

# Fleet Community Notices



Wednesday 12th January 2022



## Welcome Back

It may seem a long way off but we are already being contacted by various community based holiday schemes with a look ahead to the February Half Term. This includes some sports schemes being run by Camden at Talacre—details can be found on page 12. We are expecting Fuzion Academy to be running another holiday scheme here as Fleet as they did in the Summer and Christmas – when this is confirmed we will share details via this Wednesday community notice newsletter. We have also included the spring programme of events and classes being run by HvH Arts (they also as well as classes throughout term are running a half term scheme) and these can be found on Page 10. We also include this week the usual 'Wellbeing Tip of the Week' from the Camden Mental Health team (Page 5) and other usual information. Please make a note of the additional holiday day this year (in honour of the Queen's Jubilee) which is shown on the term dates for summer term on Page 2—as well as the INSET day on Friday 27th May school will be closed now on Monday 13th June as well.

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

**PLEASE ENSURE YOU ALL HAVE THIS APP INSTALLED AND NOTIFICATIONS TURNED ON  
THIS IS OUR PRIMARY MEANS OF COMMUNICATING WITH YOU**

easyfundraising  
feel good shopping

# Raise FREE donations for

**FLEET PRIMARY SCHOOL**

every time you **shop online**

Find us on [easyfundraising.org.uk](http://www.easyfundraising.org.uk)

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

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



Download the easyfundraising App



Over £32 million raised

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1.8 million users



## Fleet Primary School

would like you to join their channel on Parent Hub.

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

**@FleetPrimary**

The Parent Hub app is FREE to download and use.



What is Parent Hub?



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

Instructions for Parents

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

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

# SCHOOL TERM DATES 2021/2022

## AUTUMN TERM

First day of term	Friday
Half term (inclusive)	Monday 23 <sup>rd</sup> September
Last day of term	Friday 17 <sup>th</sup> December

**Please note:**  
 Schools have been given an additional day's holiday this year for the Queen's Jubilee (as the national bank holiday falls in our half term). This will be in the Summer Term on Monday 13<sup>th</sup> June. School will be closed on this day.

## SPRING TERM

First day of term	Wednesday 5 <sup>th</sup> January 2022
Half term (inclusive)	Monday 14 <sup>th</sup> Feb – Friday 18 <sup>th</sup> Feb 2022
Last day of term	Friday 1 <sup>st</sup> April 2022

## SUMMER TERM

First day of term	Wednesday 20 <sup>th</sup> April 2022
May Day Bank Holiday	Monday 2 <sup>nd</sup> May - school closed
Half term (inclusive)	Monday 30 <sup>th</sup> May – Friday 3 <sup>rd</sup> June 2022
Additional Days Holiday for the Queen's Platinum Jubilee	Monday 13 <sup>th</sup> June 2022 – school closed
Last day of term	Friday 22 <sup>nd</sup> July 2022

## STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 <sup>st</sup> half term	Wednesday 1 <sup>st</sup> & Thursday 2 <sup>nd</sup> September 2021	Tuesday 4 <sup>th</sup> January 2022	Tuesday 19 <sup>th</sup> April 2022
2 <sup>nd</sup> half term			Friday 27 <sup>th</sup> May 2022

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.



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

The last 18 months have been particularly hard for young people's mental health and wellbeing. Young people and their families in need of urgent help with their mental health can get free 24/7 support from trained NHS professionals by telephone.

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

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

**URGENT MENTAL HEALTH SUPPORT 24/7**

**Worried about your mental health?**

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

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

AREA	BOROUGHES COVERED	24/7 SUPPORT NUMBERS
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 023 4650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0800 995 1000
	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 350 8590



## Online learning resources and homework

- Mathletics: [login.mathletics.com](https://login.mathletics.com) or download app for mobile
- Times Table Rockstars: <https://play.ttrockstars.com/auth/school> or download app for mobile
- Numbots (EYFS/KS1): <https://play.numbots.com/#/account/school-login/33442>
- Bug Club Reading Resource: <https://www.activelearnprimary.co.uk/login?c=0>

The sign in details for the three resources above are the same (for Bug Club you will also need the school code which is **tpgk**)

- Seesaw: <https://app.seesaw.me/#/login> or download app
- Busy things: <https://www.busythings.co.uk/lgfi-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.

## FREE SCHOOL MEALS

You may be entitled to Free School Meals if you receive one of the following:

- Income Support
- Income-based Job Seeker's Allowance
- Income-related Employment and Support Allowance
- Universal Credit – your household income must be less than £7,400 a year (after tax and not including benefits)
- Child Tax Credit with a taxable income of no more than £16,190 and not in receipt of Working Tax Credit
- the Guaranteed Element of State Pension Credit support from the National Asylum Support Service (NASS)

**Clue**

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

and when not hiding inside printers they usually look like this

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

Recycle 4 Charity

**Treasure Hunt**

Attention to all children and teachers!

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

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

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

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

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

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

## Parent group: Families, Food and Feelings

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







Dear Parents/ Guardians,

Do you know a girl aged 5-18 who loves fun, adventure and making new friends? Girlguiding is for her!

Girlguiding (Rainbows, Brownies, Guides and Rangers) units in Gospel Oak, Kentish Town and across London have spaces! We learn new skills, help in our community, enjoy nature, go on adventures, make new friends and much more!

Our units are run by volunteers, meet on weekday evenings, with some weekend activities including trips, sleepovers and holidays. We are a volunteer run organisation and work actively to include girls from all backgrounds including those with additional needs and our activities are very financially accessible.

To find out more, visit: <https://www.girlguiding.org.uk/information-for-parents/register-your-daughter/> or contact: [guides7thstpancras@live.co.uk](mailto:guides7thstpancras@live.co.uk)

Best wishes,

Tash

St Pancras Girlguiding Leader

**FREE**

# WOMEN'S ONLY ZUMBA

Monday - 11am - 12pm.  
&  
Friday - 5pm - 6pm.

Registered Charity No: 1096655  
 Registered CLG: 04393769

Registered Address:  
 QCCA Ltd.  
 45 Ashdown Crescent  
 London, NW5 4QE

Email: [sarah@qcca.org.uk](mailto:sarah@qcca.org.uk)  
 Tel: 0207 267 6635  
 Web: [www.qcca.org.uk](http://www.qcca.org.uk)

# Daunt Books

## Children's Short Story Competition

Open to original stories written by children aged 4-15 years  
 Stories can be up to 1500 words  
 Entries close 31 Jan 2022  
 Visit [Dauntbooks.co.uk/short-story-competition](http://Dauntbooks.co.uk/short-story-competition)  
 to submit your story

The winning stories will be published in an anthology. The cover will be illustrated by Sharon King-Chai, creator of the award-winning *Starfish*, published by Two Hoots, an imprint of Pan Macmillan. With an Introduction by Femi Fajana, author of the sensational Young Adult novel *The Opposite*.

# Weekly Wellbeing Update



We're delighted to be returning to school in a relatively 'normal' way this term and it's been so good to see so many of you at drop offs and pick ups. We hugely value our relationships with parents at Fleet so we're delighted that our staff are now able to see you in person more regularly. If there is anything that you'd like support with please don't hesitate to speak to your child's teacher or Miss Wall and we will do everything that we can to help.

These are great websites providing advice to parents who would like support with their child's wellbeing:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

<https://www.youngminds.org.uk/parent/>

<https://www.careforthefamily.org.uk/family-life/parent-support>

<https://www.actionforchildren.org.uk/how-we-can-help/get-parenting-support/>

## Parent Workshops

We're keen to provide parent workshops where we can, to work together in order to best support your child's mental health and wellbeing. In the past we've hosted workshops on areas such as self-esteem and resilience and we'd really like to target the areas that most interest you. Please contact Miss Wall through the admin address (admin@fleet.camden.sch.uk) if you have any suggestions.

## Wellbeing Tip of the Week!

An initiative brought to you by Camden Learning's Health and Wellbeing Team—a new one each week!

### Week 16 – Challenging our inner voice

Most of us have an internal voice that narrates our stream of thoughts. At times, this voice can be quite critical and can negatively affect our self-esteem. It might tell us that we're not smart, or that we're unattractive, or not good enough. It's likely this critical inner voice developed at an early age, after hearing hurtful things being said towards us or others. These critical thoughts don't do us any good, they just hold us back and make us unhappy. The only way to stop them, is to stop believing them, which takes practice. Every time a self-critical thought pops into your head, you have the right to challenge it:

- Is this thought true?
- Where did the thought come from?
- Respond to the thought the way you would if it was a friend who had said this about themselves, with compassion and kindness.
- What are these thoughts stopping you from doing?

What thoughts would be more helpful to have? Try to replace the negative thoughts with helpful thoughts.

Stand up to that inner voice and tell it that you are important, you have value, and you can achieve anything you set your mind to!





Dear parent/carer,

## **Mental Health Support Team (MHST) Webinar Series for Parents/Carers of Primary School aged Children and Secondary School aged Young People**

The MHST are pleased to offer parents/carers a series of workshops to support their children's well-being. There are 8 topics in total with workshops being offered from this point until the end of Spring term.

### **Webinars that are for both Parents/Carers of Primary and Secondary aged children and young people:**

- Why Early Intervention Matters
- Introducing the MHST
- All about sleep
- Therapeutic conversations with your child and young person
- Screen Time

### **Webinars for Parents/Carers of Primary aged children:**

- Parent-child interactions
- Managing child worries

### **Webinars for Parents/Carers of Secondary aged Young People:**

- Supporting your Anxious Young Person
- Understanding Adolescent Development

Each workshop will last up to 60 minutes and have an optional follow-up of 30 minutes for parents/carers to ask questions or discuss the topic further.

Parents and carers can register for any of the above webinars through Eventbrite for free at:

<https://www.eventbrite.co.uk/e/mhst-parent-and-carer-webinar-series-2021-2022-tickets-184684756077>

Parents and carers can opt in for all topics, or whichever most appeals to them. The webinar series will run from **Friday 12<sup>th</sup> November 2021 until Thursday 10<sup>th</sup> March 2022**.

The scheduled topics, dates and times are:

<b>Webinar topic</b>	<b>Intended Parent Audience</b>	<b>Date</b>	<b>Time</b>
Parent-child interactions	Primary	Thursday 20 <sup>th</sup> January	12.00 to 13:00 Q and A 13:00 to 13.30
Managing child worries	Primary	Thursday 27 <sup>th</sup> January	12.00 to 13:00 Q and A 13:00 to 13.30
Supporting your Young Person with Anxiety	Secondary	Thursday 3 <sup>rd</sup> February	12.00 to 13:00 Q and A 13:00 to 13.30
Understanding Adolescent Development	Secondary	Thursday 10 <sup>th</sup> February	12.00 to 13:00 Q and A 13:00 to 13.30
Therapeutic conversations with your Child and Young Person.	Primary & Secondary	Thursday 24 <sup>th</sup> February	12.00 to 13:00 Q and A 13:00 to 13.30
Screen Time	Primary & Secondary	Thursday 3 <sup>rd</sup> March	12.00 to 13:00 Q and A 13:00 to 13.30
All about sleep	Primary & Secondary	Thursday 10 <sup>th</sup> March	12.00 to 13:00 Q and A 13:00 to 13.30

### **Advertising the webinars**

We are aiming for the process to be as convenient as possible for school, parents and carers so we are using the online booking platform Eventbrite to advertise and allocate requested places. If you feel your parents and carers may be interested in the webinar series please include the attached information in your next newsletter, school website or other accessible media. Please could you also recommend to any parents and carers who you think might be interested.

If you have any questions or suggestions please do contact us.

With many thanks,

*Alessia Potere (Counselling Psychologist- MHST)*



# From National Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should the need arise. This guide focuses on one of many games that we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, tips and tips for adults.

## What Parents & Carers Need to Know about

# FORTNITE

CHAPTER 3

AGE RATING  
PEGI 12

First released in 2017, Fortnite has become one of the most popular games in the world. It currently has around 350 million registered players. Developed by Epic Games, it began life exclusively as a 'battle royale' contest, where up to 100 online player characters would fight – with weaponry including rifles, handguns and rocket launchers – to be the last one standing. Today, it features multiple modes which each offer something different (although some modes, such as 'Save the World', are only available on certain platforms).

### IN-APP PURCHASES

Not all of Fortnite is free. Save the World mode, for example, can become quite costly. An in-game currency called V-Bucks is used to buy items such as cosmetics, which are not a necessity to play the game. It can feel like buying them is essential, however – even for adult players. Making sure no payment methods are linked to the game's store is a good idea when children are playing Fortnite.

### REPEAT SUBSCRIPTIONS

Fortnite now offers a monthly repeat subscription which costs £3.99 (or equivalent). This package offers different non-essential benefits every month – including fancy cosmetics, rare weapons, V-Bucks and special bonuses. Signing up, therefore, can be tempting for dedicated players. However, subscriptions cannot be paid for with V-Bucks earned in the game, only with real-world money.

### COMPETITIVE COMMUNITY

Fortnite isn't purely a competitive experience (some modes prioritise cooperation), but the rivalry aspect remains central. Battle Royale is an especially ruthless mode, where the last player or squad left standing wins. Games can become heated, and players' desire to win can often cause excessively aggressive or "toxic" behaviour towards others – via the game's audio chat, for instance.

### POSSIBILITY OF SCAMS

Popular games like Fortnite are often targeted by unscrupulous individuals trying to trick or exploit genuine fans. In Fortnite, scammers have been known to offer children free V-Bucks or vast amounts of V-Bucks in exchange for rare items – often asking the player to click a particular link. These scammers are seeking access to your child's account, personal information and payment details.

### USER-CONTROLLED CONTENT

Some elements of online video games can't be rated for age appropriateness because the developer doesn't have control over them. In Fortnite, for instance, things like voice or text chat, usernames, trades and other player-generated content may not always be suitable for children. It also means that the makers aren't liable for anything a stranger might say to young Fortnite players online.

## Advice for Parents & Carers

### STAY AWARE OF SPENDING

Free-to-play games (that is, ones without up-front costs) can still be big financial drains. In Fortnite, for example, the Battle Pass – a set of rewards to improve players' experience in the game – can be either earned through playing or bought with real money (with additional incentives for the latter). With supervision, however, this can be a great lesson in money management for young people.

### TALK ABOUT TALKING

Communication is key in the squad-based Fortnite modes, and children will quickly realise that talking with team-mates online helps to increase their win rate. It's a good idea, therefore, to chat with your child first about speaking to strangers online, trading, scammers and other potential risks. Remind them that they can always come to you for help if they run into problems online.

### ENCOURAGE BREAKS

Gaming sessions can reach marathon lengths, especially when your child is on a winning streak and doesn't want to stop. Sitting in the same position for hours isn't healthy, of course, but it's an easy habit to form. Encouraging young ones to break regularly for drinks and so on will help them stay hydrated, rest their eyes and release some of the tension from competitive gameplay.

### DISCUSS OTHER APPS

Games like Fortnite can lead on to third-party apps (Discord, for example) where players can join a voice, text or – in some cases – video chat about the game. Carlini add-ons also let children talk with other players from their local area, which clearly presents a potential risk. When discussing Fortnite with your child, you might also want to ask them about other apps they use while playing.

### Meet Our Expert

Claire Dodwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



NOS National Online Safety  
#WakeUpWednesday

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

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.05.2022



# FREE FOOTBALL FOR GIRLS

**Venue: Tufnell Park Primary,  
31 Carleton Road, London N7 0HJ**

**EVERY WEDNESDAY** (excluding half terms)

Ages: School years 5 & 6

Start date: Wednesday 6th October,  
5-6.30pm

**EVERY SATURDAY MORNING**

Ages: School years 3 & 4 – 9-10.15am

followed by years 5 & 6 – 10.30am-12pm

Start date: Saturday 9th October

**All sessions are FREE of charge.**

Training takes place outside on Astroturf.

**All participants must wear shin pads.**

Register via [www.playthearsenalway.com](http://www.playthearsenalway.com)

For more information please contact  
[jwarnock@arsenal.co.uk](mailto:jwarnock@arsenal.co.uk)



**Arsenal**  
COMMUNITY



# Alyssia Fleur

School Of Dance

Fun and creative Ballet and Jazz  
Classes for ages 2+ & Beginner  
Adult Ballet Classes

Promoting a positive learning  
environment through praise  
based teaching.

To register your interest please email: [a.f.schoolofdance@gmail.com](mailto:a.f.schoolofdance@gmail.com)  
or call: 07565 365622

[alyssiafleurschoolofdance.co.uk](http://alyssiafleurschoolofdance.co.uk)

St John's Wood

Marylebone



Due to popular demand we  
have decided to re-start our  
mini ballers session!

Venue: Royal free  
Recreation club  
Fleet road, nw3 2qg

Day: Tuesdays

Time: 4-5pm

Fee: first session is FREE  
then £20 monthly fee.

For more information or to  
book your space please  
Del - 07932431748

Sessions have already  
started!



Date: 17/11/21

Dear Parent/Guardian,

Our popular gymnastics classes are back up and running.

As with most things these days we have had to adapt the class & timings to  
suit our Covid-19 compliant guidelines.

The new term will start on Wednesday & Thursday 5th & 6th January 2022.  
We ask of you the following:

- Classes are limited to 8 children & will be 55 minutes
- That you arrive with the intention of dropping off the children
- All children must be signed in
- There is a 5 minute gap between classes for cleaning
- No loitering & we have no seating area
- The class will end on time & children should clear the studio and change promptly
- All kids must sanitise their hands, we have a low level sanitiser just for them

New term begins:  
Wednesday 5th & Thursday 6th January 2022  
Half Term: Wednesday 16th & Thursday 17th February 2022  
Term ends: Wednesday 30th & Thursday 31st March 2022

12 classes

Price: £160.00 for the course

Drop in/Trial per session: £16.00

Wednesday  
4.00pm-4.55pm for five to seven years old  
5.00pm-5.55pm for seven to nine years old  
6.00pm-6.55pm for nine to eleven years old  
Thursday  
4.00pm-4.55pm for five to seven years old  
5.00pm-5.55pm for nine to eleven years old

THANK YOU

The Armoury  
25 Pond Street,  
Hampstead,  
London. NW3 2PN

[thearmoury@jubileehalltrust.org](mailto:thearmoury@jubileehalltrust.org)

Tel: 020 7431 2263  
Fax: 020 7794 4294

Jubilee Hall Trust Ltd.  
30 The Piazza, London WC2E 8BE  
Registered in England and Wales  
Registration no. 1310649

Registered as a charity, no. 273562  
Trustees:  
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Jane Cochran, Gareth Davies,  
David Goy, Judy Hargaden,  
Alec Kuznetsov, Nikki Landon,  
John McQuillan, Tim Mitchell,  
Jo Weir.



PATRONS: Helen McCrory OBE and Damian Lewis

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### SPRING TERM SCHEDULES 2022 at HvH ARTS

Supporting all our young people by offering our free courses and workshops in the Arts.

We are pleased to be able to offer the following courses FREE and continue to support our young people in Camden. We must ensure that we follow up on our courses by giving our young people access to the arts projects that we deliver to encourage and inspire our future generation!

Please take note of age groups according to course/workshops as this is important when enrolling your child/young person. Our courses/workshops are designed to inspire individuals who want to learn the incredibly exciting courses that we offer and therefore we design them accordingly!

WE ARE PLEASED TO ANNOUNCE 'THE MUSIC MENTORING PROJECT' (TMMP) IS NOW OPEN TO SUPPORT MANY MORE YOUNG PEOPLE SUPPORTING THEIR SKILLS IN MUSIC, PRODUCING, MENTORING, WRITING, REHEARSALS IN STUDIOS, LEARNING MUSICAL INSTRUMENTS and PERFORMANCE. ALL DATES MUST BE ATTENDED AS PART OF THIS PROGRAMME IN EACH OF THE COHORTS OF YOUR CHOICE!

#### TMMP Queens Crescent: STUDIO /PRODUCTION supporting young people at risk with music manager Jacob Landau and music producer Tom

Location: Pirate Studios: Camden  
Times: 4pm to 6pm / 6pm to 8pm  
Dates: WED 5<sup>th</sup>/12<sup>th</sup>/19<sup>th</sup>/26<sup>th</sup> JAN and 2<sup>nd</sup>/9<sup>th</sup>/16<sup>th</sup>/23<sup>rd</sup> FEB and 2<sup>nd</sup>/9<sup>th</sup>/16<sup>th</sup>/23<sup>rd</sup>/30<sup>th</sup> MAR  
Cohorts: 16yrs to 21yrs  
(This course is open to support young people at risk)

#### TMMP: LIVE MUSIC JAM : with Piers and Spider

Open to support the young, gifted and talented young people in FREE tuition, voice coaching and performance skills in music. Students are mentored, to learn skills on their preferred instrument, voice coaching, writing their own song and collaborating with a band with the intention to learn performance, confidence building, ensuring good mental health, learning the art of music.  
Location: Pirate Studios: Camden  
Times: 2pm to 5pm  
Dates: SAT 15<sup>th</sup>/22<sup>nd</sup>/29<sup>th</sup> JAN and 5<sup>th</sup>/12<sup>th</sup>/19<sup>th</sup>/26<sup>th</sup> FEB and 5<sup>th</sup>/12<sup>th</sup>/19<sup>th</sup>/26<sup>th</sup> MAR  
Cohorts: 11yrs to 16 yrs  
(This course is open to support young people at risk, young people who may be gifted and talented to be supported for free, who would not otherwise be able to access skills in music.)

#### TMMP : Studio Sessions in writing, producing, singing, music management with Jacob Landau, music producer Karlos and artist Muuni.

Open to support young people who will be to be mentored in music management skills, production skills, writing skills, and recording in each session.  
Location: Pirate Studios: Camden  
Times: 12 to 2pm / 2pm to 4pm / 4pm to 6pm  
Dates: SUN 16<sup>th</sup>/23<sup>rd</sup>/30<sup>th</sup> JAN and 6<sup>th</sup>/13<sup>th</sup>/20<sup>th</sup>/27<sup>th</sup> FEB and 6<sup>th</sup>/13<sup>th</sup>/20<sup>th</sup>/27<sup>th</sup> MAR  
Cohorts: 13yrs to 18yrs  
(This course is open to support young people at risk, young people who may be gifted and talented to be supported for free, who would not otherwise be able to access skills in music.)

### QUEENS CRESCENT STREET ART PROJECT WITH SAM SURE

We continue with our street art murals along the Queens Crescent shutters that have been a local success story in the neighbourhood! We are so excited by this project as it has been hugely popular. Young people learn the skills of spray painting, seeing the whole process through from beginning to end; they begin with mocking up designs and then transfer these on to the shutters, inspired by the shop owners and creating beautiful artwork.

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE  
Time: 12pm to 4pm  
Dates: SUNDAYS (to be confirmed as we plan according to weather)  
Ages: 8yrs to 18yrs

We will be sending out notices one week before each Graffiti Art Session – if you are not on our mailing list please email [courses@hvhart.org](mailto:courses@hvhart.org) to register your interest.

### ILLUSTRATE AND CREATE YOUR OWN ALBUM COVER with artist in residence Iyla Shah

Iyla Shah young dynamic artist, takes our young people through a course of imagination and design to produce exciting album covers. Inspired by our young people's favourite artist and musicians, they produce illustrations to portray the essence of the music. Iyla guides the young illustrators to try bold aesthetics for their designs, learning about blending colour, shading and composition.

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE  
Time: 12pm to 3pm  
Dates: SATURDAY 5<sup>th</sup>/12<sup>th</sup>/19<sup>th</sup>/26<sup>th</sup> FEBRUARY  
Ages: 5yrs to 18yrs

### SCREENPRINTING - T/shirts with artists in residence: Iyla and Lola

Create and design your very own HvH ARTS branded T-shirt. Learn the art of creating stencils, spacing, fabric painting and screen printing. Go home with a super design on your very own t-shirt or gym bag. Learning the negative /positive of designing your stencils and how they work in printing. This is an inspiring course for those who love design and textiles.

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NW4 4QE  
Time: 12pm to 3pm  
Date: SUNDAY 27<sup>th</sup> FEBRUARY  
Ages: 5yrs to 14yrs

### OILS/ACRYLICS/WATERCOLOURS on canvas with prolific NYC ARTIST: LEE MATTHEWS

Prolific artist Lee Matthews will be back at HvH ARTS gallery, to teach our young people the art of drawing and painting and collage. This workshop is designed to teach young people how the different textures of paint, sketching and collage to envisage your final piece of art.

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE  
DATES: SATURDAY 5<sup>th</sup> and 12<sup>th</sup> MARCH  
Time: 12 to 4pm  
Ages: 8yrs to 14yrs

### FASHION AND TEXTILES PROJECT (sustainable fashion) with HvH Youth Ambassadors artists in residence: Miranda Barton and Sophia Thompson

During this project we will bring in established fashion designers to give our students and youth ambassadors inspirational visits, ideas and mentoring. Designers will have the option to bring in second-hand clothes to rework, or use our offcuts from designers Roland Mouret, Vivienne Westwood and other donations we have to produce this project. The designers/models will learn how to plan and make a unique piece and style it into a fashion piece. Teaching pattern design, cutting creating sustainable fashion.

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE  
Time: 4pm to 6pm  
Dates: TUES 11<sup>th</sup>/18<sup>th</sup>/25<sup>th</sup> JAN and 1<sup>st</sup>/8<sup>th</sup>/15<sup>th</sup>/22<sup>nd</sup> FEB and 1<sup>st</sup>/8<sup>th</sup>/15<sup>th</sup>/22<sup>nd</sup>/29<sup>th</sup> MAR  
(Open to our fashion and art scholars at HvH ARTS)

### PHOTOGRAPHY WORKSHOPS with Professional Photographers: Debbi Clark / Paul Romans / Leah Band, Karyn Ruby and Jude Wacks

This term we will be supporting young people in the art of photography learning skills in documentary, portrait, street, flat lays, creative art photography and fashion photography with professional photographers who will teach our young people their professional medium in skills of photography.

Locations: HvH ARTS GALLERY 44 Ashdown Crescent NWS 4QE and London School of Mosaic- HvH studios, 181 Mansfield Road, NW3 2HP  
Time: 12pm to 3pm  
Dates: SATURDAYS or SUNDAYS – certain weekends throughout the Spring Term between 15<sup>th</sup> Jan to 27<sup>th</sup> Mar, to be confirmed according to interest  
Ages: 10yrs to 18yrs

To register your interest for these workshops please email [courses@hvhart.org](mailto:courses@hvhart.org) (free enrolment).

### MAKE-UP workshop with the fabulous professional (MUA) Ciara and the opportunity to shoot a portrait with Fashion Photographer: Debbi Clark.

Explore the art of make-up with professional (MUA) Ciara who will be working on sketches to teach structure of face, creating fabulous make-up looks! We will then use the OLYMPUS EPL-8 cameras and take a portrait of each of our MUA creations with fashion photographer Debbi Clark using lighting and backdrops to create a portrait.

Location: HvH ARTS GALLERY 44 Ashdown Crescent, NWS 4QE  
Time: 12pm to 4pm  
Date: SUNDAY 16<sup>th</sup> JANUARY  
Ages: 8yrs to 18yrs

### SCULPTURE with HvH ARTS : artists in residence: LOLA and IYLA

An opportunity to collaborate on creating a sculpture together using sustainable objects from the Queens Crescent Market. Young people will be given a budget to buy objects/goods from stalls, shops in Queens Crescent and work together to create a sculpture on this very exciting workshop, using glue guns, clay and painting their final sculptures to explore colour.

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE  
Time: 12pm to 3pm  
Date: SATURDAY 22<sup>nd</sup> JANUARY  
Ages: 5yrs to 11yrs

### FASHION/COLLEGE: Design workshop with prolific fashion designer Melanie Press

This workshop will be run by Melanie Press Fashion Designer from PRESS in Primrose Hill. Melanie has very kindly offered to teach our young people the art of creating their own 'croquis' as they say in the Fashion World - meaning a sketch - a template from which they work on to design their own fabulous ideas. We will then choose their favourite design and create a sample in the workshop.

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE  
Date: To be confirmed for MARCH

Register your interest by email: [courses@hvhart.org](mailto:courses@hvhart.org)

### HALF TERM WEEK of 14<sup>th</sup> February to 18<sup>th</sup> February 2022

This half term we will be supporting children and young people in the arts! We are organising trips to TATE MODERN, National Portrait Gallery and The Photographers Gallery during half term week. We are offering 8 places each day to support children and young people who are beneficiaries at HvH ARTS! This week will be aimed at supporting our young people's mental health, healthy lunches and support their learnings in the arts!

WE WILL BE SENDING OUT THE DATES AND TIMES during the first week of FEBRUARY. If you would like to join our mailing list please subscribe by emailing us at [courses@hvhart.org](mailto:courses@hvhart.org) and ask to be added to subscriptions for updates on our FREE workshops, courses and art culture days.

### NO CHILD'S LAND PROJECT – sculptures with artist in residence JEBET.

This course is a fantastic opportunity to create life-size scale sculptures with the incredible artist JEBET. This is a half term project being sponsored by The Childhood Trust who support our children and young people at HvH ARTS.

Location: HvH ARTS GALLERY, 44 Ashdown Crescent, NWS 4QE  
Times: 12pm to 4pm  
DATES: TBC

ENROL FOR ANY OF OUR FREE COURSES - PLEASE VISIT OUR WEBSITE: <http://hvhart.org/courses>

Email: [courses@hvhart.org](mailto:courses@hvhart.org)

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

Registered Charity No: 1149607





# Half Term HOCKEY camp



Hockey sticks provided



**Whitefield School (TBC)**  
**NW2 1TR**  
**9:30 to 15:30**  
**14th - 17th Feb**



ages 8 to 16  
**£105**  
**£60 2 days**  
**£35 per day**  
**£20 half day**

**Basic Concepts**  
**Game Intelligence**  
**Advanced Skills**



Internationally Certified Coaches, Learn from International Players  
07399683870 or riotworxsportsconsultancy@gmail.com for info

**WELCOME TO CAMJAM!**  
The Camden Music Junior Saturday Centre



## JOIN US ON SATURDAYS

at Brecknock School, NW1 9AL

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



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

020 7974 7239



**camdenmusic**

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

## Do you want to learn computer skills?

**Camden adult community learning have FREE courses starting in November! Just come along or sign up online!**

### Drop-in Digital Skills Workshops

Every Monday & Wednesday, 10am-12pm  
Netley Adult Learning Centre, 74 Stanhope Street, NW1 3EX

### Fun with Photos

Starts Wednesday 3rd November, 1pm-3pm  
Netley Adult Learning Centre, 74 Stanhope Street, NW1 3EX

### MS Excel & Money Management for Beginners

Starts Tuesday 2nd November, 10am-1pm  
Training Link, 54-56 Phoenix Road, NW1 1ES

### MS Word for Beginners

Starts Wednesday 3rd November, 10am-12pm  
Training Link, 54-56 Phoenix Road, NW1 1ES



### Easy Introduction to Coding with Scratch

Starts Thursday 4th November, 3pm-5pm  
Online course

**Enrol here:** [www.webenrol.com/camden](http://www.webenrol.com/camden)

We have lots of other courses and drop-in workshops to help you improve your digital skills. You can even get an Essential Digital Skills Qualification!

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

**Enrol online:** [www.webenrol.com/camden](http://www.webenrol.com/camden)

**Phone:** 020 7974 2148

[adultlearning@camden.gov.uk](mailto:adultlearning@camden.gov.uk) 020 7974 2148 [camden.gov.uk/adultlearning](http://camden.gov.uk/adultlearning)





# Talacre Holiday Multi Sports Scheme 2021/22

May to February



**Ages 8-12**

**9:30am - 3:30pm**

Holiday	Dates	Length
May Half Term	01/06/2021 – 04/06/2021	4 days
Summer Week 1	26/07/2021 – 30/07/2021	5 days
Summer Week 2	02/08/2021 – 06/08/2021	5 days
Summer Week 3	09/08/2021 – 13/08/2021	5 days
Summer Week 4	16/08/2021 – 20/08/2021	5 days
Summer Week 5*	23/08/2021 – 27/08/2021	5 days
October Half Term	25/10/2021 – 29/10/2021	5 days
February Half Term	14/02/2022 – 18/02/2022	5 days

\*Special courses week, no regular Holiday scheme.

Camden Active Sports

Camden

## Information, Prices and How to Book

- 1) You can book your place either at Talacre Reception **or** online [www.better.legendonlineservices.co.uk](http://www.better.legendonlineservices.co.uk) (Please note: online bookings can only be made up to 7 days before the start date of the course).
- 2) You will need to complete a form either in paper or electronic form, before the start of the Holiday scheme. You must complete a form even if you have attended one of our Holiday Schemes previously.
- 3) If you are booking at the centre please be aware that we **only accept card payments**.
- 4) Children attending the Holiday scheme should; bring a healthy packed lunch, plenty of water in a labelled bottle (no glass bottles permitted), wear sports kit and trainers, weather appropriate clothing e.g. a sunhat or a waterproof jacket and no jewellery.
- 5) We encourage you to ensure that children leave valuables at home as there is no access to lockers and we cannot take responsibility for valuables.

**Ages 8-12, 9:30am - 3:30pm**

**Membership type Price for 5 days**

Full Price - No Membership	£143.50
Standard	£82.50
Concession	£38.25

Produced by Camden Creative Services 2021 3645 08 | 1 007 7974 1508

Camden Active Sports

Camden

# Talacre Holiday Mini Camps 2021/22

May to February



**Ages 4-7**

**Mini Camp 1  
9am - 10:30am**

**Mini Camp 2  
11am - 12:30pm**

Holiday	Dates	Length
May Half Term	01/06/2021 – 04/06/2021	4 days
Summer Week 1	26/07/2021 – 30/07/2021	5 days
Summer Week 2	02/08/2021 – 06/08/2021	5 days
Summer Week 3	09/08/2021 – 13/08/2021	5 days
Summer Week 4	16/08/2021 – 20/08/2021	5 days
October Half Term	25/10/2021 – 29/10/2021	5 days
February Half Term	14/02/2022 – 18/02/2022	5 days

## Information, Prices and How to Book

- 1) You can book your place either at Talacre Reception **or** online [www.better.legendonlineservices.co.uk](http://www.better.legendonlineservices.co.uk) (Please note: online bookings can only be made up to 7 days before the start date of the course).
- 2) You will need to complete a form either in paper or electronic form, before the start of the Mini Camp. You must complete a form even if you have attended one of our Mini Camps previously.
- 3) If you are booking at the centre please be aware that we **only accept card payments**.
- 4) Children attending the Mini Camps should; bring water in a labelled bottle (no glass bottles permitted), wear sports kit and socks, no jewellery and long hair must be tied up.

**Ages 4-7 Mini Camp 1: 9:00-10:30am**

**Ages 4-7 Mini Camp 2: 11:00am-12:30pm**

**Membership type Price for 5 days**

Full Price - No Membership	£69.60
Standard	£45.00
Concession	£26.30

Produced by Camden Creative Services 2021 3645 08 | 1 007 7974 1508

Camden Active Sports

Camden

Camden Active Sports

Camden





- The No.1 Science Activity Holiday Camp
- Trusted by Parents - For Over 10 Years
- For All Boys & Girls Aged 5-12 Yrs
- Venues Across Greater London and Herts

# FEBRUARY HALF-TERM HOLIDAY CAMP

Mon 14 to Fri 18 February 2022 (5 Days)



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

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

**Or Call:**  
020 8863 8832



Early Bird and Multi-Book DISCOUNT!

★★★★★  
"BEST CAMP EVER"

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

**Ofsted**  
Registered

Childcare Vouchers Accepted

COVID-Safe Industry Certified



Google Say "Mother Nature Science Camp"  
★★★★★ Rating: 4.9

## FEBRUARY HALF-TERM 2022 Information

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

- **Dates:** Mon 14 - Fri 18 Feb 2022 (5 days)
  - **Open to Children:** ages 5-12 years
  - **Venues:** across London (look right>)
  - **Times:** 9am - 3:30pm (6.5hrs).
- Earliest drop off 8:30am; latest collection 4pm
- **Day Places:** limited day-places available to book online

Early Booking Discount Available!

## Science Whizz! - New for 2022

### Day 1> Science Mix!

Rainbow Paper!  
Balancing Robot!  
Balloon Zoom!  
Super Slime!

### Day 2> Science Fun!

Crystal Letters!  
Static Shock!  
Dino Discovery!

### Day 3> Science Blast!

Hover Ball Game!  
Whole Earth!  
Food Chain Cup Stack!

### Day 4> Science Slam!

In a Spin!  
Hummingbird Spinner!  
Chromatography Bouquets!

### Day 5> Science Wham!

Rain, Rain Go Away!  
MR FABI!  
Flying Fish

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

## VENUES Serving

### NW London

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

### SW London

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

See online for full list...

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

Or call us today:  
020 8863 8832

Also, Booking Online Now:  
April Easter  
Holiday Science Activity Camp  
– Brilliant Biology



May-June Half-Term  
Holiday Science Activity Camp  
– Epic Engineering!



Did You Know?  
we also do  
**THE BEST BIRTHDAY PARTY EVER!**



# Family Kitchen at Home

Join our next free 90-minute online cooking sessions!  
Available for families with children aged 2 to 11 years.

To book your place and receive £30 food shopping vouchers to cover the cost of ingredients for the 4 sessions, contact us to register for the next programme:

0207 974 6736  
healthandwellbeingteam@camden.gov.uk



Learn new and easy healthy recipes

Share and make nutritious and delicious meals as a family

Find out more about sugar and label reading when you're out shopping for food

Build confidence around handling knives safely



Please book your place on the programme by contacting the Health and Wellbeing Team on healthandwellbeingteam@camden.gov.uk 0207 974 6736.



# Free virtual sessions for the whole family



Fun, free and easy ways to keep primary school pupils healthy, happy and interested in cooking.

For children 5-11 years



Follow along online with your family at a time that's convenient for you.



Camden residents will receive a supermarket voucher to cover the cost of ingredients.

Then send in a picture of the food you've made and complete a short online survey to receive a £5 Love2Shop voucher.



Contact: [healthandwellbeingteam@camden.gov.uk](mailto:healthandwellbeingteam@camden.gov.uk) or call 020 79746736 to get your link to the education and cook along sessions and request a food shopping voucher



Do you want to learn fun ways to be healthy as a family?

families for life



# KIDS Early Years

## Specialised Stay & Play sessions

The KIDS Portage team run two drop-in developmental stay and play sessions in Camden.

These are for pre-school children who have developmental delays or who have a diagnosed or an undiagnosed disability or condition.

Both groups provide a variety of play based activities aimed at supporting Children's learning and development.

We provide a support network for the parents and share information about local services.

If you would like more information, please contact:

[Karen.rodriques-avers@kids.org.uk](mailto:Karen.rodriques-avers@kids.org.uk)

### SUPERSTARS SESSION

Tuesday 10.30-12.30  
Harmood children centre  
1 Forge Place, Ferdinand St,  
London NW1 8DQ

Sessions are term time only

### AMAZING TOTS Session for under 2's

Thursday 10.30-12.30  
JW3 Centre  
341 - 351 Finchley Rd  
London NW3 6ET

Sessions are term time only

Keep up to date with us:

www.kids.org.uk KIDScharity  
0207 359 3635 KIDScharity

Registered charity number: 275936



NORTH LONDON PARTNERS  
in health and care



## Does your child have asthma? Your child will need:



an asthma management plan



the correct inhaler technique



an annual asthma review

### What you can do:

- 1 Ask your GP or school nurse for an asthma management plan
- 2 Ask your pharmacist, GP or nurse how to use their inhaler correctly
- 3 Ask your GP, asthma nurse or consultant for an annual asthma review for your child



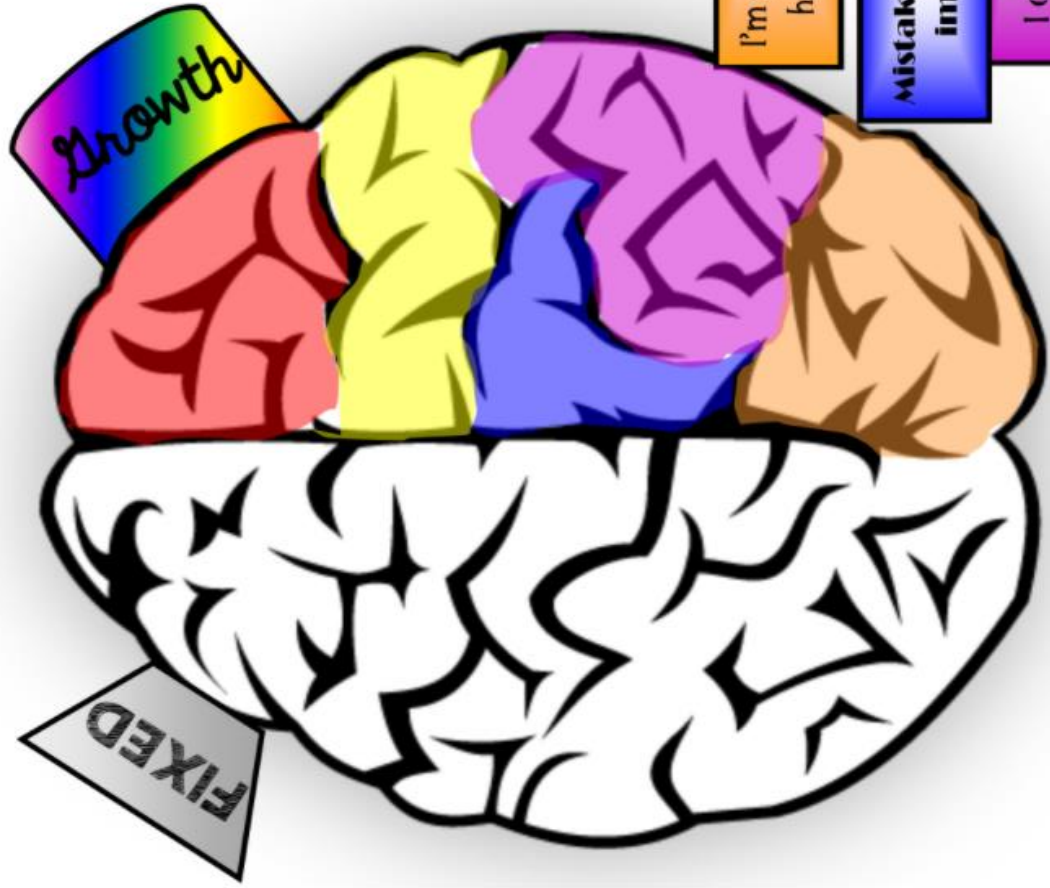
These three important steps can prevent an emergency admission to hospital and even save a life.

Thanks to Healthy London Partnership for the poster idea



# Change your words Change your *Mindset*

- I give up.
- I can't do math/science/social studies/reading.
- I am awesome at this!
- I can't make this any better.
- I made a mistake!
- I'm never gonna be as good as him/her.
- This is too hard.
- I'm not good at this.
- It's good enough.



- I AM GOING TO TRAIN MY BRAIN IN MATH/SCIENCE/SOCIAL STUDIES/READING!!
- Is this really my best work?
- This may take some time and effort.
- What am I missing?
- I'll use some of the strategies I've learned.
- I'm going to figure out what he/she does and try it!
- I'm on the right track!
- Mistakes help me improve.
- I can always improve; I'll keep trying!



## Gender equality: guide for families

### What are gender stereotypes?

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

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



### Why are they bad for everyone?

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

#### Study and work:

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



#### Health and mental health:

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



### FAQs

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

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



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

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

### Toys:

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

### Opportunities to challenge gender stereotypes:

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

### Language:

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

### Expectations and aspirations:

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

### Books:

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

### Around the home:

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

### Attitudes:

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

### Clothes and shoes:

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

### Similarities and differences:

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



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



## Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

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

## How can you help?

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

## What else will help?

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

Find out more here

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

and here

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

## Terms and conditions

All Camden Music staff have enhanced DBS clearance.

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

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

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

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

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

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

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



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

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

### Getting started is easy!

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

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



020 7974 7239

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

### Camden Music Service

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

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

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

# Individual Instrument Tuition at Fleet

## Welcome to the Camden Instrumental Service

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

## What instruments can my child learn?

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

## Will my child need an instrument?

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

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

## When and where will lessons take place?

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

## What types of lessons are there?

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

### Shared lessons

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

### Individual lessons

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

## What will it cost?

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

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

## How do I pay?

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

## Is any financial help available?

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

## What about if we want to stop?

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

## How do I apply?

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



# Camden Early Help



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

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

## Early Help



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

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



### How do I get Early Help?

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

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

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

### Other formats

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

### Find out more

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

E: LBCMASHadmin@camden.gov.uk

For more information about Early Help visit:

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

Sure Start 020 7974 8961

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

Produced by Creative Services 1251/23

\* free childcare places for eligible 2 year olds



### What's Early Help?

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

### What can you help with?

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

### What does Early Help do?

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

### Early Help services include:

#### Sure Start

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

#### Early Help Co-ordinators

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

#### First Stop Early Help

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

#### Families in Focus

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

#### Transformation Team

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

#### Youth Early Help

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



### Every Early Help team will:

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





# Maybe you've moved on

# but COVID-19 hasn't



[camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus)



## HELP STOP THE SPREAD OF COVID-19

### GET A RAPID, LATERAL FLOW TEST



Amber Zed-Khan- Queens Crescent, NW5

- ✓ All tests are free
- ✓ It's fast – get results in 30 minutes
- ✓ These tests are for people without COVID-19 symptoms

Scan the QR code to find your closest test site, test pickup and delivery options.



☎ 020 7974 4444 (option 9)  
🌐 [camden.gov.uk/rapidtest](https://camden.gov.uk/rapidtest)

If you test positive or develop COVID-19 symptoms please book a PCR test within 2 days at: [gov.uk/get-coronavirus-test](https://gov.uk/get-coronavirus-test) or call 119



## Save a life

## don't risk a life

Wear a face covering, unless exempt



[camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus)



To order Lateral Flow Test kits for asymptomatic testing at home visit this website.

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

There are kits available from local chemists although these have been in short supply lately.



# COVID-19: Update from Camden Council

For the latest information and support from Camden Council and its partners, including updates to services:

- Visit [camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus)
- Check the news pages at [news.camden.gov.uk](https://news.camden.gov.uk)
- Follow Twitter @CamdenCouncil, Facebook [facebook.com/LBCamden](https://facebook.com/LBCamden) and Instagram @WeMakeCamden
- Speak to someone at the Council on 020 7974 4444 (option 9).



**SIGN UP** to the Council's coronavirus newsletter at [camden.gov.uk/coronavirus-updates](https://camden.gov.uk/coronavirus-updates)

## Save a life don't risk a life

As the Omicron variant continues to spread quickly, please keep following public health advice to protect yourself and others:



If you haven't already, please get your COVID-19 vaccine and booster as soon as you can. Find out more at [camden.gov.uk/getting-the-vaccine](https://camden.gov.uk/getting-the-vaccine)



Take regular rapid lateral flow tests – particularly before gathering indoors with others, including older or more at-risk family and friends. Test kits continue to be restocked so please keep checking the website or get one from your local pharmacy or collection point. Visit [gov.uk/order-coronavirus-rapid-lateral-flow-tests](https://gov.uk/order-coronavirus-rapid-lateral-flow-tests)



Wear a face covering over your nose and mouth in busy indoor and outdoor public spaces, unless exempt



Open windows to let fresh air in when meeting others indoors



Wash your hands regularly and use hand sanitiser while you're out

If your rapid test is positive or you develop any COVID-19 symptoms, however mild, you must self-isolate and book a PCR test online at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or by calling 119. If the PCR test result is negative, you can stop self-isolating.

If the result is positive, continue to stay at home to protect others. If you get 2 negative rapid test results on days 6 and 7 and you don't have any COVID-19 symptoms, you can stop self-isolating after 7 days. If you test positive on days 6 and 7 you must self-isolate for the full 10 days, or for longer if you continue to have symptoms.

\* Guidance around PCR tests is changing from 11 January. Check [gov.uk/coronavirus](https://gov.uk/coronavirus) for details.

### Guidance for close contacts

If you're a close contact of someone who tests positive for COVID-19:

- If you're fully vaccinated, you must take a rapid lateral flow test every day for 7 days
- If you're unvaccinated or have had one vaccine, you must self-isolate for 10 days

Regardless of your vaccination status, if you develop COVID-19 symptoms or test positive, follow the guidance above.



Happy new year to everyone in Camden. As we look ahead to 2022, there are many uncertainties that continue to surround us. With cases of Omicron continuing to rise, there are undoubtedly tough times to come. However, there is also much to be thankful for.

Over the past year, we have seen our communities working together in new and inspiring ways, not only to help keep each other safe, but to support one another through times of difficulty. I know people will continue to do the right thing in keeping themselves and others safe as we head into the new year.

We are committed to continuing to support our residents, working closely with local partners and services to offer a wide range of support, from mental health, to finances, to domestic abuse.

And for our much-loved businesses, the recent announcement of a package of support from Government is a welcome step in helping those who are struggling into a better position. We owe so much to our fantastic high streets and local businesses and stand ready to work with them throughout this next phase.

**Councillor Georgia Gould, Leader of Camden Council**

## Get your COVID-19 vaccine now



Whether it's your first or second vaccine, or booster, every dose gives you additional protection against the virus.

- Everyone aged 12+ can book their first and second doses
- Everyone aged 18+ can also book a COVID-19 booster

Book an appointment online at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119, or find a local walk-in vaccination clinic at [camden.gov.uk/getting-the-vaccine](https://camden.gov.uk/getting-the-vaccine)

Your booster may be a different vaccine to the one you had for your first and second doses. Please be reassured that this approach has been authorised by UK vaccine experts because it's safe and effective. If you have any questions, please speak to your vaccinator.

## Schools update

Camden schools returned this week – Government guidelines now include:

- Secondary school pupils and staff should continue to do regular twice-weekly lateral flow tests (and more frequently if asked to do so) and should have access to boxes of tests from their school.
- Secondary school pupils and staff should wear face coverings in communal areas, classrooms, teaching spaces and on school transport (unless exempt).
- Visitors to all education settings – including secondary and primary schools, and nurseries – should also wear a face covering (unless exempt).

Please speak to your child's school for more information.

## Support for businesses impacted by Omicron

If your hospitality or leisure business or venue is impacted by Government measures to curb the rise in Omicron cases, you may soon be eligible to apply for a one-off Government grant of up to £6,000.

Additional discretionary funds may also be available through a top-up to the Additional Restrictions Grant.

Camden Council is reviewing Government guidance on how this funding should be administered and will soon update its website with further information – including how to apply.

This information will be available at [camden.gov.uk/grants](https://camden.gov.uk/grants)

