

# Fleet Community Notices



**Wednesday 30<sup>th</sup> September 2026**



## New items for this week:

- Please ensure that you have signed up to the Arbor parent portal if you have not already done so as all communications will be going out via Arbor only from next week, if you need help joining please do come to the office for help see [page 8](#).
- National College – What parents & educators need to know about character A.I please see [page 16](#) for more information
- Camden parent carer forum are running an introduction to SEND session with SENDIASS please see [page 19](#) for further details. There is also a list of upcoming events run by Camden parent carer forum on this page.
- Dream Arts are offering free tickets for a family-friendly show at Marylebone Theatre on Sunday 10<sup>th</sup> October at 6pm, please see [page 40](#) for further information and the link to book.
- Camden Children's centre services – see [page 47](#) for more 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.

## Contents/Hyperlinks:

- Dates for diary/term dates [Page 2-3](#)
- Attendance [Page 5-7](#)
- Arbor [Page 8](#)
- Forest School request [Page 9](#)
- Music including Camden Music @ Fleet [Page 10-12](#)
- Reading, Writing, Language & Communication Resources [Page 13-14](#)
- Wake Up Wednesday Parent Information Sheet [page 16](#)
- Adult Volunteering and Jobs in schools – [page 21-22](#)
- Clubs and Events for children and adults – [page 23-40](#)
- Parent Advice & Support (financial, physical & mental health etc. – [page 41-52](#)

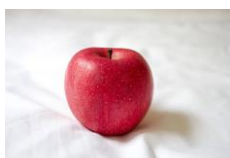
## Online learning resources and homework

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

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

## 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.



# 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

|                      |                                                                                       |
|----------------------|---------------------------------------------------------------------------------------|
| Thursday 1st October | Councillor surgery with Marcus Boyland—First come first serve no appointment required |
|----------------------|---------------------------------------------------------------------------------------|

## PARENTS ASSOCIATION & SPECIAL EVENTS

|                                   |                     |
|-----------------------------------|---------------------|
| Thursday 22 <sup>nd</sup> October | PTA Halloween disco |
|-----------------------------------|---------------------|

|                         |                                  |
|-------------------------|----------------------------------|
| RECEPTION 2026-27       |                                  |
| Friday 16th October     | Phonics open morning stay & play |
| Wednesday 23rd October  | Hampstead Heath Autumn walk      |
| Wednesday 25th November | Stay & play                      |

|                       |                      |
|-----------------------|----------------------|
| YEAR 1 2026-27        |                      |
| Tuesday 6th October   | Phonics open morning |
| Thursday 8th October  | Trip to Wac Arts     |
| Thursday 22nd October | Computing workshop   |

|                      |                         |
|----------------------|-------------------------|
| YEAR 2 2026-27       |                         |
| Tuesday 6th October  | Open morning            |
| Tuesday 20th October | Trip to October gallery |

|                |                  |
|----------------|------------------|
| YEAR 3 2026-27 |                  |
| 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 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                |

|                               |                             |
|-------------------------------|-----------------------------|
| 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                 |

# Term Dates for 2026-27



## SCHOOL TERM DATES 2026-2027

### AUTUMN TERM

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

### SPRING TERM

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

### SUMMER TERM

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

### STAFF INSET DAYS – SCHOOL CLOSED

|                           | Autumn Term                                                                                           | Spring Term                         | Summer Term                        |
|---------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------|------------------------------------|
| 1 <sup>st</sup> half term | Wednesday 2 <sup>nd</sup> ;<br>Thursday 3 <sup>rd</sup> ;<br>Friday 4 <sup>th</sup><br>September 2026 | Monday 4 <sup>th</sup> January 2027 | Monday 12 <sup>th</sup> April 2027 |
| 2 <sup>nd</sup> 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.

# STOP!

you are now entering a



nut  
free  
zone

please DO NOT bring  
nuts into this area

BE ALLERGY AWARE WITH ALLERGY LIFESTYLE®

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



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

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

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

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

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

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

# Message to parents from our School Inclusion Support Officer

## School Inclusion Support Officers

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

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

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

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

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

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

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



# Lateness

*How much time can you lose?*

In one school year

5 Minutes

late each day



Sixteen  
days of  
missed  
schooling





Please ensure you have signed up to our Arbor parent portal as we will be sending all communications via this from now on. You can download the app in your devices app store. If you have any issues signing up or need any assistance please do let the office know as soon as possible so that we can resolve this for you.

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



## Music lessons at Fleet School

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

**Getting started is easy!**

Simply apply online

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



Or scan the QR code

020 7974 7239

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



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

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

**Getting started is easy!**

Simply apply online

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

020 7974 7239

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



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

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

**Getting started is easy!**

Simply apply online

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

Or scan the QR code above

020 7974 7239

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

# JOIN CAMJAM

Saturday Mornings



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

SCAN ME



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



camdenmusic

## Lessons at Your Child's School

We offer music lessons in most Camden primary and secondary schools. Pupils can choose from a range of instruments and have individual or shared lessons. **Please choose the school your child attends when you apply.** **Cost:** From September 2026 to July 2027. Fees are for 10 lessons per term.

- 20 minute individual £141
- 30 minute individual £211
- 30 minutes shared (2 children) £105.50

**Help with fees:** We may be able to help with the cost of tuition. Please see our [remissions policy](#) for more information.

We usually recommend –

- Piano, violin, ukulele, recorder – from year 1 and over
- Guitar, drum kit, singing, cello – from year 2 and over
- Trumpet – from year 3 and over
- Flute, clarinet, trombone, euphonium, tuba, horn – from year 4 and over
- Saxophone, bass guitar, double bass, bassoon, oboe – from year 5 and over

**Apply online:** Please use the link below to add your child to the waiting list. We look at the waiting lists regularly and will send you an offer as soon as there is a place available.

<https://camdenmusic.org/lessons-in-school/>



# LOTE 4Kids

*Storytime, in their language*

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

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



Download on the  
App Store



GET IT ON  
Google Play



## Camden



**Camden 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:



# POTTY TRAINING SESSIONS

Calm, positive and practical support for parents

Friendly sessions filled with tips, activities and support to help you feel confident on your potty learning journey.

Small steps today  
big confidence tomorrow

**FREE**

POTTY TRAINING  
RESOURCE PACK  
for all families  
who attend!

## WE'LL EXPLORE TOGETHER



Preparing for  
potty learning



Healthy drinks  
& soft poo



Building  
routines and  
confidence



Going out  
confidently  
during potty  
learning



Positive  
language and  
encouragement



Toileting  
independence  
& handwashing



School  
readiness  
skills

### SESSIONS INCLUDE

- Play-based activity stations
- Potty stories and props
- Practitioner advice & Q+A
- Visuals, flashcards & routines
- Calm, supportive guidance for parents

### BASED ON ERIC GUIDANCE

Potty learning is a process – not a test.

Children learn best through:

- play
- repetition
- routines
- encouragement
- and feeling supported.

### WHO ARE THE SESSIONS FOR?\*



Parents and carers  
of children  
approximately

18 months – 4 years

### AT YOUR LOCAL CAMDEN FAMILY HUB



Find local sessions  
for you and your child

See dates and book at  
[families.camden.gov.uk/  
events-and-activities/](https://families.camden.gov.uk/events-and-activities/)



**Consistency + Patience + Positivity = Progress**



Find sessions, activities and support  
at your local Camden Family Hub

[families.camden.gov.uk/  
events-and-activities/](https://families.camden.gov.uk/events-and-activities/)



**Camden**  
Best Start in Life

# From the National College - Wakeup Wednesday Guides

At The National College, our Wakeup/Wednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit [nationalcollege.com](https://www.thenationalcollege.com).

## What Parents & Educators Need to Know about CHARACTER.AI

Character.AI is an entertainment platform where users create and chat with AI-powered characters. These chatbots can act like existing favourite characters from movies or books, or like friends, mentors, or even romantic partners, responding in an emotional, personally engaging way. Although this can encourage creativity, it can also make a generated conversation feel like a genuine relationship, which is concerning if it takes the place of human relationships.

### WHAT ARE THE RISKS?

#### INAPPROPRIATE CONTENT

AI replies are generated in real time rather than chosen from a fully checked script. Even with safety filters on, conversations can still move into sexual, violent, discriminatory, or self-harm material. These AI characters are often made by users, so a familiar name or child-friendly description does not guarantee that every response from the character will be suitable for a young person.

#### BLURRED BOUNDARIES

Characters on Character.AI can use the language of friendship, love, and empathy without ever feeling anything. Vulnerable young people may struggle to separate this simulation from genuine understanding. Romantic role-play or a character that demands attention, loyalty, or secrecy could also risk distorting young people's expectations around consent, disagreement, and the give-and-take involved in healthy human relationships.

#### UNRELIABLE ADVICE

Characters, like other chatbot platforms, are at risk of inventing facts or giving inappropriate advice while sounding completely confident. Characters may also echo a young person's assumptions instead of questioning them. This can become particularly risky when users rely on a character for guidance about health, mental wellbeing, relationships, money, or personal safety instead of checking with a credible source or trusted adult.

#### EMOTIONAL DEPENDENCY

Character.AI chatbots can appear endlessly attentive, supportive, and affectionate, which is one of the hallmarks of the generative AI models that such companions are built on. A young person may start turning to a character chatbot whenever they feel lonely or upset and believe that it understands them better than the humans in their life. This can become more concerning when chatting starts to replace sleep, schoolwork, hobbies and friendships.

#### PRIVACY CONCERNS

Character.AI chats may feel private, especially when a bot sounds personal and caring, but they take place on a company's online systems. Users could intentionally or unintentionally reveal their name, school, location, routines, images, or intimate concerns. Character.AI says some data may be retained to improve its services and AI models, so young people should never treat a chatbot like a confidential diary.

#### UNHEALTHY ENGAGEMENT

Be aware of warning signs such as secret accounts, bypassing age restrictions, hiding phone use from adults, chatting late at night, distress when access to the platform or character stops, withdrawal from other people, falling interest in school, or believing the character is conscious. Increased use may also signal that the young person is already lonely, anxious, or seeking help.

## Advice for Parents & Educators

### KEEP CONVERSATIONS OPEN

Ask what the young person enjoys about Character.AI and invite them to show you how the platform and their favourite characters work. Useful questions include, "Has it ever said something that felt wrong?" and "How can you tell it doesn't have feelings?" Avoid chaming them for using platforms like Character.AI or making them feel there is something wrong with them for doing so.

### PAUSE, CHECK AND ASK

Teach young people to pause before accepting an answer from characters on Character.AI. Encourage them to check important claims against a trustworthy source and ask a safe adult when the issue matters. Never use a character as the sole source of medical, mental health, legal, financial, or safeguarding advice. Remind them not to share passwords, contact details, school information, live locations, or private images.

### CHECK AGE, SETTINGS & LIMITS

Character.AI's minimum age is 18 in the UK, but open-minded companion chat is restricted to adults aged 18 or over. Users aged 16 to 17 receive a different experience built around guided 'Stories' and other creative or social features. Check their current settings, never help or encourage a young person to give a false age, and apply the same safety rules to other chatbot apps.

### NOTICE AND RESPOND

Take action if chats involve sexual content, threats, coercion, abuse, self-harm or danger. Save relevant evidence, report the character and follow the setting's safeguarding process; educators should involve the designated safeguarding lead. If anyone is in immediate danger, contact emergency services. Childline is available on 0800 1111 and the NSPCC Helpline on 0800 050 0500.

### Meet Our Expert

Darren Cason is an educator with almost 20 years' experience across teaching, school leadership, and governance. He works internationally, supporting schools and colleges with AI leadership and governance, as well as teaching the key fundamentals of AI use and safety to educators at The National College.



#WakeupWednesday

The National College

See full reference list on our website



@wake\_up\_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.09.2020

## Want to join us?

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

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



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

- Camden parent

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

Or text/call on: 07385 003 662

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

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

@CamdenSpecialParentsForum

@CamdenPCF

@CamdenSPForum

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

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



Charity no: 275936  
Company no. 1346252  
[www.kids.org.uk](http://www.kids.org.uk)

**CAMDEN**   
Parent Carer Forum



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

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

## Who are we?

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

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

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



## What do we do?

### 1 Peer support:

We hold regular events to bring parents & carers together In person or online, in a safe and supportive environment where they can share experiences & discuss idea. 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.



## Early Years SEND parent coffee morning: focus on sleep

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

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



**SIGN UP!**

### SLEEP

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

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

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

When:

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

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

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



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

# Introduction to SEND With SENDIASS

Tuesday 6<sup>th</sup> October,  
10.30-12.30pm

This workshop will cover:

- An overview of educational legislation and resources available.
- Understanding education processes for children or young people with SEND.
- Understanding definitions used within special educational needs and disability (SEND).
- Signposting on where to seek further advice and guidance.

This informative workshop run by SENDIASS Manager and expert Julie Bidgway.

**This workshop is for Camden  
Parent carers of a child or young  
person (aged 0-25)**

This Workshop will be held at  
Greenwood Centre,  
Greenwood Place, NW5 1LB

If you would like to register to  
attend, please email:

[camdenpcf@kids.org.uk](mailto:camdenpcf@kids.org.uk)

or Call 07385 003 662



## **CAMDEN** Parent Carer Forum UPCOMING EVENTS OCTOBER 2026

### Intro to SEND with SENDIAS

Tue  
6th

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

### 'Walk & Talk' \*Hamstead Heath\*

Mon  
12th

10:15am-12pm  
(Meet outside Parliament Hill Cafe/toilets by the  
Parliament side near the tennis courts)

### 'Zumba and Brunch'\*NEW\*

Tue  
13th

10am-12pm  
Kentish Town Congregational Church, Kelly  
Street, NW1 8PH

### Reflective Space

Wed  
21st

For Parent Carers who's child/young person are on  
an assessment pathway  
10:30am-12pm  
Harmood Children's Centre & Family Hub,  
1 Forge Place, Ferdinand Street NW1 8DQ

To register for any of these events please email:  
[CamdenPCF@kids.org.uk](mailto:CamdenPCF@kids.org.uk) or [Aishatu.Mohammed@kids.org.uk](mailto:Aishatu.Mohammed@kids.org.uk)

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

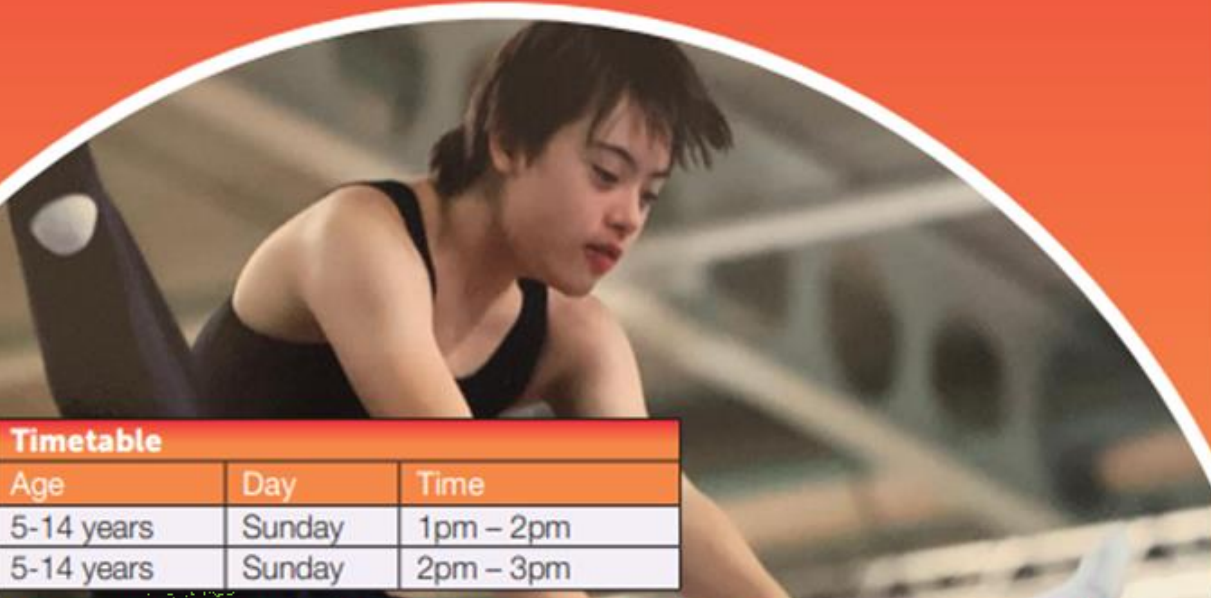
Camden Active

# SEND Trampoline

## Development Courses

Talacre Community Sports Centre, NW5 3AF

Fun weekly sessions for young people aged 5 to 14



### Timetable

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

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

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

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

📞 0207 974 8754

Camden Active  
Sports

 Camden

*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](http://www.bookmarkreading.org/volunteerf2f)*



**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.

**SIGN UP  
TODAY**



Registered Charity No. 117768

[bookmarkreading.org/  
volunteerf2f](http://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](mailto:lorraine@numberchampions.org.uk)

☎ 07918 410 847

Find out about us at:

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



Training  
provided

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

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



# JOIN US!

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



# CHILDREN'S BOXING WITH AYBI

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

**FREE DROP-IN CLASSES**

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



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

### 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. 2009

**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](mailto:INFO@TREASUREBOXINGCLUB.COM)**

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

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



## Lessons and Courses

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

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

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

## Swim For All

Available Monday – Sunday

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

Public swimming times may vary please view your local pool programme

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



## Junior Gym

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

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

## 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             |

## Memberships

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

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

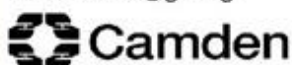
Contact Us: **Pancras Square:** [pancras.square@gll.org](mailto:pancras.square@gll.org)

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

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

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

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



**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!

**secrets.**  
THE OFFICIAL MAGAZINE OF  
THE YOUNG MAGICIANS CLUB



ISSUE 1: A NEW BEGINNING  
EDITOR: ROB FARREY  
DESIGNER: HARRY DE CRUZ



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

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

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

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

## HOW TO JOIN

**Annual Membership from just £30**

**One-off Joining Fee £20**

Welcome pack includes:

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



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

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

# THE YOUNG MAGICIANS CLUB

The Youth Initiative of The Magic Circle

**MONTHLY WORKSHOPS**

At The World Famous Magic Circle Headquarters

**MAGIC PACKED MAGAZINE**

Featuring tricks, reviews and interviews

**EXCLUSIVE COMPETITIONS**

Your chance to win BIG bundles of magic

**LEARN FROM THE BEST**

Lectures from the best Magic Circle Magicians

**ANNUAL CONVENTION**

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

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



# Wac Arts

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

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

**Performing Arts**

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

**Creative & Digital Arts**

- | Animation
- | Art & Design
- | Filmmaking

**Age  
4 - 30**



**wacarts.co.uk**

**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 2QC

Enquiry/Bookings: 07940394383  
gymbodyandmindfit@gmail.com



**TIME**  
9:00 AM



**DATE**  
Thursdays



**MENTOR**  
Val Almeida

**REGISTER NOW**



## MATCH PLAY ONLY FOOTBALL SESSIONS EVERY THURSDAY

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

**BOOK NOW FOR A  
FREE TASTER CLASS**

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

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

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

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

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

Camden Active

# 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](http://www.british-gymnastics.org)
- All participants need to pay an annual London Gymnastics fee, payable at Talacre reception when booking your child's place.
- Refunds will incur a 15% admin fee and require 2 weeks' notice.
- **Please note all trampoline courses are booked on a termly basis.**

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

0207 974 8754

Camden Active  
Sports

Camden



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 Westmintser

**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





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

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



### Afterschool Chess Club

Mondays | 4:30 - 5:30 pm

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

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



### After-school Healthy Cooking Sessions

For Kids Aged 8 - 16 & Families

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

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

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

## Our Camps

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

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

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



## Contact Us

🌐 [www.wallacechess.com](http://www.wallacechess.com)

📷 [wallace.chess](https://www.instagram.com/wallace.chess)

☎ 07879 655581

✉ [bookings@wallacechess.com](mailto:bookings@wallacechess.com)



# HOLIDAY CAMPS 2026



## Our Locations

- Swiss Cottage
- Kensington & Chelsea
- Fulham



## Timings

Half day: 9am-1pm

Full day: 9am-4pm

Mon-Thurs



## Dates - 2026

**Spring Half-Term Camp**

February 16-19

**Easter Camp**

Week 1: March 30-April 2

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

Week 3: April 13-16

**Summer Half-Term Camp**

May 26-29 (Tues-Fri)

**Summer Camp**

Week 1: July 13-16

Week 2: July 20-23

Week 3: July 27-30

Week 4: August 17-20

Week 5: August 24-27

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

**Autumn Half-Term Camp**

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

Week 2: October 26-29

**Christmas Camp**

December 14-17



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





## 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](http://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!





## 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, pupils must attend and complete a minimum of 25 pre-arranged lessons within two years before turning ten years old. Better Swim School Guarantee full terms and conditions available at [better.org.uk/first-steps](https://better.org.uk/first-steps).

## 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**



HvH Arts Gallery

### Afternoon Tea & Crochet with Flo!

Weekly Ages 5 to 10

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

## FREE HALF-TERM AND WEEKEND WORKSHOPS OUT NOW!



HvH Arts Gallery

### Empowering Young Voices Through Arts and Media

Whole Season Ages 5 to 10

HALF TERM ARTS & MEDIA WORKSHOP: 28th October - 30th October



HvH Arts Gallery

### TMMP Studio Production & DJ-ing

Whole Season Ages 11 to 16

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



HvH Arts Gallery

### HvH ARTS HALLOWEEN PARTY

Individual Sessions Ages 5 to 10

HvH ARTS HALLOWEEN PARTY: 31st October !!!

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

<https://hvharts.magicbooking.co.uk/>

Limited spaces available—secure yours now!

Email [courses@hvharts.org](mailto:courses@hvharts.org) if you have any questions

FREE Theatre Tickets for family-friendly show at  
Marylebone Theatre Sunday 10 October, 6pm

Dear Parents/Carers, I'm getting in touch from DreamArts, a creative and therapeutic arts charity working with young people from refugee backgrounds. We'd love to invite your family to a free, family-friendly theatre performance this summer at the Lichfield Garrick Theatre. **What We Do When We Can't Dance** is a vibrant, music-driven coming-of-age story. Expect big laughs, bold beats and a shocking twist in this unforgettable story of friendship, first love and finding your place in the world. James has an ambition to live in the city and with a very persuasive, but unreliable older brother, Jackie; James finishes his exams, leaves home and moves in with Jackie in London. However, he leaves behind an unexpected but blossoming relationship with his next-door neighbour Stella as well as his childhood best friend, Moses. Then, on the night of his 18th birthday, a shocking revelation from his best friend threatens to shatter everything James thought he knew about love, loyalty and the future. Watch the show trailer here: <https://www.instagram.com/p/Ddb-FeptVA-/>. The show is a relaxed performance and contains no trigger warnings or strong language. The show includes themes around pregnancy. • Date: Sunday 10 October • Time: 6:00pm • Venue: Marylebone Theatre, 35 Park Road, NW1 6XT • Tickets: Free! Book here: [What We Do When We Can't Dance by DreamArts Rep Company Tickets, Sunday 11 October • 6 PM - 7:30 PM | Eventbrite](#). If you have any challenges booking online, please email or call Catherine: [catherine@dreamarts.org.uk](mailto:catherine@dreamarts.org.uk) / 07395284927 and we will book these for you. • Accessibility: The show is a relaxed performance and contains no strong language. The show includes references to pregnancy – it would be most suited to years 5 & 6. We hope you can join us and feel free to share widely with friends, family and community members. If you have any questions about the show or want to get in touch: [catherine@dreamarts.org.uk](mailto:catherine@dreamarts.org.uk) and 07395284927 and if you'd like to follow our updates: DreamArts Rep Company (@dreamarts\_rep) • Instagram photos and videos Best wishes, Catherine Catherine Palmer Artistic Director - [www.dreamarts.org.uk](http://www.dreamarts.org.uk)

# 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](mailto: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.  
11am 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](https://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](https://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!

**GOOD  
WORK  
CAMDEN**



@goodworkcamden



[www.camden.gov.uk/employment-support](http://www.camden.gov.uk/employment-support)



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



0207 974 1666



**Camden**



Family Hubs  
Camden



Early 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

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

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

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:  
[referralsfamiliesinfo@camden.gov.uk](mailto:referralsfamiliesinfo@camden.gov.uk) or:

~~Sharmina~~ Sharmina Begum: [Sharmina.Begum@camden.gov.uk](mailto:Sharmina.Begum@camden.gov.uk) Tel: 020 7974 2233

~~Alison~~ Alison Drukker: [Alison.Drukker@camden.gov.uk](mailto:Alison.Drukker@camden.gov.uk) Tel: 020 7974 5881



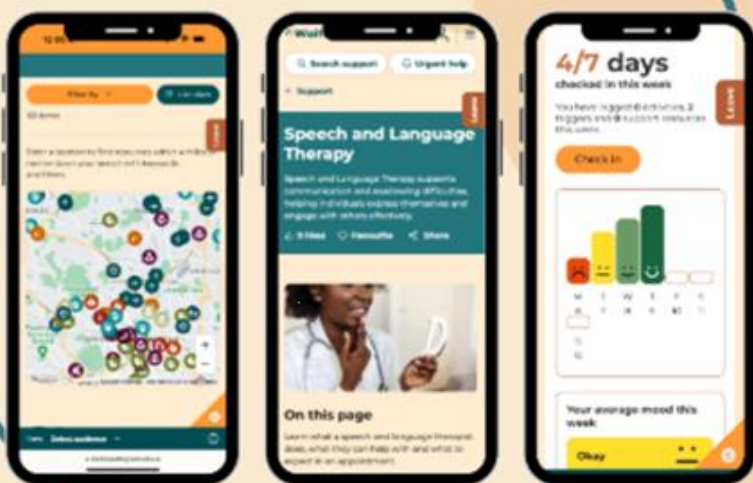
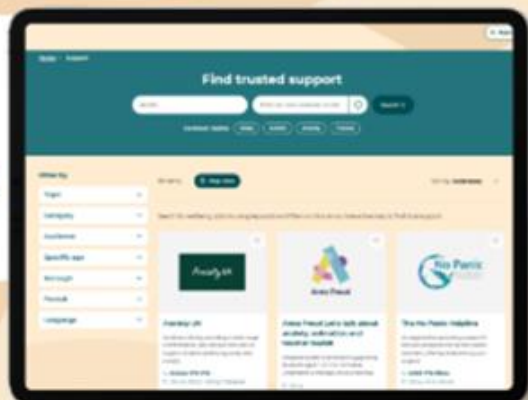
 Camden

# Waiting Room

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



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



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

**Barnet Resident**



## Create an account today

Make the most of all our features by creating an account



Journal your thoughts



Set and track your goals



Save your favourites



Read our daily updates

**Designed by You, for You**

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



Young People



Adults



Parents & Carers



Professionals

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



**The  
Children's  
Society**



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

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

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

A decorative graphic featuring a large black arrow pointing right, three yellow speech bubbles with three dots inside, a large black speech bubble with three horizontal yellow lines, and a white cloud at the bottom.

0 0 0

0 0 0

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

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

# Camden Children's Centre Services



**Best Start  
Family Hubs**

## Get in touch

Contact us if you have questions about Best Start Family Hubs in Camden.

**Call us:** Freephone [0800 389 5789](tel:08003895789), open Monday to Friday, 9am to 5pm

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



## About our Best Start Family Hubs

There are 5 Best Start Family Hubs in Camden, bringing all our family support together in welcoming spaces across the borough.

They are part of the government's Best Start in Life strategy, which brings together services, support and local offers to guide families from pregnancy, through early years and into school, so they can get the help they need, when they need it.

The first 1,001 days, from pregnancy to age 2, are especially important, and early support can make a lasting difference.

Spread across the borough, the hubs act as local one-stop place to access services and connect with other families.

You can register or update your contact details on the Camden website.

### **How we can support you**

Our free services include:

- midwifery and health visiting, including our [Best Start for Baby service](#)
- [baby feeding support](#)
- [mental health and wellbeing support](#)
- [parenting classes](#) to help build your skills and confidence
- support for [children with special educational needs and disabilities \(SEND\)](#)
- [housing advice](#)
- help accessing [free early education and free childcare](#)
- support with benefits, money and [cost of living advice](#)
- [Camden Dads](#) - support for fathers and male carers
- drop-in sessions for under 5s

• <https://families.camden.gov.uk/best-start-family-hubs/about-our-childrens-centres-and-family-hubs/>

# Camden Mental Health Support Team (MHST)



Camden Mental Health Support Team (MHST) work in partnership with local schools to promote and support the mental health of children and young people aged 5-18 years.

As a preventative and early intervention service, we work collaboratively with schools to support a Whole School Approach to mental health, ensuring that the wellbeing of students and staff is a priority. We offer workshops, staff training, audits, reflective practice spaces, assemblies, psychoeducation and lots more.

We also provide brief, evidence-based individual and groupwork interventions for children/young people with mild to moderate presentations of anxiety, low mood, friendship issues, low self-esteem, stress, emotional dysregulation and behavioural difficulties. For primary aged children, our practitioners usually work with parents individually or in small groups guiding them through tools and techniques, while for secondary aged, we tend to work directly with young people using Guided Self-Help and other therapeutic approaches to support and empower them.

## Conditions treated

- Anxiety
- Depression
- Problems with life events
- Relationships
- Stress

## How to access this service

We accept referrals from:

- Linked schools Designated Mental Health Lead
- Camden GPs
- the child/young person's main caregiver/s
- self-referrals (aged 16-18 years)

Please note, the referred child/young person must be attending a school that is linked to Camden's MHST.

To refer, contact:

- 020 8938 2903
- [nlft.mhst@nhs.net](mailto:nlft.mhst@nhs.net)

# 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.



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

Children, schools and families, Camden Council, Crowndale Centre

218 Eversholt Street, London NW1 1BD

Telephone: 0207 974 6500

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



# 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](http://www.cooperation.town) | [info@cooperation.town](mailto:info@cooperation.town) | [@CooperationTown](https://www.instagram.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](http://www.camdengiving.org.uk/we-make-camden-kit)

[grants@camdengiving.org.uk](mailto:grants@camdengiving.org.uk)

07585 715 575