

Fleet Community Notices



Wednesday 21st October 2026



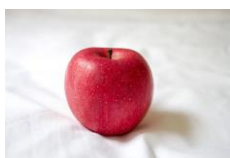
New items for this week:

- 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 10](#).
- Halloween party at Fleet Primary School this Thursday please come along! [Page 2](#)
- The Fluoride Varnish team will be in on 11th November for Nursery-Year 2, please complete the form your child will bring home and return it to the school office.
- National College – What parents & educators need to know about Looksmaxxing please see [page 18](#) for more information
- Need help with Numbers? WM College at Rhyl Community Primary School every Wednesday 9:30-11:30am see [page 52](#) for details.
- Half Term & low cost activities plus camps for young people including pirates castle canoeing and kayaking see [page 46-47](#) 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.

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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- Parent Advice & Support (financial, physical & mental health etc. – [page 48-61](#)

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.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



HALLOWEEN

IS COMING TO

FLEET PRIMARY SCHOOL

ON THURSDAY 22ND OCTOBER
3:45 - 6:30PM



MUSIC



PHOTO WALL



**SPOOKY
GAMES**



CRAFTS



HOT FOOD



**AND A
BAR**



**PRIZES FOR BEST
DECORATED 2D PUMPKIN**

**(COLLECT YOUR 2D CUTOUT
FROM THE OFFICE)**

FANCY DRESS IS ENCOURAGED.

ENTRY FEE:

ADULT

£3

CHILD

£2.50

FAMILY OF 4+

£10

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

Friday 23 rd October	Immunisation Team in – Flu Vaccines
Tuesday 17 th November (9-9:30)	Year 1 & Year 2 Writing open morning
Wednesday 18 th November (9-9:30)	Year 3 & Year 4 Writing open morning
Thursday 19 th November (9-9:30)	Year 5 & Year 6 Writing open morning
WB 23 rd November	Parent meetings – 3pm start on the Tuesday
Friday 4 th December – 10am	Infant Christmas show
Thursday 10 th December – 9:30am & 7:30pm	Junior Christmas show
Thursday 15 th December - 1:30pm	Infant Christmas party – parents to set up in the hall
Thursday 17 th December – 1:30pm	Junior Christmas parties – parents to set up in the classrooms

PARENTS ASSOCIATION & SPECIAL EVENTS

Thursday 22 nd October	PTA Halloween disco
Friday 11 th December	Christmas Fair

NURSERY 2026-27

Thursday 22 nd October	Parent meetings
Tuesday 8 th December	Theatre Trip to see stick man

RECEPTION 2026-27

Wednesday 21 st & Thursday 22 nd October	Parents Evening (please book on the Arbor app)
Wednesday 25 th November	Stay & play

YEAR 1 2026-27

Thursday 22 nd October	Computing workshop
Wednesday 4 th November	Gerbusters workshop
Tuesday 17 th November	Writing open morning

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.

YEAR 2 2026-27	
Friday 6 th November	Trip to CLC
Tuesday 17 th November	Writing open morning

YEAR 3 2026-27	
18 th November	Writing open morning
20 th November	Class assembly

YEAR 4 2026-27	
TBC	Visit to Keats library

YEAR 5 2026-27	
19th-23 rd October	Sayers Croft residential trip
6 th November	Class Assembly
19 th November	Writing open Morning
24 th /25 th November	Parent meetings
30 th November	Trip to Maritime Museum
10 th December	Junior Show
17 th December	Christmas Parties

YEAR 6 2026-27	
19th-23rd October	Bikeability training
Tuesday 10th November	Trip to BFI for WW2 event
Tuesday 17 th November	Trip To RAF museum
Thursday 19 th November (9-9:30am)	Writing open morning
Thursday 10th December	Junior show

Term Dates for 2026-27



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.

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



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

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

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

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

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

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

Message to parents from our School Inclusion Support Officer

School Inclusion Support Officers

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

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

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

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

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

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

It is never too late to benefit from good attendance.



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



Or scan the QR code

020 7974 7239

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

020 7974 7239

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

Or scan the QR code above

020 7974 7239

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



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.
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/



Consistency + Patience + Positivity = Progress



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

families.camden.gov.uk/events-and-activities/

Camden
Best Start in Life

From the National College - Wakeup Wednesday Guides

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about LOOKSMAXXING

WHAT ARE THE RISKS?

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At the milder end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.

TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums, often 'objective', and sometimes brutal, views on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.

DUBIOUS ADVICE

Some advice moves into dubious territory. One example is "mewing", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that following such guidance could contribute to tooth alignment problems, bite issues, and speech difficulties.

EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. While fears of "bonesmashing" – which involves trying to alter the cheekbones using blunt objects for a more 'masculine' appearance – may sometimes be overstated in the media, other guidance can also cause harm. Untrained use of microneedling and derma rollers, taking substances or medication without appropriate medical guidance, and overusing skincare products can all have potentially harmful consequences.

BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to fix their appearance to their value and self-worth, as well as making boys and young men feel they need to change perfectly normal aspects of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.

MENTAL HEALTH PROBLEMS

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems both at school and at home, with children and young people potentially avoiding social situations because they fear their appearance will be negatively judged by others.

A PATHWAY TO EXTREMES

Looksmaxxing has its roots in online ' incel communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogynistic, incel, and white supremacist ideologies.

Advice for Parents & Educators

WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or adopts rigid or extreme routines, try to understand what may be behind the change.

LISTEN FOR THE LINGO

Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "Chad" (an attractive male), "kold" (a misogynistic term for a woman), and "mogging" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jestermaxxing" (using humour to attract women) and "starvamaxxing" (extreme dieting).

CHECK THE SOCIAL MEDIA

Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, provides tools that can help families manage or filter certain types of content.

TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be exploited online, while making it clear that it's okay to speak openly about any concerns.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



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: 30.09.2026

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.

@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 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.



CAMDEN
Parent Carer Forum
UPCOMING EVENTS
OCTOBER 2026

**Tue
6th**

Intro to SEND with SENDIAS

10:30am-12:30pm

**The Greenwood Centre,
37 Greenwood Place NW5 1LB**

**Mon
12th**

'Walk & Talk' *Hamstead Heath*

10:15am-12pm

**(Meet outside Parliament Hill Cafe/toilets by the
Parliament side near the tennis courts)**

**Tue
13th**

'Zumba and Brunch'*NEW*

10am-12pm

**Kentish Town Congregational Church, Kelly
Street, NW1 8PH**

**Wed
21st**

Reflective Space

**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 or Aishatu.Mohammed@kids.org.uk**

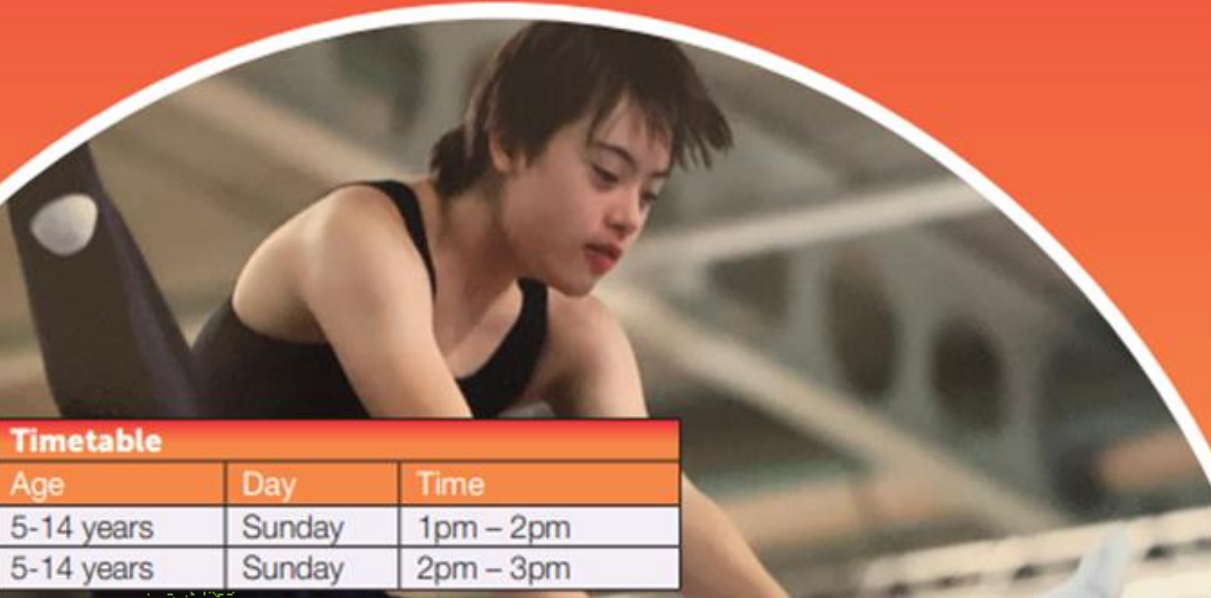
You can also Text or Call Aisha on : 07385 003 662

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
- 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

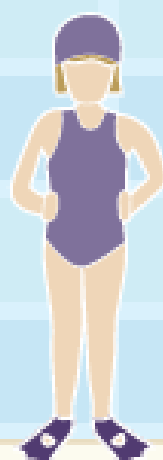
LEARN TO SWIM AT SWIM TANK

OPENING IN HAMPSTEAD

Royal Free Rec Club

BOOK NOW TO SECURE YOUR SLOT FOR

JANUARY 2027



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N11 3LB**

**HAMPSTEAD
NW3 2QG**

**HAMPSTEAD
SUBURB
NW11 6EJ**

**MILL HILL
NW7 1QA**

**NORTH
FINCHLEY
N3 1NR**

**WILLESDEN
NW6 7PP**

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www.swim-tank.co.uk 020 8050 9179 hello@swim-tank.co.uk

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



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

☎ 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. 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**

**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

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

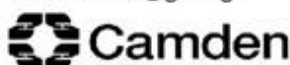
Contact Us: **Pancras Square:** pancras.square@gll.org

Kentish Town: kentishtown@gll.org

Swiss Cottage: swiss.cottage@gll.org

Talacre: talacre@gll.org

Oasis: Oasis@gll.org



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
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 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

More Information:
 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
- 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

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
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.



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.



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!

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



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

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.

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 if you have any questions

RBP
SPORTS

Rudolph Tennis School

LTA
YOUTH

SCHOOL HOLIDAY TENNIS CAMPS

BOOK NOW ➔



**School Holiday Tennis Camps at
Parliament Hill Fields, Hampstead Heath**



Week 1 Monday 19th - Friday 23rd October



Week 2 26th October - 30th October



Half days and full days available



Starts from £25



Info.rbpsports@gmail.com



Half term free and low-cost activities for young people

Find free and low-cost sports and physical activities during half-term week (26 to 30 October) for children of all ages, including Kids Swim for a Quid, free Girls Get Moving Monday, free Active Wednesday, Arsenal in the Community free football sessions, Multi-Sports Camp and Mini-Gymnastics Camp. [Find and more and book places](#), email sportsdevelopment@camden.gov.uk, or call 020 7974 8754.

Pirate's Castle Canoeing and Kayaking



Term-time Pirate Club [youth paddlesport sessions](#) run weekly throughout the year, apart from during school holidays when their Holiday Schemes take place.

All Pirate Club sessions are progressive and led by Paddle UK coaches and instructors. From absolute beginners to more experienced paddlers, there's no better way for children aged 8 and above to have safe, adventurous fun, let off steam and learn new skills on the Regent's Canal in the heart of Camden Town.

[Find out more.](#)

With a focus on adventurous fun, discovery and learning, [Pirate Castle's School Holiday Schemes](#) provide affordable opportunities for 8 to 17 year-olds to experience kayaking, canoeing and canal boating on the Regent's Canal in a safe, supportive and stimulating environment that welcomes everyone. Gain skills, have lots of laughs, make friends and explore Camden's waterways. Suitable for children with mild to moderate additional support needs. [Find out more.](#)

What's on

Multisport Scheme for ages 8 - 12 yrs

Come and join us this October for a fun filled multi-sports camp

Activities on offer include gymnastics, trampoline, table tennis, badminton, pickleball, mini tennis, football, basketball, and lots of fun games. All activities take place at Talacre Community Sports Centre.

Children of all abilities are welcome, and activities are supervised by our qualified coaches.



Camp dates:

Monday 26th October - Friday 30th October

Camp times:

9:00am – 3.30pm

Drop off: 9:00am/9:30am

Pick up: 3:15pm/3:30pm

Price for 5 days:

Concession: £47.00

Standard: £101.30

Full Price (No membership): £179.00

Price for single days:

Concession: £9.90

Standard: £20.60

Full price: £36.05

To benefit from Camden resident and concessionary prices please ask at reception (at any Camden Leisure Centre) for details of a Camden Better membership for your child.

Or visit: [Leisure Centres, Gyms & Swimming Pools in Camden | Better](#)

Key Parent information:

- Healthy packed lunch
- Plastic water bottle (**no glass bottles**)
- Participants should wear sports kit, trainers and have appropriate outdoor clothing.
- Socks are required for trampolining/gymnastics
- Long hair tied back
- No jewellery
- Parents are encouraged to ensure children leave valuables at home, we cannot take responsibility for valuables lost or stolen.
- Lockers are available in the centre and require a £1 coin, refundable after use.

Children will not be allowed to leave the site during the scheme.

How to book

- **In person:** Visit Talacre Community Sports Centre, make payment at reception and complete the registration form. **Bookings now open. Please make sure you complete the registration form in full including any details of additional needs/disability and the team will contact you prior to the start of the camp to ensure that we can plan the right support.**

- We have 30 free places for children on free school meals - bookable online: Please apply [here](#). **Lunch is not included.**
- Spaces are limited, so please only book if you're confident you can make it. If your plans change, please cancel your booking so someone else can take the space.



David Astburys
PROUDLY PRESENT



★ Sherriff Centre ★ West Hampstead ★ Halloween Party ★



WHAT'S ON

- ★ Disco & karaoke
- ★ Face painting 
- ★ Arts & crafts 
- ★ Halloween games
- ★ Fancy dress competition
- ★ Photo booth
- ★ Popcorn 
- ★ Soft play 

**FREE
ENTRY**
WALK-INS WELCOME

30TH OCTOBER
★ **3PM - 7PM** ★



WANT TO GUARANTEE ENTRY?

Book a soft play session in advance.

If the Sherriff Centre reaches capacity, priority entry
will be given to families with a soft play booking.



SCAN TO BOOK
SOFT PLAY



★ WALK INS WELCOME, SUBJECT TO CAPACITY ★

Kids Swim for £1 at Camden swimming pools

Enjoy access to swimming for £1 every day during the school holidays before 10am at Camden Better Leisure centres with Kids Swim for a Quid.

This offer is available to all children under 16 years old.

Kids Swim for £1 is also available during school term time, every Saturday and Sunday before 10am.

For more information on membership and how to get started, visit [Kids Swim for a Quid](#).

Camden Sports Development Summer Camps

A wide variety of camps throughout the summer holidays, including multisport, gymnastics and trampolining at Talacre Community Sports Centre. All activities are delivered by qualified, experience coaches.

Multisport Camps for ages 8 to 12 years

Fun filled multi-sports camps, activities include gymnastics, trampoline, table tennis, badminton, pickleball, mini tennis, football, basketball, and lots of fun games.

Children of all abilities are welcomed.

Camp dates

Monday 26 October to Friday 30 October

Gymnastics Mini Camp (4 to 7 years)

Mini gymnastics help to develop children's basic FUNdamental skills, agility, balance and co-ordination within a fun, enjoyable and safe environment.

Mini Camps run for 5 days.

Camp dates

Monday 26th October – Friday 30th October

Camp times

11:00am to 12:30pm

There are plenty more half term activities please see the link below for further information:

<https://www.camden.gov.uk/during-the-school-holidays>



AITC October 2026 HT at Cantelowes! Ages 8-14

Arsenal in the Community will be delivering free football sessions at Cantelowes Gardens, 234 Camden Road NW5 2AU across the October Half Term Holidays for children aged 8 -14. Sessions will involve a mixture of fun football activities and games and additional opportunities. Begins Wednesday 28th October @ Cantelowes Gardens from 10am - 1pm (Wednesday to Friday).

Wednesday 28th October - Thursday 29th October - Friday 30th October

Please Note:

- **Please ensure your child is equipped with kit for the appropriate weather**
- Please bring a water/snack for you child to have during the breaks
- Sessions will involve a mixture of fun football activities and games & creative educational projects

For any further enquiries, please contact positivekicks@arsenal.co.uk

To book your space please complete the following form:

<https://forms.cloud.microsoft/pages/responsepage.aspx?id=GrmMBuCL10m-OjgZCwugIfaXM0L2jlxBrzntQL3XtnhUQVJTWDU0QVY2UVVNVzNGOFIISDI5TFpSNC4u&route=shorturl>

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.

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

Gospel Oak





NHS Camden

Camden Mobile Health

Come and visit us for a free health check, information and advice, no appointment needed

We will be open at the below locations:

St Etheldreda's RC Church
14 Ely Place, EC1N 6RY

Tuesday 6 October
11am - 3pm

Lismore Circus
Lismore Circus, NW5 4SE

Friday 16 October
12pm - 4pm

St Pancras Community Association
67, Plender Street, NW1 0LB.

Friday 23 October
11am-3pm

Swiss Cottage Community Centre
19 Winchester Road, NW3 3NR
(indoors)

Friday 30 October
11am-3pm

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



What is a diabetes risk check?

A diabetes risk check is open to anyone aged between 30 to 70. It is a short 15-20 minute appointment between you and a healthcare professional.

As we get older, we have a higher risk of developing conditions such as diabetes. This check helps us identify your level of risk and helps us find ways for you to lower this risk by exploring how you can reduce factors that affect this, such as your blood pressure and weight.

What can I expect during my check?

We will take your body measurements including your weight, height, waist and check your blood pressure. These measurements will help us assess your risk for developing diabetes. We will discuss actions you can take to improve your health and wellbeing, depending on your risk level. A sample of your blood will only be taken for testing if you are assessed as being at high risk for diabetes.

What happens if I am high risk?

If the measurements taken during your appointment identify you as a person at high risk for diabetes the healthcare professional will take a sample of your blood for testing to determine if you have diabetes or not. The medical team will then contact you with the test results within 4 weeks after the check.

Why is the diabetes risk check only for people aged 30 - 70?

The diabetes risk check is focused on people aged 30 to 70 because certain body and lifestyle factors can start to emerge as potential risk factors for each of us as we get older. By inviting people in this age group to have a diabetes risk check as soon as they can we hope to identify people who might be at risk early so they can take steps to reduce their risk to maintain and improve their health.

Does the bus offer anything other than a diabetes risk check?

Camden Mobile Health is focused on diabetes prevention. This means we do not hold or have access to personal medical records on board and cannot help with routine medical or emergency medical concerns. For routine medical questions please contact your GP. In an emergency always dial 999. Other health services may join us from time to time. Find more information about these services and the full bus schedule at camden.gov.uk/camden-mobile-health

I have a question that is not covered here, who can I contact to find out more?

If you would like to contact us, please email mobilehealth@camden.gov.uk



NHS

Camden



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!

**GOOD
WORK
CAMDEN**



@goodworkcamden



www.camden.gov.uk/employment-support



jobhub@camden.gov.uk



0207 974 1666



Camden

Need help with numbers?

Improve your maths skills for everyday life. It can help with:

- Managing your money
- Helping with homework
- Feeling more confident at work
- Preparing for further study

Whether you're returning to learning or working towards a qualification, WM College is here to support you!

Need help with English too?
That's OK - we can help.



When:
Every
Wednesday
9.30am to
11.30am



At:
Rhyl Community
Primary School
Grafton Road
NW5 4AX

**Everyone
welcome!**

**For more information, please
ask for Zara Lee, Family
Support, at Reception.**

wmcollege.ac.uk



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 or:

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

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



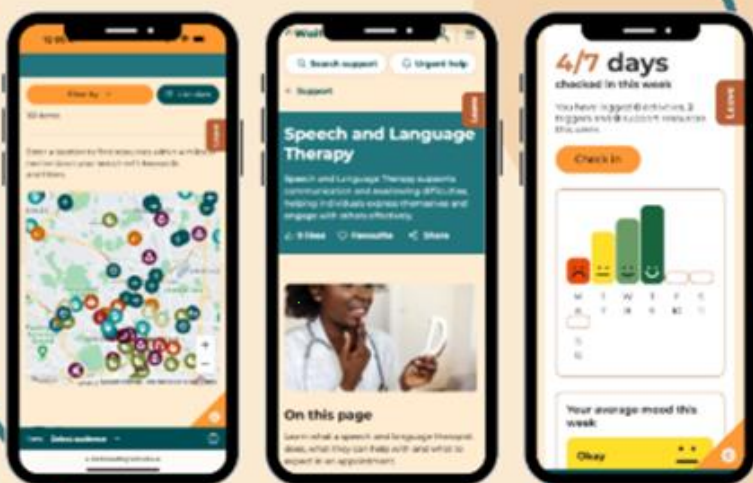
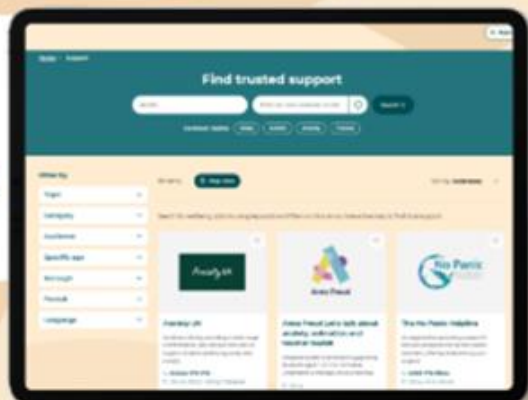
Camden

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



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
Service email address:
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



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

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



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://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

grants@camdengiving.org.uk

07585 715 575