about breastfeeding, baby feeding and healthy eating

Stay and play drop-ins and other activities for you and your child to enjoy together

Family support team — if you need extra help

Early education and childcare and childminders

Help to find training and employment and benefits advice

Local services for children with special educational needs and/or Disabilities, visit [localoffer.camden.gov.uk](http://localoffer.camden.gov.uk)

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12/06/2018 11:44

# Camden Children's Centre Services

# CAMDEN MHST

## MENTAL HEALTH SUPPORT TEAM

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

## SUPPORT AND INTERVENTIONS

Individual/Parent led therapy

Group therapy and workshops

Whole class interventions

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



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

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

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

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

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

## FLEET PRIMARY SCHOOLS PRACTITIONER

If you are interested in getting help, please contact:

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](mailto: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.

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



## How to Register



1

Go to: [www.strengthening-families.net/parenting-courses](http://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](mailto: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](mailto:LBCMASHadmin@camden.gov.uk)

For more information about Early Help visit:

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

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

Produced by Creative Services 1251 23

\* free childcare places for eligible 2 year olds



### What's Early Help?

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

### What can you help with?

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

### What does Early Help do?

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



### Early Help services include:

#### Sure Start

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

#### Early Help Co-ordinators

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

#### First Step Early Help

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

#### Families in Focus

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

#### Transformation Team

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

#### Youth Early Help

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



### Every Early Help team will:

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



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

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

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



**URGENT MENTAL HEALTH SUPPORT 24/7**

**Worried about your mental health?**

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

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

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

## FREE SCHOOL MEALS STATUS

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

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

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

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

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

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

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

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



**Clue**

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




and when not hiding inside printers they usually look like this





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



**Recycle 4 Charity Treasure Hunt**

Attention to all children and teachers!

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




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

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

## Parent group: Families, Food and Feelings

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





# FREE SCHOOL CLOTHING



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

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

## WHEN AND WHERE TO FIND US:

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



**COMBAT CLIMATE CHANGE AND SAVE FAMILIES MONEY**



# 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.

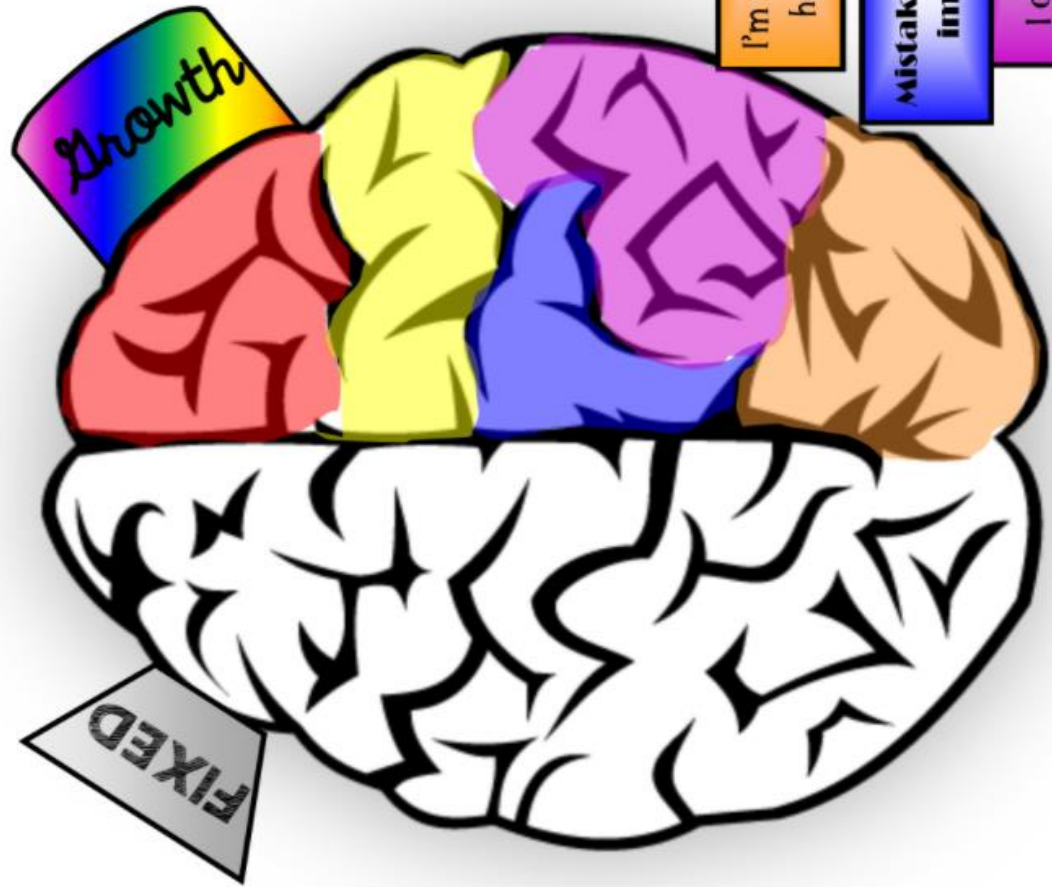
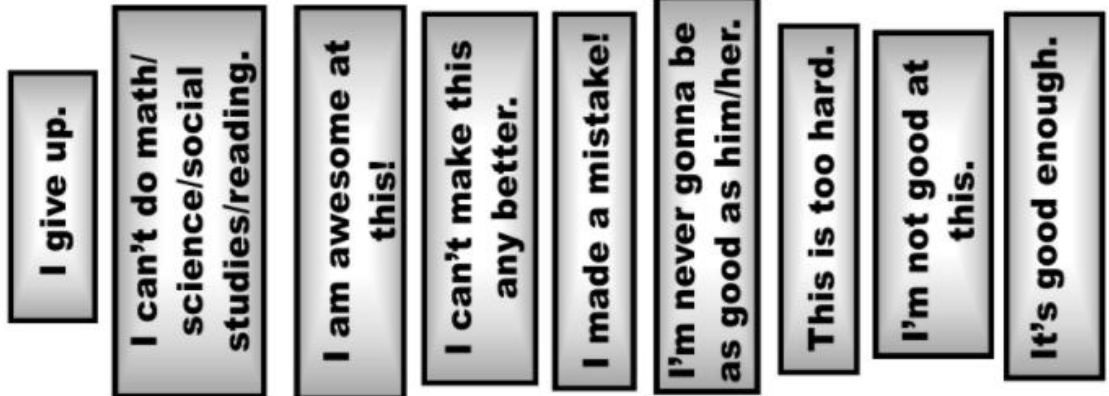
Food co-ops are managed by members, who together decide what to buy and how to run the project. No bosses, no managers!

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

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

# Change your words Change your *Mindset*



## Gender equality: guide for families

### What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



### Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

### FAQs

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

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



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

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

### Toys:

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

### Opportunities to challenge gender stereotypes:

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

### Language:

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

### Expectations and aspirations:

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

### Books:

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

### Around the home:

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

### Attitudes:

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

### Clothes and shoes:

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

### Similarities and differences:

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



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