Fleet Community Notices

Wednesday 7th 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 8.
- National College – What parents & educators need to know about Discord please see page 16 for more information
- Camden Mobile Health Bus – Lismore Circus Friday 16th September 11am-3pm see page 43 for details.
- Dream Arts are offering free tickets for a family-friendly show at Marylebone Theatre on Sunday 10th October at 6pm, please see page 40 for further information and the link to book.
- Camden Music – Family singing at St Pancras Community Association & Somers Town Community Association – Saturday 10th October – see page 41 for details.

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 is sessions, a club, or information there is so much on offer in Camden from the Council and other local community groups.

Contents/Hyperlinks:

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· Parent Advice & Support (financial, physical & mental health etc. – page 42-52

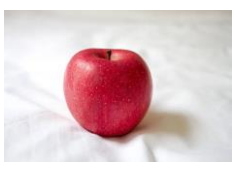
Online learning resources and homework

· 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

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	
Friday 9th October - 8.30-11.30	SEN drop-in for parents and carers. If you would like to speak to Lynley (SENDCo), please ask the office team to book a 15 min slot. If you've been unable to book, you're still welcome to come on the day. Email ahead if you've something specific so information is ready to discuss.

PARENTS ASSOCIATION & SPECIAL EVENTS	
Thursday 22nd October	PTA Halloween disco

NURSERY 2026-27	
Tuesday 20th October	Autumn Walk to Hampstead Heath

YEAR 1 2026-27	
Thursday 8th October	Trip to Wac Arts
Thursday 22nd October	Computing workshop

RECEPTION 2026-27	
Friday 16th October	Phonics open morning stay & play
Wednesday 21st October	Hampstead Heath Autumn walk
Wednesday 25th November	Stay & play

YEAR 2 2026-27	
Tuesday 20th October	Trip to October gallery
Friday 6th November	Trip to CLC

YEAR 3 2026-27	
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 Maritime Museum
10th December	Junior Show
17th December	Christmas Parties

YEAR 6 2026-27	
Thursday 8th October	**Open morning**
Thursday 8th October	**Trip to illustrator workshop**
22nd September & 13th October	**Everyone's invited workshop**
19th-23rd October	**Bikeability training**
Tuesday 10th November	**Trip to BFI for WW2 event**
Tuesday 17th November	**Trip To RAF museum**
Thursday 10th December	**Junior show**

Term Dates for 2026-27

SCHOOL TERM DATES 2026-2027

AUTUMN TERM

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

SPRING TERM

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

SUMMER TERM

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

STAFF INSET DAYS – SCHOOL CLOSED

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

Camden Learning

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.

Every School Day Counts

MOMENTS MATTER, ATTENDANCE COUNTS.

Lateness

How much time can you lose?

In one school year

5 Minutes

late each day

=

Sixteen days of missed schooling

Camden

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

camdenmusic

Music lessons at Fleet School

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

Getting started is easy!

Simply apply online

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

Or scan the QR code

020 7974 7239

camdenmusic@camden.gov.uk

camdenmusic

Have fun learning to play the drums at Fleet School

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

Getting started is easy!

Simply apply online

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

020 7974 7239

camdenmusic@camden.gov.uk

camdenmusic

Have fun learning to play the piano at Fleet School

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

Getting started is easy!

Simply apply online

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

Or scan the QR code above

020 7974 7239

camdenmusic@camden.gov.uk

JOIN CAMJAM

Saturday Mornings

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

SCAN ME

www.camdenmusic.org

Camden MUSIC

#WeMakeMusic

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/

LOTE4Kids

Storytime, in their language

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

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

Download on the App Store

GET IT ON Google Play

Camden

Camden

ICARE EQUITY

NHS Whittington Health NHS Trust

Camden Language and Communication Service (CLCS)

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

Speech and Language Therapy Advice Line:

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

Call: 020 3772 0390 (please leave a message)
Email: whh-tr.camsltclcs@nhs.net

If you require a phone interpreter, please let us know

ICARE EQUITY

Camden

NHS Whittington Health NHS Trust

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:

BEST START IN LIFE

Small steps today big confidence tomorrow

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.

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. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

DISCORD

AGE RESTRICTION 13+ (with a 17+ app rating on app stores)

Launched in 2015, and with over 90 million daily active users, Discord has become one of the main ways gamers communicate – with text, voice, and video chat helping people connect around shared interests. For many young people, Discord can be a useful way to talk with friends, join communities, and explore hobbies. However, like any online platform built around communication, it also carries risks around strangers, inappropriate content, spending money, and time spent online. This guide looks at what parents and educators need to know.

WHAT ARE THE RISKS?

A CHANNEL FOR EVERYTHING

While Discord is strongly associated with video games, it also hosts communities for almost anything you can imagine, such as books, music, influencers, cooking and sport. Some large servers focus on popular games like Minecraft or Fortnite, but many are private, invite-only spaces where friends or communities with shared interests can chat across phones, computers, and gaming consoles.

REAL-LIFE DISTRACTION

Like many social platforms, Discord can become a real time-sink. Although it does not rely on endless scrolling in the same way as some apps, constant messages, group chats, and voice channels can keep young people engaged for long periods, especially in larger servers. As Discord is closely linked to gaming, it may also increase the time they spend playing games.

STRANGER DANGER

Users can choose to stay within private servers with only people they know, but joining public servers will most likely bring them into contact with strangers. Many users are just friendly enthusiasts, yet others could have harmful intentions, including grooming, extortion, or radicalisation. In these types of environments, anyone can claim to be another teenager, which can make it harder for young people to judge who is safe to talk to.

A HARASSMENT RISK

There is also a risk from people a young person already knows in the real world. Bullying in the real world can continue online, and Discord servers can make this feel more intimidating, especially if someone uses anonymous or multiple accounts to carry out threatening behaviours. Because Discord works across computers, phones, and gaming consoles, unwanted contact can follow young people into online spaces that should feel safe and private.

INAPPROPRIATE CONTENT

This huge amount of choice can help young people "find their tribe", especially when they have niche interests. However, because users can create servers around almost any topic, younger users may still encounter unsuitable or distressing content. Even in spaces linked to child-friendly games, Discord cannot directly control every conversation, image, or video shared by other users.

A MONEY DRAIN

Discord is free to use, but users can still spend real-world money on it. This may include Discord 'Nitro', a monthly subscription that unlocks customisation features and larger media uploads, or purchases through the 'Shop' for profile cosmetics and game-related items. Small purchases can add up quickly, especially if spending controls are not in place.

Advice for Parents & Educators

USE FAMILY CENTRE

Parents and carers should make use of Discord's 'Family Centre', which gives an overview of a younger user's activity while respecting their privacy. Messages are not shared, but adults can view an activity feed and receive weekly email summaries. Discord says this is designed to support conversations about online behaviour, rather than be about constant monitoring.

MANAGE TIME ONLINE

Agree clear expectations around when and how Discord can be used, especially during homework, bedtime, and family time. Encourage young people to turn off unnecessary notifications and leave servers that feel overwhelming. If Discord is mainly used alongside gaming, discuss healthy limits for both activities so that schoolwork, sleep, and offline friendships are not affected.

CHECK, TALK, REPORT

Review Discord's privacy settings together, including who can send them friend requests or private messages. Use this as a chance to talk to them about strangers, privacy, and personal information, making sure young people know to question suspicious behaviour, such as requests to keep conversations secret. Show them how to block and report these kinds of users and reassure them that asking for help will not get them into trouble.

REVIEW SPENDING CONTROLS

Talk openly about paid features such as Discord Nitro, profile cosmetics, and in-game purchases. Make sure the young people in your care understand that digital items still cost real money. Check payment settings on the device they use, avoid storing card details where possible, and consider adding approval requirements for purchases, particularly for younger or more impulsive users.

Meet Our Expert

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

See full references listed on our website

#WakeUpWednesday

The National College

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.03.2026

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.

Members of NNPCF

contact

Kids Disabled children say we can

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.

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

Family Hubs
Camden

Early Years SEND parent coffee morning: focus on sleep

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

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

SIGN UP!

SLEEP

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

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

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

When:
Tuesday 21st April, 10:00am-12:00pm - Hampden Centre 80 Polygon Road NW1 1HQ
and
Tuesday 13th October 10:00am - 12:00pm Agar Family Hub Lulworth, Wrotham Road, NW1 9SU

Click here to sign up

or scan the QR code

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

CAMDEN
Parent Carer Forum

Introduction to SEND

With SENDIASS

Tuesday 6th 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 Canden 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

or Call 07385 003 662

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

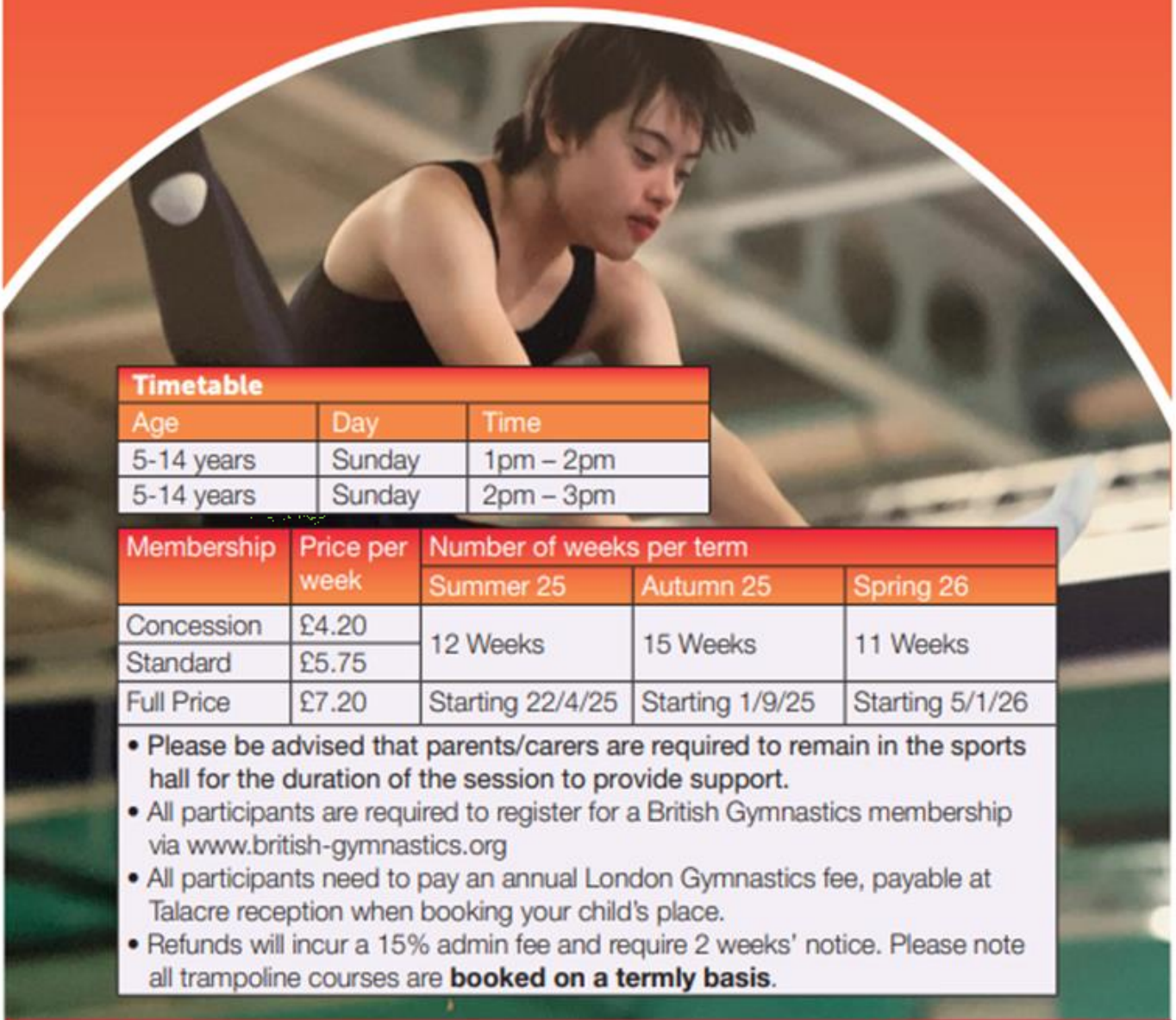
Camden Active

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

Could you volunteer to help a child with their reading? Our school is working with Bookmark, a children's literacy charity, to provide our pupils with extra reading support. As a volunteer, you'll come into school to read and play fun, literacy games with the same child for 30-minute sessions, twice a week. We're looking for people who could support a minimum of two children a week, across 12 weeks. Sign up now to help children in your local community. Please feel free to share this volunteering opportunity with your own networks. You can find out more and sign up here: www.bookmarkreading.org/volunteerf2f

Number Champions

1 2 3 4 5

fun + skills = confidence

VOLUNTEERS NEEDED

School Maths Volunteers

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

Would you enjoy...

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

Are you...

- available one afternoon a week during school hours?

Contact Lorraine for more information:

lorraine@numberchampions.org.uk

07918 410 847

Find out about us at:

www.numberchampions.org.uk

Training provided

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

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

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

VRU | MAYOR OF LONDON
VIOLENCE REDUCTION UNIT

CAMDEN ACTIVITY PROGRAM

FREE BOXING CLASSES

THURS DAYS

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

Junior Gym

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

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

Memberships

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

www.better.org.uk/memberships

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**

Soft Play

Monday – Sunday

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

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

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

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

Contact Us: Pancras Square: pancras.square@gll.org
Kentish Town: kentishtown@gll.org
Swiss Cottage: swiss.cottage@gll.org
Talacre: talacre@gll.org
Oasis: Oasis@gll.org

Camden

BETTER

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

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

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

THE YOUNG MAGICIANS CLUB

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!

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

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

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!

RFU

Accredited Club

EVERY SUNDAY THROUGHOUT THE SEASON

07770 753162

regentsparkroyals@gmail.com

regentsparkroyals.com

RPR RFC

DANCE CLASS

Music & Movement - Get fit dancing

Location: Royal Free Recreation Club
Fleet Road NW3 2QG
Enquiry/Bookings: 07940394383
gymbodyandmindfit@gmail.com

TIME
9:00 AM

DATE
Thursdays

MENTOR
Val Almeida

REGISTER NOW

MATCH PLAY ONLY FOOTBALL SESSIONS

EVERY THURSDAY

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

BOOK NOW FOR A FREE TASTER CLASS

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

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

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

Website Link
www.prorevo.co.uk

More Information:
Prorevolution.devel

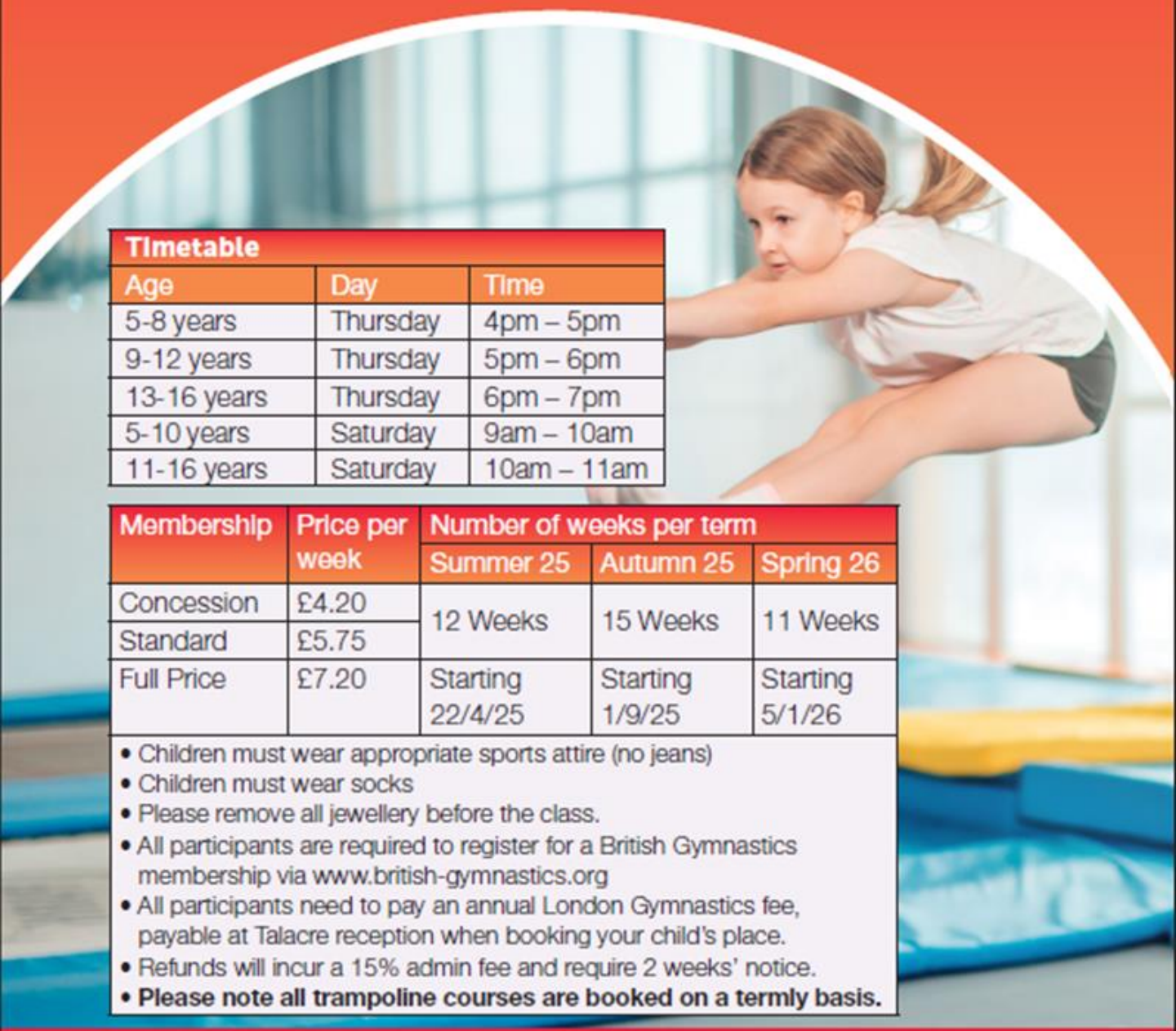
Camden Active

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
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

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

SIGN UP

Premier League Kicks

Camden

ARSENAL IN THE COMMUNITY

CASTLEHAVEN
heart of your 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.

CASTLEHAVEN
heart of your community

23 Castlehaven Rd, Camden, NW1 8RU
info@castlehaven.org.uk

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!

CASTLEHAVEN
heart of your community

COMMUNITY FUND

www.castlehaven.org.uk
23 Castlehaven Rd, NW1 8RN

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

07879 655581

bookings@wallacechess.com

WALLACE CHESS

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.

Wiz Creative Kids

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

APEX
FOOTBALL ACADEMY

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 programmed lessons within two years before turning ten years old. Better Swim School Guarantee full terms and conditions available at better.org.uk/fine-terms.

REGISTRATION & DETAILS

October Half-Term

Monday to Friday
5 lessons in one week

Available at pools across **Camden**

Just **£5** for all 5 lessons

Scan the QR Code to Apply

Spaces are limited and subject to availability.

BETTER

HvH
ARTS

HvH Arts Gallery

Afternoon Tea & Crochet with Flo!

Weekly Ages 5 to 11

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 18

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

HvH Arts Gallery

TMMP Studio Production & DJ-ing

Whole Season Ages 11 to 18

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

HvH Arts Gallery

HvH ARTS HALLOWEEN PARTY

Individual Sessions Ages 5 to 18

HvH ARTS HALLOWEEN PARTY: 31st October !!!

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

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

Limited spaces available—secure yours now!

Email 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 / 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 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

Camden MUSIC

FAMILY SINGING

Come along to our **free** Family Singing taster session!

Our family singing sessions aim to bring fun music making into your family life. No singing experience necessary, and all configurations of family welcome!

10 OCTOBER 2026

3.00pm - 4.00pm

Somers Town Community Association

Scan the QR code or use the link to sign up
https://www.trybooking.com/uk/GVJD

Camden MUSIC

FAMILY SINGING

Come along to our **free** Family Singing taster session!

Our family singing sessions aim to bring fun music making into your family life. No singing experience necessary, and all configurations of family welcome!

10 OCTOBER 2026

1.30pm - 2.30pm

St Pancras Community Association

Scan the QR code or use the link to sign up
https://www.trybooking.com/uk/GVJD

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

Larraine Revah

07798 846 584
020 7974 6775
Larraine.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 Larraine 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.

Produced by Creative services 2501.51 t. 020 7974 1965

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

Camden

NHS Camden

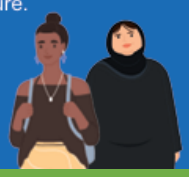
Camden Mobile Health

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

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

020 7974 6207

HomeEnergy@camden.gov.uk

Camden

Home Energy Advice Team feedback from residents

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**

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

020 7974 6207

HomeEnergy@camden.gov.uk

Camden

GOOD WORK CAMDEN JOBHUB

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

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:
referralsfamiliesinfocus@camden.gov.uk or:

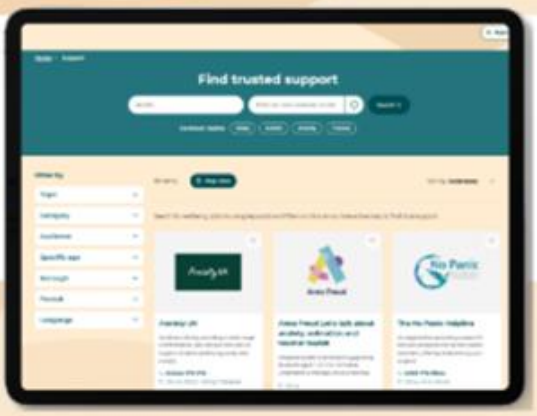
Sharmina Begum: Sharmina.Begum@camden.gov.uk Tel: 020 7974 2233
Alison Drukker: Alison.Drukker@camden.gov.uk Tel: 020 7974 5881

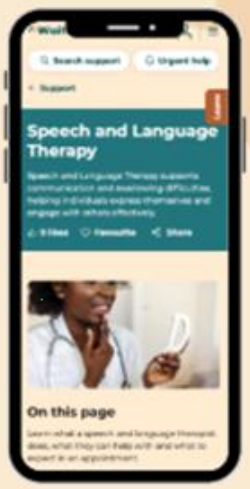
Camden

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

Beam
Camden

Emotional health and well-being support

For Children and Young People aged 6-25

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

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

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

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, 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

Camden

Rhyl Community Primary School

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

THE SCHOOL UNIFORM EXCHANGE

COMBAT CLIMATE CHANGE AND SAVE FAMILIES MONEY

Camden

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

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

& CAMDEN GIVING Camden we make Camden