

Fleet Community Notices



Wednesday 23rd September



New items this week...

We are holding a coffee morning here at Fleet on September 25th at 9am please do come along see [p4](#) for more information. The National college has information on parenting gamers [p40](#). Camden job hub good work are offering help with creating CVS's if you are looking for work or wanting to learn a new skill see [p70](#). Camden's home energy advice team are offering help with reducing energy bills see [p68-69](#) for more information. Rhyl Community Primary School are running a health event on Friday 25th September 9am til 12pm please see [page 38-39](#) for more information. Camden inspire are running a programme full of activities and workshops for children & families see [p64](#) for details. Camden parent carer forum have a forum meeting coming up on the 29th September see [page 37](#) for details. Camden family hubs are running an early help parenting programme please see [p71](#) for details. The Royal school of speech and drama are running a Saturday youth theatre please see [p60](#) for more information. There will be a free 4 week creative theatre workshop at Castlehaven community centre please see [p62](#) for more information. There is also a theatre workshop series running on Fridays at the old diorama arts centre please see [p63](#) for more information. Better are running half term swimming courses at various locations across Camden please see [page 65](#) for more information. HAF HVH are running some amazing half term activities for the upcoming October half term see [page 66](#) for further information. Please do take time to look through the whole newsletter—especially if you haven't done so for a while as there is so much available to both you and your children across Camden. We're sure you will find something of use whether that be a drop in sessions, a club, or information there is so much on offer in Camden from the Council and other local community groups.

Morning Snacks—Fruit only please

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

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Online learning resources and homework

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

Met Engage - Community Crimefighting



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

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

Dates for your diary this term...

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

WHOLE SCHOOL EVENTS

25th September 9am	Coffee morning - meet & greet PTA & Family Support worker - sign up for help with cost of living and housing
Thursday 1st October	Councillor surgery with Marcus Boyland—First come first serve no appointment required

NURSERY 2025-26

Tuesday 20th October	Autumn walk to Hampstead Heath
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PARENTS ASSOCIATION & SPECIAL EVENTS

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YEAR 1 2026-27

Tuesday 6th October	Phonics open morning
Thursday 8th October	Trip to Wac Arts
Thursday 22nd October	Computing workshop

RECEPTION 2026-27

Friday 16th October	Phonics open morning stay & play
Wednesday 23rd October	Hampstead Heath Autumn walk
Wednesday 25th November	Stay & play

YEAR 2 2026-27

Wednesday 30th September	Trip to Chinatown—morning only
Tuesday 6th October	Open morning
Tuesday 20th October	Trip to October gallery

YEAR 3 2026-27

Wednesday 23rd September	Stone Age Survivor Workshop 10-12
7th October	3&4 open morning
20th November	Class assembly

YEAR 4 2026-27

TBC	Visit to Keats library
5th-16th October	Swimming
13th November	Trip to CLC

YEAR 6 2026-27

Thursday 8th October	Open morning
22nd September & 13th October	Everyone's invited workshop
19th-23rd October	Bikeability training
Tuesday 10th November	Trip to BFI for WW2 event
Thursday 10th December	Junior show

YEAR 5 2026-27

8th October	Reading open morning
12th-16th October	Bikeability training
19th-23rd October	Sayers Croft residential trip
6th November	Class assembly
19th November	Writing open morning
24th/25th November	Parent meetings
30th November	Trip to National Maritime museum
10th December	Junior show
17th December	Christmas parties

Term Dates for 2025-26



SCHOOL TERM DATES 2026-2027

AUTUMN TERM

First day of term	Monday 7 th September 2026
Half term (inclusive)	Monday 26 th – Friday 30 th October 2026
Last day of term	Friday 18 th December 2026 – close at 2pm

SPRING TERM

First day of term	Tuesday 5 th January 2027
Half term (inclusive)	Monday 15 th – Friday 19 th February 2027
Last day of term	Thursday 25 th March 2027 – close at 2pm

SUMMER TERM

First day of term	Tuesday 13 th April 2027
May Day Bank Holiday	Monday 3 rd May 2027 - school closed
Half term (inclusive)	Monday 31 st May – Friday 4 th June 2027
Last day of term	Thursday 22 nd July 2027 – close at 2pm

STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 st half term	Wednesday 2 nd , Thursday 3 rd , Friday 4 th September 2026	Monday 4 th January 2027	Monday 12 th April 2027
2 nd half term			

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



FLEET PRIMARY SCHOOL

COFFEE MORNING

FRIDAY 25th SEPTEMBER 2026 - 9am

We would love to welcome new and familiar faces to our first Coffee Morning of the school year!

Meet our PTA!

Enjoy tea, coffee, and a friendly chat with other parents on Friday 25th September 9am



- QCCA outreach team information & bookings for support & confidential advice on:

- ★ Money and budgeting
- ★ Housing advice
- ★ Benefits and financial support
- ★ Adult learning and family classes including ESOL
- ★ Other services available for the whole family

Everyone is welcome.

We look forward to seeing you there!

Nut Free School

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

STOP!

you are now entering a



nut
free
zone

please DO NOT bring
nuts into this area

BE ALLERGY AWARE WITH ALLERGY LIFESTYLE®

www.allergylifestyle.com

MAYOR OF LONDON

Date: May 2025

Dear Parent/Carer,

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

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

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

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

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

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

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

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





How will it work?

All children at a Camden state school, from Reception to Year 6, will be automatically joined to Camden libraries. Camden Council will securely transfer the data the library service needs to create a library membership. Schools are supporting this because of the clear benefits reading for pleasure has on your child's education. All data will be handled securely and confidentially, according to GDPR guidelines. It is the data you shared when you enrolled your child for a primary school place. The auto-enrolments data will be transferred this week and, during the summer and autumn terms 2026, your child will receive their library card at school when it is ready. You are invited to come to the library and see what we have to offer.

What do I need to do?

You do not need to bring any further information or proof of address for your child's membership of the library. We hope you will come and visit our libraries to help your child find and borrow books. There are nine Camden libraries, and you can visit any of them. A member can also use our free 24/7 digital library, that can help with homework - this can be found online at camden.gov.uk/digital-library.

How do I find my local library?

Please check on the website to find your local library and opening times at camden.gov.uk/library-information.

What data do you hold about my child and what if I don't want my child to be part of this?

We will hold some of your child's personal data on the Library Management System. This includes their name, address, school, school year and date of birth. You shared the data with the Council when you enrolled them at primary school.

You have the right to opt out of library membership. To do so, please contact your local library or email libraries@camden.gov.uk. We will then delete your child's information from the library management system. If you want more information about how we use your personal data please see the [library privacy notice](#) and our main privacy notice at camden.gov.uk/privacy or scan our QR code:



Yours sincerely,

A handwritten signature in black ink, appearing to read 'Sabrina Francis'.

Councillor Sabrina Francis

Cabinet Member for Jobs, Young People and Culture
Camden Council

A handwritten signature in black ink, appearing to read 'Fiona Tarn'.

Fiona Tarn

Head of Libraries
Camden Council



02 June 2026

Dear Parent / Carer,

Your child, if they are not already, will soon be a member of Camden libraries! Camden Council is working with all local state schools to auto-enrol primary-age children to the public library service if they don't already have a library card. The library card will be delivered to your child through their school during the summer and autumn terms.

This year is the National Year of Reading, and Camden wants every child to discover the joy of reading, because we know the benefits it has for wellbeing and education. The library card can be used to borrow up to 20 books. There are thousands to choose from in our nine libraries, including picture books, talking books, stories and information books, books in other languages and graphic novels.



Why are we auto-enrolling children to the library service?

Reading for pleasure helps a child's development in language and understanding. It supports academic success and aids problem-solving.

We've made it easier for parents and carers to support children to use the library by introducing this auto-enrolment. By becoming a member of Camden libraries, your child will have access to thousands of books they can borrow and will support reading at each stage of their life, as well as free events and activities that help to foster a love of reading and learning. Membership is free and borrowing books is free - and there are no charges if you return books late.

Every year, Camden libraries run the Summer Reading Challenge to encourage reading over the summer holidays. As a member, your child can take part and join free activities.

We hope you will come and visit our libraries with your child and their new library card, to help them find and borrow books. You do not need to bring any further information or proof of address for your child's membership of the library.



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

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

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

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

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

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

Message to parents from our School Inclusion Support Officer

School Inclusion Support Officers

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

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

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

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

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

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

It is never too late to benefit from good attendance.



Lateness

How much time can you lose?

In one school year

5 Minutes

late each day



Sixteen
days of
missed
schooling

Raise FREE donations for

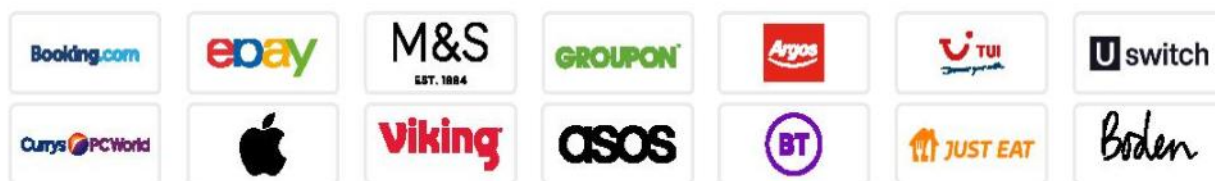
FLEET PRIMARY SCHOOL

every time you **shop online**

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

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

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



Download the easyfundraising App



NOTE...

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

Fleet Primary School

would like you to join their channel on Parent Hub.

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

@FleetPrimary

The Parent Hub app is FREE to download and use.



What is Parent Hub?



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

Instructions for Parents



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

Visit www.parenthub.co.uk 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



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 EVERSOLT STREET | LONDON | NW1 1BD



camdenmusic



Music lessons at Fleet School

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

Getting started is easy!

Simply apply online

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



Or scan the QR code

020 7974 7239

camdenmusic@camden.gov.uk



camdenmusic



Have fun learning to play the drums at Fleet School

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

Getting started is easy!

Simply apply online

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

020 7974 7239

camdenmusic@camden.gov.uk



camdenmusic



Have fun learning to play the piano at Fleet School

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

Getting started is easy!

Simply apply online

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

Or scan the QR code above

020 7974 7239

camdenmusic@camden.gov.uk

Message from Camden Music Service:



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

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

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

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

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

Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

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

How can you help?

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

What else will help?

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

Find out more here

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

and here

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

Terms and conditions

All Camden Music staff have enhanced DBS clearance.

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

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

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

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

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

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

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



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

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

Getting started is easy!

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

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



020 7974 7239

camdenmusic@camden.gov.uk

Camden Music Service

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

camdenmusic@camden.gov.uk

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

Individual Instrument Tuition at Fleet

Welcome to the Camden Instrumental Service

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

What instruments can my child learn?

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

Will my child need an instrument?

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

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

When and where will lessons take place?

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

What types of lessons are there?

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

Shared lessons

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

Individual lessons

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

What will it cost?

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

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

How do I pay?

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

Is any financial help available?

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

What about if we want to stop?

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

How do I apply?

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

WELCOME TO CAMJAM!

The Camden Music Junior Saturday Centre



JOIN US ON SATURDAYS

at Brecknock School, NW1 9AL

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



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



camdenmusic

020 7974 7239
camdenmusic@camden.gov.uk



Camden Holiday Courses

Come and experience Camden Holiday Courses!

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

Scan the QR Code to register

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



JOIN CAMJAM

Saturday Mornings



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

SCAN ME



www.camdenmusic.org



Camden
MUSIC

#WeMakeMusic



LOTE4Kids *Storytime, in their language*

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

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



Download on the
 App Store



GET IT ON
 Google Play



Camden





Camden



NHS

Whittington Health
NHS Trust

Camden Language and Communication Service (CLCS)

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

Speech and Language Therapy Advice Line:

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



Call: 020 3772 0390 (please leave a message)

Email: whh-tr.camsltclcs@nhs.net

If you require a phone interpreter, please let us know

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



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

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

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

or use the QR code:





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

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

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

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

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

Autism and ADHD
Neurodevelopmental Site
for 0-18yrs

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

Camden Islington Barnet Enfield Haringey

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

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

Downloadable neurodevelopmental resources

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

Professional advice and guidance on Autism & ADHD symptoms

Help with finding a local NHS service for a diagnostic assessment

Hear the voices of young people, parents and carers

SCAN ME

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

Autism and ADHD Neurodevelopmental Site for 0-18yrs

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

Camden

Islington

Barnet

Enfield

Haringey

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

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

Downloadable
neurodevelopmental
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Things to
LEARN
What you can
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Places to **GO**



SCAN ME

Professional
advice and
guidance on
Autism & ADHD
symptoms

Help with finding a
local NHS service
for a diagnostic
assessment

Hear the voices of
young people,
parents and carers

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

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

Want to join us?

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

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



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

- Camden parent

You can also email us at:
CamdenPCF@kids.org.uk
Or text/call on: 07385 003 662

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

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

- f @CamdenSpecialParentsForum
- @CamdenPCF
- @CamdenSPForum

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

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



Charity no: 275936
Company no. 1346252
www.kids.org.uk

CAMDEN 
Parent Carer Forum



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

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

Who are we?

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

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

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

What do we do?

1 Peer support:

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

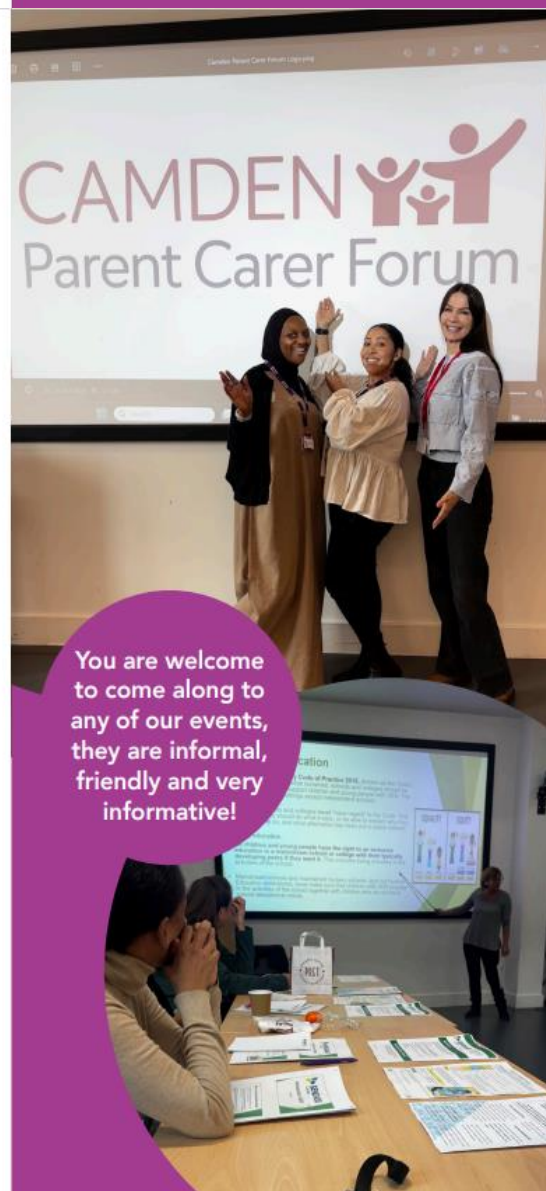
2 Training and Workshops:

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

3 Co-production and Co-Design

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

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



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

Early Years SEND parent coffee morning: focus on sleep

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

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



SIGN UP!

SLEEP

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

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

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

When:
Tuesday 21st April,
10:00am-12:00pm -
Hampden Centre 80
Polygon Road NW1 1HQ

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

[Click here to sign up](#)
or scan the QR code



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

Camden Active

SEND Trampoline

Development Courses

Talacre Community Sports Centre, NW5 3AF

Fun weekly sessions for young people aged 5 to 14

Timetable

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

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

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

@ gymteam@camden.gov.uk

☎ 0207 974 8754

Camden Active
Sports

 Camden

Talk to us about MMR

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



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



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

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

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



camden.gov.uk/measles



Is your child fully vaccinated against measles?

Measles cases are increasing in London

What is measles?

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

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

camden.gov.uk/measles



Measles symptoms

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

Rash



Temperature



Runny nose



Red eye



Cough



If you think your child has measles

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

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

The MMR vaccine is safe and effective

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

MMR vaccinations are needed at age:



1 year



3 years and 4 months

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

Getting a free MMR vaccine

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





Vaccination UK
Immunisation Provider for
NHS

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



Camden@v-uk.co.uk



0203 640 7501

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 18th September 2026

Time: 10am-11:30am

Venue: Online (Microsoft Teams)

Group runs at the same time weekly for 6 weeks

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





Family Hubs
Camden

FREE Potty Training Session at your local Family Hub

For parent and carers of children aged 18 months to 5 years. Come along and get your Free Potty Training Kit.

From
Nappies

to
Potty

Simple, practical ways to help your child
become confident, independent
and ready for school.



See QR code for
your local session
and just
come
along.



No booking needed
– Just come along!

CAMDEN

Parent Carer Forum

UPCOMING EVENTS

SEPTEMBER 2026

**Mon
14th**

'Walk & Talk' Regents Park *NEW PARK*

**10:15am-12:30pm @ Regents Park
Meeting point - Gloucester Gate Entrance
NW1**

**Wed
16th**

The Forum 'Coffee Catch-Up' *NEW*

**10am-11:30am @ Costa Coffee
35 Camden Road NW1 9LR (close to Camden
Road overground station)**

**Mon
21st**

**'Intro to ADHD' Workshop with CAMHS
*NEW***

**10am-12pm @ Castlehaven Community
Centre, 23 Castlehaven Road NW1 8RU**

**Tue
22nd**

Movement, Relaxation & Lunch

**12pm-2pm
Kentish Town Congregational Church, Kelly
Street, NW1 8PH**

**Tue
29th**

Forum Meeting (Hybrid)

**10:30am-12:30pm
The Greenwood Centre,
37 Greenwood Place NW5 1LB / Online**

To register for any of these events please email:
CamdenPCF@kids.org.uk or Aishatu.Mohammed@kids.org.uk

You can also Text or Call Aisha on : 07385 003 662

Rhyl Community Primary School Health Event

Friday 25 September
from 9am to 12pm

Join us all in Rhyl Community Primary
School to meet a variety of health and
wellbeing services and ask your questions
about your health

(see list of services on the back side)



Address:

Rhyl Street, NW5 3HB



- **Health Checks** (blood pressure, BMI, diabetes risk assessment)
- **Diabetes UK** (information and support)
- **SEND Local Offer** (information about support for children and young people, aged 0 to 25 with special educational needs and disabilities, and their families)
- **SOFIAA Health** (menopause support)
- **Self-sufficient Women** (physical activities for women and girls)
- **Camden Home Energy Team** (advice on keeping warm at home and on energy savings, support with energy bills and energy debt)
- **Children Centres** (wide range of services and support for children and families from pregnancy to age 19)
- **Camden Mould and Damp** support team
- **Camden Mental Health** support team
- **Feet Health** Information
- **CLASH** (sexual health advice and testing)
- **WISH+** (way for Camden residents to get access to a range of warmth, income, safety and health services)
- **Families for Life** (child nutrition support)
- **Whittington Dental** (oral health promotion)
- **Dementia UK** (information)

From the National College - Wakeup Wednesday Guides

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

PARENTING GAMERS



Moving from policing to parenting your gaming kids: how to engage and guide

With concerns about escalating screen-time, the impact of violence, unexpected costs and interloping strangers it can be tempting to lock down video games to limit their negative impact. While some sensible boundaries are helpful, they are only a short term solution for how we guide children towards gaming health. Like other areas of childhood, parents and carers can have a powerful steering presence by engaging and participating in the video games their children play. This not only reduces risks because they are aware of the kinds of activities, interactions and costs involved but makes video games a part of family life. Along with building dens, climbing trees, cooking and family walks, playing games with children enables parents to guide the quality of content being played. This may start with sharing the games children are currently playing, understanding why they love it and celebrating successes. But with a little research, this can grow into suggesting other games to play and higher ambitions for what kids get out of playing long-standing favourites.



National
Online
Safety®

A New Media For Everyone

Video games are a new kind of media. Because they are new we don't entirely understand their potential yet. They've become hugely popular and commercially successful as blockbuster entertainment for children and teenagers. However, like books, films and music, the real range of video games on offer is much broader than this.

There are games about every topic you could imagine, and aimed at a wide range of ages and perspectives. Whether it's sharing a family's heartbreaking story in *That Dragon, Cancer*, stepping into the shoes of a Syrian migrant in *Bury Me, My Love*, or taking the hand of your child and soaring over the clouds in *Sky: Children of Light*, games take us places in unique ways. It's no surprise, then, that Newzoo figures show that in 2018 40% of men and 32% of women play games. And Entertainment Software Association (ESA) data showed that the average age for US gamers is 34 for women and 32 for men.

If you want to turbocharge your care of a child who loves playing video games, the best thing to do is to find games you want to play yourself. This can sound like strange advice until we consider how hard it would be caring for a child who loves books without reading ourselves or guiding a child who loves music without sharing our favourite songs.

Video Game Diet

Gaining an understanding of what video games are, what they are like to play and the different experiences on offer, enables you to encourage a varied gaming diet. Similar to how we don't worry about plate-time but what's on the plate, we can differentiate between different types of screen experience.

Playing *Fortnite* offers exuberant excitement and connection to friends. Playing *Mario Kart* connects us to the players sitting next to us. *Roblox* can be a place for children to play at having a job or surviving a storm. *Minecraft* can be a tranquil escape from a busy day at school. *Alto's Adventure* can be a way to calm anxiety or jangling nerves.

Parents and carers can expand these experiences. *Kingdoms Two Crowns*, *Reigns* and *Life is Strange* teach players to trust their instincts in game-worlds built to encourage risk and hunch taking. *Florence*, *Abzu*, *Journey* and *Brothers Tale of Two Sons* are a gentle way for children to learn about their own emotional responses to challenging situations as well as appreciating how people experiencing them first hand may feel. *Eco* and *One Hour, One Life* encourage the altruism of building something that other players benefit from.

Creators Not Consumers

Ambition for their future means parents and carers support activities where children are excelling. While this is familiar territory when a child is brilliant at an instrument or learning a foreign language, it's easy to miss the need for our enthusiasm when it comes to video games. Along with the general connection and good feelings that come from a parent or carer celebrating success in an activity that a child enjoys comes the incentive that they could go further than they realise themselves. The rise in competitive video games can sound peculiar but requires great skill, draws large audiences and comes with high prize money for professional players. Beyond this, parents can guide children towards other careers in video games which need diverse creative, technical and social skills. A simple and effective way to do this is to encourage children to create as well as consume games. This can start as simple customisation of the games that allow you to design maps and characters. Then there are games like *Mario Maker* on Wii U, 3DS and Switch where you can design and share levels for other players. *Dreams* on the PlayStation 4 takes this further with an accessible game creator that's also really powerful.

Finding Games You Want Children To Play

Parenting rather than policing video games equips children to build good habits and a healthy relationship with digital media for when they leave home and parents aren't around to enforce the rules. One challenge can be finding the kinds of games you want your children to play. There are good resources to help you with this. Many of the examples here come from my upcoming *Taming Gaming* book: <https://unbound.com/books/taming-gaming/>. There are also websites that provide video game suggestions like *AskAboutGames* <https://www.askaboutgames.com>. Also, there are good Twitter accounts that help, like *Wholesome Games* (@_wholesomegames) and *Non-Violent Game Of The Day* (@NVGOTD).

You can also use the VSC Rating Board (<https://videostandards.org.uk/RatingBoard/>) website and PEGI app to search for games of different ratings.



Meet our expert

Andy Robertson is a parent of three children and journalist who writes for national newspapers and broadcast television. His *Taming Gaming* book helps parents guide children to healthy play.

www.nationalonlinesafety.com

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.07.2019



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

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/volunteerf2f

Number Champions

1 2 3 4 5

fun + skills = confidence



VOLUNTEERS NEEDED

School Maths Volunteers

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



Would you enjoy...



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

Are you...

- available one afternoon a week during school hours?

Contact Lorraine for more information:

✉ lorraine@numberchampions.org.uk

☎ 07918 410 847

Find out about us at:

www.numberchampions.org.uk



Training
provided

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

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



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

Camden Youth Songwriters Circle

Join us for our new fun and creative Songwriting Club at Swiss Cottage Library.

Cost: Free
Where: Swiss Cottage Library
When: Fridays, 3.45 – 4.45pm
Ages: For children in years 5, 6 and 7 at school.

These engaging and inclusive sessions are for pupils in Years 5, 6 and 7. They provide an opportunity to explore songwriting in a supportive and collaborative environment. No musical experience is required.

Students will:

- Learn how songs are written
 - Create lyrics and melodies
- Work with others and share ideas

Please sign up here [Camden Youth Songwriters Circle](#)

**TREASURE
BOXING CLUB**
EST 2020

VRU

MAYOR OF LONDON
VIOLENCE REDUCTION UNIT

**FREE
BOXING
CLASSES**

**THURS
DAYS**

CAMDEN ACTIVITY PROGRAM

5PM



**CHILDREN
6-12 YEARS OLD**

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

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

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

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



Lessons and Courses

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

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

Kentish Town, Swiss Cottage and Pancras Square.

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

Swim For All

Available Monday – Sunday

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

Public swimming times may vary please view your local pool programme

www.better.org.uk/bookings



Junior Gym

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

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

Memberships

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

Soft Play

Monday – Sunday

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



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

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

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

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

Kentish Town: kentishtown@gll.org

Swiss Cottage: swiss.cottage@gll.org

Talacre: talacre@gll.org

Oasis: Oasis@gll.org



Free Football Sessions Running Round Camden

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

OPEN SPACES TIMETABLE



SUPPORTED BY OUR PARTNERS:



**ARSENAL
IN THE COMMUNITY**

OPEN SPACES TIMETABLE

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

COMMUNITY SESSION	YEAR GROUP	TYPE	POSTCODE	START	END
Rosemary Garden	Y3 - Y6 & Y7 - Y11	Mixed	N13DU	5.00pm	6.30pm
Rosemary Garden	Y10 - Y12	Mixed		6.30pm	8.00pm
Paradise Park	Y3 - Y6	Mixed	N7 8PF	4.30pm	6.00pm
Paradise Park	Y7 - Y9	Mixed		5.30pm	6.30pm
Paradise Park	Y10 - Y12	Mixed		6.30pm	7.30pm
Woodberry Down	Y3 - Y6	Mixed	N4 2RJ	4.30pm	6.30pm
Woodberry Down	Y7 - Y11	Mixed		6.30pm	7.30pm
Fleet	Y3 - Y6	Mixed	NW3 2QT	4.30pm	6.00pm
Fleet	Y7 - Y11	Mixed		6.00pm	7.30pm
William Tyndale	Y9 - Y13	Girls Only	N12DL	5.30pm	7.30pm

SATURDAY

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

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



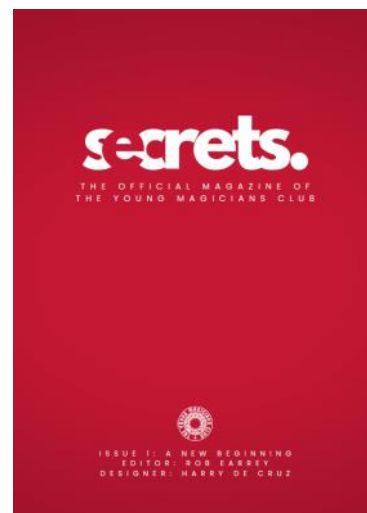
POSITIVEKICKS@ARSENAL.CO.UK

@ARSENAL_IN_THE_COMMUNITY

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

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

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





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

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

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

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

HOW TO JOIN

Annual Membership from just £30

One-off Joining Fee £20

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



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

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



Wac Arts

Nurturing children & young people's creativity

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

.....

Performing Arts

| Dance
| Drama
| Singing
| Music
| Musical Theatre

Creative & Digital Arts

| Animation
| Art & Design
| Filmmaking

**Age
4 - 30**



wacarts.co.uk

213 Haverstock Hill, London, NW3 4QP



RUGBY IN REGENTS PARK



JOIN THE ONLY JUNIOR RUGBY CLUB IN CENTRAL LONDON!



Accredited Club

EVERY SUNDAY THROUGHOUT THE SEASON



07770 753162



regentsparkroyals@gmail.com



regentsparkroyals.com



DANCE CLASS

Music & Movement - Get fit dancing

Location: Royal Free Recreation Club
Fleet Road NW3 2QG

Enquiry/Bookings: 07940394383
gymbodyandmindfit@gmail.com

 **TIME**
9:00 AM

 **DATE**
Thursdays



MENTOR
Val Almeida

REGISTER NOW



MATCH PLAY ONLY FOOTBALL SESSIONS

EVERY THURSDAY 

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

**BOOK NOW FOR A
FREE TASTER CLASS**

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

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

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

Website Link
www.prorevo.co.uk

More Information:
 Prorevolution.devel

Trampoline

Development courses

Talacre Community Sports Centre, NW5 3AF

Fun sessions for young people aged 5 to 16

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

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

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

@ sportsdevelopment@camden.gov.uk

☎ 0207 974 8754



MIDDLESEX
IN THE
COMMUNITY

CHANCE TO SHINE
Spreading the power of cricket

CHANCE TO SHINE
Spreading the power of cricket

CHANCE TO SHINE
Spreading the power of cricket

CHANCE TO SHINE
Spreading the power of cricket



Free Cricket Sessions In Westminter

What? Fun, free cricket sessions. No equipment needed!

When? Wednesdays 4.45-6pm

Where? Regents Park Hub Cricket Pitch, NW1 4NU - lookout for the Middlesex Coaches.

Who? 4.30-6pm Anyone aged 8-15

How? Email:

fionn.wilkinson@middlesexccc.com or scan the qr code to sign up!



CHANCE TO SHINE
STREET



MIDDLESEX
IN THE
COMMUNITY

CHANCE TO SHINE
Spreading the power of cricket

CHANCE TO SHINE
Spreading the power of cricket

CHANCE TO SHINE
Spreading the power of cricket

CHANCE TO SHINE
Spreading the power of cricket



Events and activities

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

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

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

[Events and activities - Camden Council](#)

Dolly Parton's Imagination Library

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

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

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

Imagination Library Scheme

Camden libraries and the British Library are hosting free children's creative activities for Clean Air Day on 18 June and London Climate Action Week (20 to 28 June), as part of the borough's Green Library Hub.

On Thursday 18 June, from 4pm to 5pm, children aged 4 to 11 can Build an Air Pollution Catcher at 5 Pancras Square Library, N1C 4AG. Become a Clean Air Hero by building simple pollution catchers to help spot and observe air pollution. It's an easy and creative way to learn more about the air around us, how pollution affects our communities, and why clean air matters. [Book places via Eventbrite](#).

Other children's events taking place during [London Climate Action Week](#) include The Broken Umbrella Challenge at Camden Town Library, 218 Eversholt Street, NW1 1BD on Monday 22 June, from 4pm to 5.30pm. Learn how to repurpose broken objects by transforming them into something new at this fun and engaging workshop. For ages 5 to 9 - [book here](#).

The Broken Umbrella Challenge is also running at the British Library, 96 Euston Road, NW1 2DB on Thursday 25 June, from 4pm 5.30pm. For ages 5 to 9 - [book here](#).



EVERY TUESDAY AND THURSDAY FREE FOOTBALL SESSIONS

Location:

Peckwater Estate,
Islip St, NW5 2UD

Dates:

Tuesdays and
Thursdays

Time:

School Year Group 3-6
4.00pm - 5.00pm

School Year Group 7-11
5.00pm - 6.00pm

SIGNUP



Premier League

Kicks



Camden



**ARSENAL IN
THE COMMUNITY**



After-school & Weekend Activities Weekly Timetable

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

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



After-school Healthy Cooking Sessions

For Kids Aged 8 -16 & Families

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

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

**Email selina@castlehaven.org.uk or call
020 7485 3386 to sign-up!**



Afterschool Chess Club

Mondays | 4:30 - 5:30 pm

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

**Email selina@castlehaven.org.uk
or call 020 7485 3386 for more info.**

Our Camps

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

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

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



Contact Us

-  www.wallacechess.com
-  [wallace.chess](https://www.instagram.com/wallace.chess)
-  07879 655581
-  bookings@wallacechess.com



HOLIDAY CAMPS 2026



Dates – 2026

Spring Half-Term Camp

February 16-19

Easter Camp

Week 1: March 30-April 2

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

Week 3: April 13-16

Summer Half-Term Camp

May 26-29 (Tues-Fri)

Summer Camp

Week 1: July 13-16

Week 2: July 20-23

Week 3: July 27-30

Week 4: August 17-20

Week 5: August 24-27

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

Autumn Half-Term Camp

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

Week 2: October 26-29

Christmas Camp

December 14-17

Our Locations

- Swiss Cottage
- Kensington & Chelsea
- Fulham



Timings

Half day: 9am-1pm

Full day: 9am-4pm

Mon-Thurs



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





HOLIDAY CLUBS

Celebrating Creativity since 1990

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

**WEEKLY THEMES WITH
FUN & CREATIVE ACTIVITIES!**

**OCTOBER
26TH-30TH**



**GO Methodist Church
73 Agincourt Rd
NW3 2NT**

**DECEMBER
14TH-18TH**



**The King Alfreds School
149 North End Road
NW11 7HY**

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

www.creativewizkids.com

ROYAL CENTRAL
SCHOOL OF SPEECH & DRAMA
UNIVERSITY OF LONDON

SATURDAY YOUTH THEATRE

A FUN DRAMA PROGRAMME FOR CONFIDENCE,
CREATIVITY, AND FRIENDSHIP.

3 OCTOBER - 5 DECEMBER

6 – 11 YEARS: 10AM – 12PM

11 – 17 YEARS: 1PM – 3:30PM

FREE BURSARY PLACES AVAILABLE

BOOK YOUR PLACE



**DEVELOP.
PERFORM.
ADVANCE.**

TRIALS

**NOW OPEN
AGES 8 - 13**



ELITE COACHING

HIGH PERFORMANCE

REAL OPPORTUNITIES



ELITE TECHNICAL, TACTICAL, PHYSICAL AND MENTAL TRAINING
BY UEFA-QUALIFIED COACHES.



TRAIN AND COMPETE IN A PROFESSIONAL, HIGH-PERFORMANCE
ENVIRONMENT.



GAIN EXPOSURE AND OPPORTUNITIES TO BE IDENTIFIED BY
PROFESSIONAL ACADEMIES

DO YOU HAVE WHAT IT TAKES TO GO TO THE NEXT LEVEL?

DO YOU HAVE THE TALENT, HARD-WORK ETHIC AND COMMITMENT
TO SUCCEED?

IF SO, SCAN THE QR CODE & BOOK YOUR TRIAL TODAY!



dreamstime.

Creative Theatre Performance Workshop

Four Week Course

Starting September 24th, Thursdays | 10 am - 1 pm

Castlehaven Community Hub

Join a series of creative theatre workshops exploring improvisation, mini-plays and performance through the art of "fooling".

Open to all levels, including complete beginners.



"Fast-paced, jam-packed & fantastic"

"A Five-star Workshop"

Email healthhaven@castlehaven.org.uk to reserve a space!

Join a creative
theatre workshop
exploring
improvisation,
imagination and
performance through
the art of 'fooling'.



THEATRE WORKSHOP SERIES

4 WEEK
SERIES



“A five star workshop!”

“Jam packed and fantastic!”



FRIDAYS
18 SEP – 9 OCT
(4 WEEKS)



10AM – 1PM



**OLD DIORAMA
ARTS CENTRE**
201 Drummond Street,
London NW1 3FE
Nearest tube: Warren St

FREE TO JOIN!

Open to all levels, including complete beginners.



Email xaxamason@gmail.com
to reserve a place.

CAMDEN 26-27 INSPIRE SEP

GATHERING FOR OUR FUTURE

COME ALONG TO CAMDEN INSPIRE FOR A FUN-FILLED WEEKEND OF FREE WORKSHOPS, TALKS, MUSIC, FOOD - EXPLORING CLIMATE CHANGE AND BUILDING A BRIGHTER FUTURE.



**KIDS
ACTIVITIES**

**SUSTAINABLE
CRAFTS**



**COLLABORTIVE
SHADE
BUILDING**

LIVE MUSIC



**COMMUNITY
FEAST**

**EXHIBITION
VIEWING**



A programme full of activities and workshops for kids and families, most completely free. A garden full of nature activities, art and live music. Plus, a community feast served 12.30-14:30 which is just £4 per person.

There's plenty happening all weekend — and it's completely FREE!



www.camdeninspire.com

CAMDEN
TOWN
UNLIMITED

EUSTON
TOWN



CAMDEN
COLLECTIVE
NW1 8NJ





FIRST STEPS TO SWIMMING

Helping Children Feel Safe, Confident and Happy in the Water

This October half term, give your child the confidence to enjoy the water safely with our First Steps to Swimming programme at a pool near you in **Camden**.

Designed for children aged **7 – 11** years old who are **new to swimming** or lack confidence in the water, this supportive and fun course helps children develop essential water safety skills while taking their first steps towards becoming a swimmer.

WHAT THEY'LL LEARN

Through engaging activities and expert teaching, children will learn how to float, move through the water, control their breathing and stay safe around water. They'll also explore simple self-rescue skills and learn what to do if they ever get into difficulty.

LESSONS BACKED BY THE BEST

Better Swim School is part of GLL, the UK's largest swimming lesson provider, and proud to be RLSS UK's first Water Safety Education Partner. It means every parent choosing Better Swim School can be confident they're backed by two organisations that take water safety as seriously as you do.



RLSS UK
WATER SAFETY
EDUCATION PARTNER

To be eligible for the Better Swim School Guarantee, your child must attend and complete all lessons of the programme and be a member of the pool before starting the programme. Better Swim School Guarantee full terms and conditions available at [betterbsswim.co.uk/terms](https://www.bsswim.co.uk/terms)

REGISTRATION & DETAILS



October Half-Term

Monday to Friday
5 lessons in one week



Available at pools across **Camden**

Just **£5** for all 5 lessons

Scan the QR Code to Apply

Spaces are limited and subject to availability.



BETTER



FREE HALF-TERM AND WEEKEND WORKSHOPS OUT NOW!



HvH Arts Gallery

Empowering Young Voices Through Arts and Media

Whole Season Ages 5 to 18

HALF TERM ARTS & MEDIA WORKSHOP: 26th October - 30th October



HvH Arts Gallery

Afternoon Tea & Crochet with Flo!

Weekly Ages 5 to 11

AFTERNOON TEA & CROCHET WORKSHOP: Sundays (12pm - 2pm)



HvH Arts Gallery

TMMP Studio Production & DJ-ing

Whole Season Ages 11 to 18

STUDIO PRODUCTION & DJ-ING: Sundays (12pm - 3pm)



HvH Arts Gallery

HvH ARTS HALLOWEEN PARTY

Individual Sessions Ages 5 to 18

HvH ARTS HALLOWEEN PARTY: 31st October !!!

**PLEASE CREATE AN ACCOUNT IN OUR
NEW BOOKING SYSTEM TO ACCESS ALL
OUR COURSES & WORKSHOPS**

<https://hvhartsmagicbooking.co.uk/>

Limited spaces available—secure yours now!

Email courses@hvhartsmagic.org if you have any questions

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



Reduce your energy bills

and get free advice from Camden's Home Energy Advice team

If you're a council tenant, you can get free help and advice from Camden's Home Energy Advice team over the phone or through a home visit.

Camden's Home Energy Advice team can help **you** to:

- manage your energy use
- lower your energy bills – including electricity, gas and water
- tackle existing fuel debt
- keep your home warm

They can also:

- talk to your energy suppliers on your behalf to help manage any issues you're experiencing
- check to see if you'd benefit from free draught-proofing, low energy light bulbs and other energy and cost-saving measures



 020 7974 6207

 HomeEnergy@camden.gov.uk



To report a repair,
WhatsApp us **07360 277909**

 Camden

Home Energy Advice Team feedback from residents

"I'm very grateful for your intervention. You got rid of incorrect charges from my heating supplier, which will have a massive impact on my medical needs."

"Thanks for draught-proofing my door, it made a massive difference."



If you're a council tenant and you're worried about energy bills, energy costs or energy debt – or if you know someone who is – please get in touch.

Find out more about the Home Energy Advice team by watching this video with John and Carmel, two of our Home Energy Advisors, by scanning this QR code or visiting youtu.be/0FHUYfZcNp8



 020 7974 6207

 HomeEnergy@camden.gov.uk



To report a repair,
WhatsApp us **07360 277909**

 Camden

The support you need on your doorstep!

- Are you looking for work and don't know where to start?
- Are you hoping to change jobs but need to explore your options?
- Do you want to improve your skills and meet new people?
- Are you looking for opportunities that are flexible, and can work around your family?
- Do you need a smart new CV or support to write application forms and cover letters?



We are Camden's new FREE employment support service, and we are here to help.

You can contact us below to make an appointment to meet with one of our friendly advisers either on the phone or at one of our community locations.



If you answered YES, or have any other employment needs, please come and meet with us!

IF YOU LIVE IN CAMDEN, WE CAN HELP!



Parenting Lead Team
Strengthening Families,
Strengthening Communities
(SFSC)

Venue:
**Netherwood
Youth and
Family Hub,**
5 Netherwood St,
Brondesbury
NW6 2QU

Free
childcare
and travel
available

SFSC parenting programme for parents with children aged 4 - 17 years

Dates:
Thursdays
17/09 – 17/12/26
11am – 2pm
including
lunch

Do you have a good relationship with your children?
Do you enjoy spending time together?
After completing the 13-week programme the answers to
the questions will be **YES**.

Sign up now and you can expect to:

- **Meet other parents and carers**
- **Share your views & experiences of parenting in a confidential space**
- **Understand why you parent the way you do and how to make improvements**
- **Set boundaries for your children which they will enjoy and respect**
- **Build a better relationship with your child**
- **Motivate your child to do their best at home and school**
- **Address concerns about drinking, drugs, antisocial behavior or truanting**
- **Make connections with your wider community and services in Camden**
- **Develop your confidence as a parent**

For more info and to book a place, please contact:
referralsfamiliesinfocus@camden.gov.uk or:

Sharmina Begum: Sharmina.Begum@camden.gov.uk Tel: 020 7974 2233

Alison Drukker: Alison.Drukker@camden.gov.uk Tel: 020 7974 5881



Cost of Living Crisis - Camden Support Available



Healthy Start pre-paid card and free vitamins

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

Cost of living crisis advice, support booklet and translated advice

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

Cost of Living Crisis Fund Payment

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

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

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

How to apply

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

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

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

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

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

Eligibility criteria

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

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

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

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

The cost-of-living advice bus

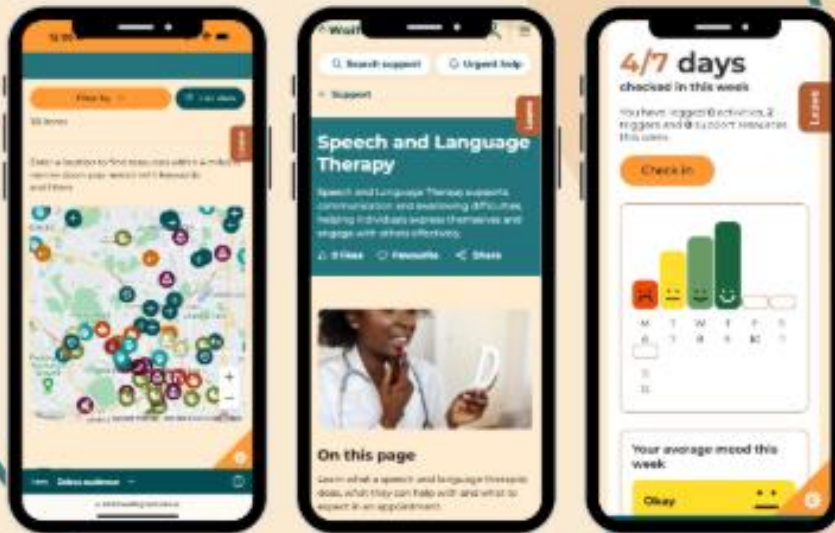
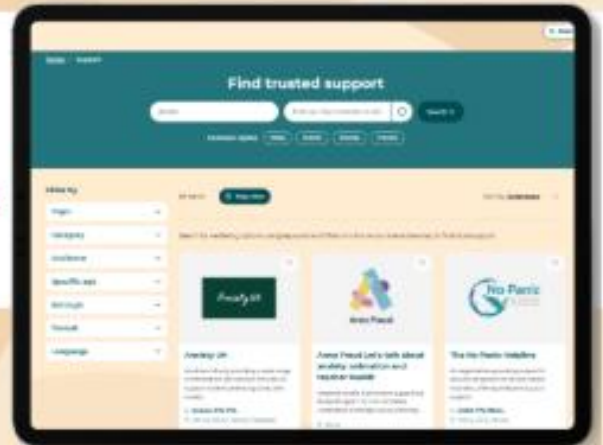
If you're struggling with the cost-of-living crisis and want some help, come along to our advice bus. Run in collaboration with local advice partners, you'll be able to get advice on a range of issues - including money, debt, help finding a job and accessing all the support you're entitled to. In December,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

Waiting Room

londonwaitingroom.nhs.uk



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



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

Barnet Resident



Create an account today

Make the most of all our features by creating an account



Journal your thoughts



Set and track your goals



Save your favourites



Read our daily updates

Designed by You, for You

londonwaitingroom.nhs.uk/contact-us



Young People



Adults



Parents & Carers



Professionals

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



**The
Children's
Society**



Emotional health and well-being support

For Children and Young People aged 6-25

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



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

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

Come and talk to us...

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

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

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

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



Children's_Centre_Collateral_Sure_Start_with_Father_Illustrations_Final_Artwork.indd 1

Children's Centres:

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

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



Find out more:
camden.gov.uk/camdensurestart

Camden Sure Start
Your journey. Our support.



12/06/2018 11:44



Pregnancy & New Born Baby



New Born Baby to 2 Years



Child 2 to 5 Years

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

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

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

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

What kind of help?

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

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

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

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

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

Our support.

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

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Camden Children's Centre Services

CAMDEN MHST

MENTAL HEALTH SUPPORT TEAM

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

SUPPORT AND INTERVENTIONS

Individual/Parent led therapy

Group therapy and workshops

Whole class interventions

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



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

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

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

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

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

FLEET PRIMARY SCHOOLS PRACTITIONER

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

Parent and carer counselling service

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

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

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

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

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

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



Supporting people on a low income with certain free medicines



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

A range of common conditions are covered.

Supporting people on a low income with certain free medicines

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

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

Camden Early Help



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

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

Early Help



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

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



How do I get Early Help?

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

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

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

Other formats

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

Find out more

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

E: LBCMASHadmin@camden.gov.uk

For more information about Early Help visit:

camden.gov.uk/earlyhelp

Sure Start 020 7974 8961

camden.gov.uk/surestart

* free childcare places for eligible 2 year olds



Produced by Creative Services 1251 23

What's Early Help?

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

What can you help with?

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

What does Early Help do?

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

Early Help services include:

Sure Start

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

Early Help Co-ordinators

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

First Stop Early Help

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

Families in Focus

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

Transformation Team

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

Youth Early Help

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



Every Early Help team will:

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



Free 24/7 urgent mental health support for young people

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

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



URGENT MENTAL HEALTH SUPPORT 24/7

Worried about your mental health?

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

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

AREA	BOROUGHES COVERED	24/7 SUPPORT NUMBERS
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 023 4650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	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.



Recycle 4 Charity Treasure Hunt

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

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!

www.recycle4charity.co.uk

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

Parent group: Families, Food and Feelings

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





FREE SCHOOL CLOTHING



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

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



WHEN AND WHERE TO FIND US:

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



COMBAT CLIMATE CHANGE AND SAVE FAMILIES MONEY



COOPERATION TOWN

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

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

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

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

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

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

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

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

We Make Camden Kit

"Money and support to make citizen's ideas happen"



Are you a Camden citizen, with an idea for the community and in need of some funding?

The We Make Camden Kit gives money and support to Camden residents and community groups who have great ideas for their communities. Decisions on who receives funding and support are made by a panel of Camden residents from across the borough who have diverse experiences of Camden.



Diversity

Young People



Food

Estates and
Neighbourhoods



We're supporting projects that provide access to food for all, address diversity in positions of power, improve opportunities for young people, and create sustainable neighbourhoods. Residents can receive support with insurance, safeguarding and connections as well as a grant of up to £2,000.

www.camdengiving.org.uk/we-make-camden-kit

grants@camdengiving.org.uk

07585 715 575

Gender equality: guide for families

What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

FAQs

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

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



www.liftinglimits.org.uk

Gender stereotyping: what can we do about it?

Toys:

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

Opportunities to challenge gender stereotypes:

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

Language:

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

Expectations and aspirations:

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

Books:

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

Around the home:

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

Attitudes:

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

Clothes and shoes:

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

Similarities and differences:

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



www.liftinglimits.org.uk