

# Fleet Community Notices



Wednesday 30th November 2022



## New this week...

See below for information on job opportunities at the Royal Free. To the right and on page 6 there is information on the various winter programmes running for children over the upcoming holidays. Page 2 has thank yous to the various people involved in making our Winter fair such a success last Friday (far more entertaining than the England vs USA match later that night!). Page 3 has an advert for the Jumble Sale the PA are running after school today—we hope you can come along. Page 4 has a plea from the School Rights Respecting Ambassadors as they try to raise donations for the Camden Food Bank at this very difficult time for many families. Page 8 has a leaflet from Camden Children's Centre Service about how they help families. On the other pages there is other useful information such as Page 11 with the Camden Library challenge starting this weekend.

## Camden Holiday Access Fund and sports winter programmes

Check out the programme of activities running over the Christmas Break, including one here at Fleet (use link below and see page 6).

<https://haf.youngcamdenfoundation.org.uk/>

Also other sports related holiday courses can be found here including some run from Talacre:

<https://www.camden.gov.uk/children-young-people#cmft>

## Job Opportunities at the Royal Free Hospital

We have been contacted by the catering manager at the Royal Free Hospital as they are looking in the community to fill vacancies in their service. They wanted to make our parents aware of the many job openings in catering at the Royal Free Hospital. They have full time and part-time roles available, catering assistants, kitchen porters and chefs. Several of the part-time catering assistant roles are between 10am, 10.30am, 11am and 2.30pm, Monday through Friday. Those roles focus on serving lunch to their 1200 daily customers, with set up and clean up. Their in-house trainers will teach food safety and how to do the job. Minimum pay starts at £12.77 an hour and there is some flexibility on times. They are an inclusive employer and offer career paths for those who are looking to grow.

For more information or how to apply, please contact:

**Rasheed Kangumpurath**  
Catering Administrator

020 7794 0500 extension 31389  
[rasheed.kangumpurath@nhs.net](mailto:rasheed.kangumpurath@nhs.net)

**Patrick Mason**  
Assistant Catering Manager

020 7794 0500 extension 36937  
[p.mason5@nhs.net](mailto:p.mason5@nhs.net)

**Sid Hadj Youcef**  
Patient Feeding Manager

Pond Street, NW3 2QG  
020 7794 0500 extension 33088  
[sid.hadjyoucef@nhs.net](mailto:sid.hadjyoucef@nhs.net)

**Larry Rosenthal**  
Catering Manager  
rfl property services limited

Royal Free Hospital  
Pond Street, NW3 2QG  
020 7794 0500 extension 35863



# Raise FREE donations for

## FLEET PRIMARY SCHOOL

### every time you shop online

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

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

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



Download the easyfundraising App



## Junior Playground Refurbishment

As you probably know we are currently trying to raise money to refurbish our Junior playground. At some point in the future we will also need to do the same in the infant playground. We are hoping to be able to get some funding towards this from the Camden Local Community Investment Levy Fund (CIL). It would be great if you could support this by leaving a comment on the CIL consultation currently open. If you search the map for the school you will see a comment with our plans—you could add your own or indicate agreement with the existing comment. Your support with this will hopefully increase our chances of securing funding to make our plans reality.

Link to consultation: [https://camdencil2022.commonplace.is/map/camden-cil-map?utm\\_campaign=group\\_email&utm\\_source=cp\\_email&utm\\_medium=email](https://camdencil2022.commonplace.is/map/camden-cil-map?utm_campaign=group_email&utm_source=cp_email&utm_medium=email)

## Camden Foodbank

**The Rights Respecting School Ambassadors are collecting food items again this Christmas for the Camden Food Bank. See page 4 for the list of items they need. Thanks in advance for your support.**

# Fleet Winter Fair

On behalf of the PTA, thanks to everyone who came along to the Winter Fair last Friday. We hope you all enjoyed yourselves!!

An extra big thanks to those who donated, collected prizes from local businesses, helped on stalls, prepared food and drinks, decorated the hall and grotto, set up/cleared up and to anyone who gave their time to make the fair a success!

Each fair is a huge team effort, but so worthwhile to see everyone together having fun, and to know that another +£3K has been raised for the junior playground renovation. We know this has been a long time coming for many families but the goal is now within reach!

Another big thanks to the teachers who stayed on Friday to help out, we could not have done it without you and it made the fair extra special to have so many of you there.

And lastly a massive thank you to all of the local businesses listed below who donated such fantastic prizes. Almost 2/3 of the money raised would not have been possible without their generosity!

We look forward to many more fun events with you all but until then we hope you have a great end of term and Christmas break.

Best wishes

The PTA: Abbie, Ailbhe, Becky, Fab, Jo, Sophie and Suzan



## Thanks to our amazing local businesses:

Appi Physio & Pilates	Fitness VIP	Pizza Express
Anna Price	Fleet Food & Wine	Planet Organic
Angus Steakhouse	Gaucha Grill	Sable D'or
Arsenal FC	Giacobazzi's	Saint Barbers
Artichoke Grocers	Gourmet Burger Kitchen	Shuba Customs
Barrett's Butchers	Green Elf Trees	Silverberry
Caffè Nero	Handscomb of Hampstead	Sniffles
Cannacares	Haverstock Tavern	Starbucks
Cubs Shoes	Heath Street Kitchen	The Gipsy Queen Pub
Daunt Books	Impressed London	The Horseshoe Pub
Day Morris	Libby's	The Stag Pub
Dominique's	Little Hands Design	Top choice dry cleaners
Dreamy 'N' Healthy	Mad Lillies Hair Salon	Venchi
Earth	MiniBeat Music	Venera's
ELK Hair & Body	M&S	Waitrose
England's Papers	Nailuxury	Wagamama
Fern Skin Care	Nisa Local	Zamazingo
Everyman Hampstead	Oliver Yu Chan	XinXin
Explore Learning	Owl Book Shop	YAS
Fields Beneath	Paty's Party Planning	



# Jumble Sale

*Preloved clothes,  
toys and books*

Wednesday 30th November  
3.30-4.30pm at Fleet Primary School

Come and grab yourself a bargain! Bring supermarket plastic bags and fill for £5 each! All money raised will go towards the renovation of the Junior Playground. Clothing and toy donations welcome on the day!

 Drinks and snacks also available to buy 

# FLEET NEEDS YOUR HELP PLEASE DONATE SOME FOOD

We need your help to give to those in need.

What can you bring?

- Cereal
- Soup
- Pasta
- Rice
- Tinned tomatoes
- pasta sauce
- Lentils, beans and pulses
- Tinned meat
- Tinned vegetables
- Tea/coffee
- Tinned fruit
- Biscuits
- UHT milk
- Fruit juice



**Please bring your donations by Monday 12<sup>th</sup> December.**

We know it's a Challenging time for everyone at the moment with the cost-of-living crisis. Food banks are grassroots, community organisations aimed at supporting people who cannot afford the essentials in life.

**Thank you for your generous donations from the Rights Respecting Ambassadors.**

# Dates for your diary this term...

Please bear in mind that occasionally trips may be arranged or cancelled last minute. This can happen for any number of reasons and we try, where possible, to give as much notice as we can. We also will often need adult volunteers to support on these trips so please do look out for notices on class windows or sent out via parent hub closer to the date of a trip for requests for help and contact the office if you are able to accompany. Thank you.

- **28th November:** Y4 to the CLC
- **29th November:** Y5 First Aid and Defibrillator Training
- **29th November:** Y6 to the Theatre (back late—5.30pm)
- **30th November:** Y5 to the CLC
- **1st December:** Nursery Parent Meetings—2pm-6pm
- **2nd December:** Infant Christmas Show @ 10am
- **5th December:** Y5 to Parliament Hill School
- **8th December:** Junior Christmas Show @ 9.30am (no ticket needed)
- **8th December:** Junior Christmas Show @ 7pm (ticketed)
- **9th December:** School Christmas Lunch
- **12th December:** KS1 to Belsize Synagogue
- **13th December:** KS2 to Belsize Synagogue
- **14th December:** Infant Christmas Parties
- **15th December:** Junior Talent Show & Christmas Parties
- **16th December:** end of term—school closes at 2pm
- **4th January:** Spring Term Starts—Children Back

**From 19th December to 30th December**



**Camden HAF Winter providers**



Organisation name	Venue	Age Range	Start time-finish time
Bloomsbury Football	Acland Burghley School, 93 Burghley Rd. London NW5 1UJ	Age 7 to 14	10 am to 2 pm
Calthorpe Community Garden	Calthorpe Community Garden, 258-274 Gray's Inn Rd, WC1X 8LH	Age 5 to 11	11 am to 3 pm
Camden Sports Development Centre	Talacre Sports Centre, London, NW5 4PG	Age 8 to 12	9 am to 3.30 pm
HVH Arts	HVH Arts - 44 Ashdown Crescent -NW5 4QE Rhyl Kitchen School - Rhyl Street - NW5 London School of Mosaic - 181 Mansfield Road - NW3 TRA Hall - Lismore Circus -NW5	Age 5 to 16	11 am to 3 pm
KCBNA	Kings Cross Neighbourhood Centre 51 Argyle Street London WC1H 8EF	Age 11 to 16	5 pm to 9 pm
Learning and Development Centre	71 Kingsgate Road, London, NW6 4JY	Age 5 to 16	10 am to 2 pm
Legacy Sports	Fleet Primary school Fleet Road, Hampstead London, NW3 2QT	Age 5 to 11	11 am to 3 pm
	Argyle Primary Tonbridge Street London WC1H 9EG	Age 5 to 11	11 am to 3 pm
London Zoo	ZSL London Zoo, Regent's Park, London, NW1 4RY	Age 12 to 15	10.30 am to 3 pm
Maze Academy	Rhyl Community Primary School Rhyl Street London NW5 3HB	Age 5 to 11	10 am to 2 pm
Our Parks	Swiss Cottage Community Centre, 19 Winchester Road, London, NW3 3NG	Age 5 to 11	10 am to 2 pm
	Charteris (Kilburn) Sports Centre 24 Charteris Rd., North Maida Vale., London, NW6	Age 5 to 11	10 am to 2 pm
PACE Consortium	*PACE Fairfield Playcentre *Camden Square Playcentre *PACE Fortune Green Playcentre	Age 5 to 12	9 am to 4 pm
Pro Touch SA	Gospel Oak Primary School Mansfield Road, Camden, NW3 2JB	Age 6 to 13	11 am to 3 pm
Netley Primary School (open to Netley school children)	Netley Primary School and Centre for Autism, 74 Stanhope Street, London, NW1 3EX	Age 5 to 11	10 am to 2 pm
SHAK	SHAK 109, Rowley Way, London NW8 0SR	Age 9 to 16	12- 6 pm
Youth Early Help	1. Netherwood Youth and family Hub, 5 Netherwood Street, NW6 2QU - North Hub 2. Ingestre Community Centre, Ingestre Road, London NW5 1UX - Central Hub 3. Somers Town Youth Centre, 134 Chalton Street, London, NW1 1RX - South Hub	Age 11 to 16	12.30 to 5.30 pm
Holborn Community Association	Holborn House Community Centre, 35 Emerald Street, London, WC1N 3QW	Age 11 to 16	10 am to 2 pm

**Sports, leisure, cultural activities and nutritional education this Summer!**



**FREE for Camden residents who are eligible for free school meals!**

**4 hours a day, 4 days a week during the Winter holidays!**



**Free healthy hot meal everyday!**



**Book your place soon!**

To find the delivery dates and other information, please visit the Camden HAF booking page

**<https://haf.youngcamdenfoundation.org.uk/>**

For any queries please send us an email to [info@youngcamdenfoundation.org.uk](mailto:info@youngcamdenfoundation.org.uk)

# 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

Come and talk to us...

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

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

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

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



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



**Children's Centres:**

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

Find out more:  
[camden.gov.uk/camdensurestart](http://camden.gov.uk/camdensurestart)

**Camden Sure Start**  
Your journey. Our support.



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Pregnancy & New Born Baby

New Born Baby to 2 Years

Child 2 to 5 Years

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

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

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

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

**What kind of help?**

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

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

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

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

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

**Our support.**

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

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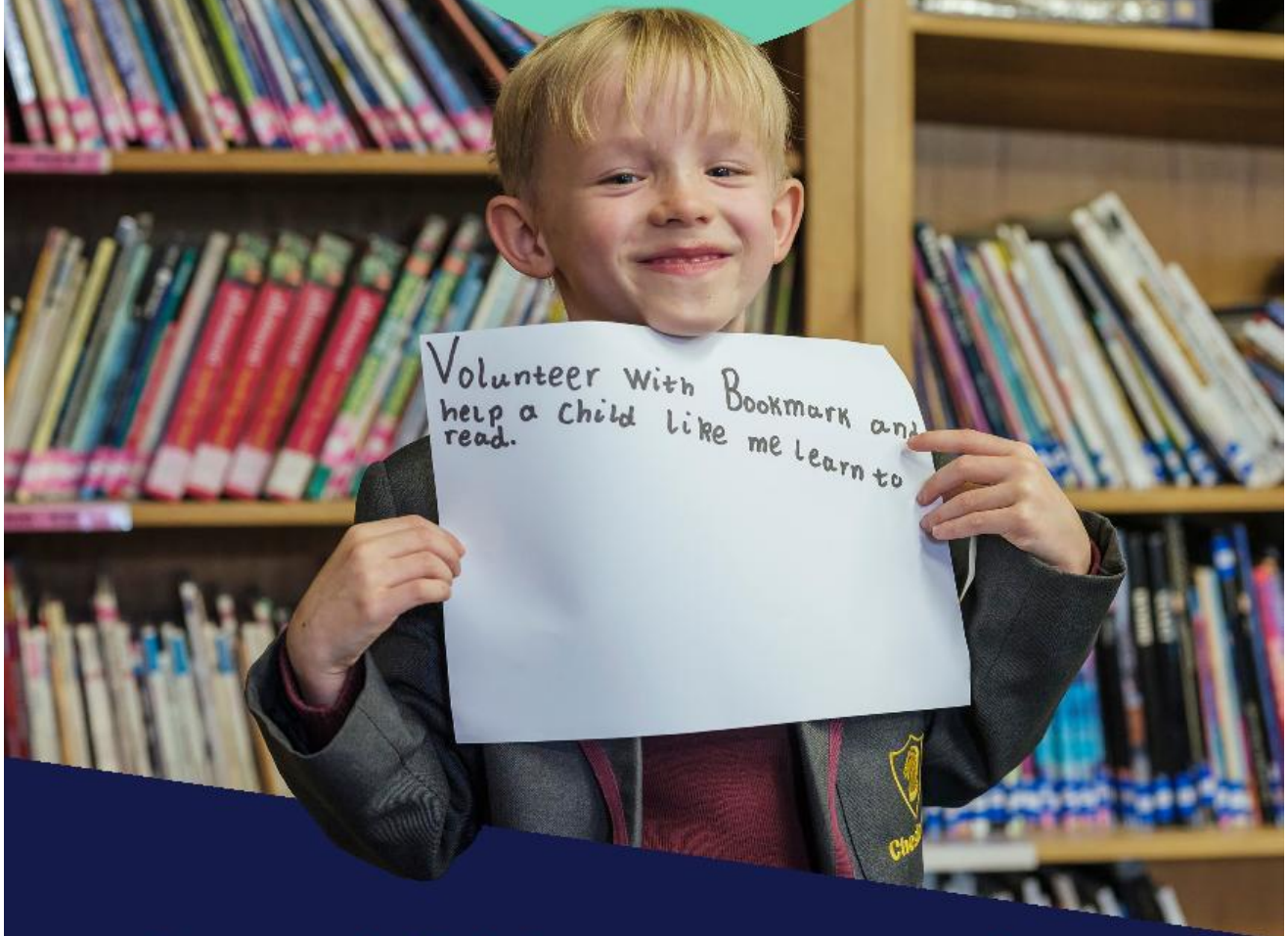
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# Camden Children's Centre Services





Bookmark



## Help a child learn to read

This year our school is working with **Bookmark**, a children's literacy charity that links schools with volunteers to provide children with extra reading support.

You can help a child develop the reading skills and confidence they need for a fair chance in life. Two hours a week, for 12 weeks.

As a Bookmark volunteer, you'll help your community and make a huge difference to a child.

Registered Charity No. 117768

**SIGN UP  
TODAY**



[bookmarkreading.org/  
volunteer2f](http://bookmarkreading.org/volunteer2f)

*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/volunteer2f](http://www.bookmarkreading.org/volunteer2f)*

# WinterFEST

Friday 9th December 2022 • 3:30 - 7pm

**Festive entertainment and FREE activities for all.**

- Delicious Food & Drink
- Children's Activities
- Festive Stalls
- Performances
- Santa's Grotto

info@castlehaven.org.uk • 0207 485 3386  
23 Castlehaven Road, Camden Town, NW1 8RU

[@CCA\\_Camden](#)  
[CastleHavenCommunityAssociation](#)  
[@CCACamden](#)

## Castlehaven WinterFEST 2022

Join us for a festive extravaganza at the Castlehaven Community Centre on Friday 9th December 3:30 - 7:00pm

### Santa's Grotto

Santa will return to Winterfest. Little ones will get the chance to meet Santa in his magical grotto and receive a gift to take home (subject to availability).

CastleHaven Community Association is a vibrant community association in the heart of Camden offering fun & interactive activities to people of all ages, cultures & backgrounds. For more information about WinterFEST please visit [www.castlehaven.org.uk](http://www.castlehaven.org.uk) or call 0207 485 3386.

### How To Find Us:

Underground:  
Camden Town or  
Chalk Farm Stations  
(Northern Line)  
Trains:  
Camden Road Station  
Kentish Town West Station  
(London Overground)  
Buses:  
24, 27, 31



- @CCA\_Camden
- CastleHavenCommunityAssociation
- @CCACamden

Funded by the local authority, charitable trusts & donations

#WinterFEST



Charity No: 215821. Company No: 2061107

## WEEKEND & EVENING

### SATURDAY CLASSES

**PERFORMING ARTS**

**AGES 4-30**

Classes in Acting, Dance, Singing & Songwriting  
£2.50 - £7

**CREATIVE AND DIGITAL ARTS**

Classes in Art & Design, Animation, Filmmaking & Music Production  
£3.75

**AGES 8-18**

**MUSIC TUITION**

Classes in Drums, Percussion, Guitar, Keyboard & Saxophone  
£3.75 - £4

**AGE 5+**

Bursaries Available  
for more information, visit [www.wacarts.co.uk](http://www.wacarts.co.uk)  
Wac Arts, 213 Haverstock Hill, London, NW3 4QP

## WEEKEND & EVENING

### SUN-WED CLASSES

**SUN**

Aerials: Beginner & Int/ Advanced  
Wac Arts Actors Company  
Wac Arts Dance Company  
£6 - £7 (14-30 yrs)

**MON**

Aerials: Open Class (14-30 yrs)  
Tap: ISTD Primary (5+ yrs)  
Tap: ISTD Grade 1 (7+ yrs)  
£3.75 - £6

**TUES**

Ballet: ISTD Primary (5+ yrs)  
Ballet: ISTD Grade 1 (7+ yrs)  
Over 50s Ballet  
£3.75 - £6

**WEDS**

**WAC NITES** Inclusion programme exploring creative and performing arts specifically designed for those with mild/moderate learning disabilities.

Spark (9-12 yrs)  
Ignite (13-17 yrs)  
Urban Motivation (18-30 yrs)  
£3.75 - £5

Bursaries Available  
for more information, visit [www.wacarts.co.uk](http://www.wacarts.co.uk)  
Wac Arts, 213 Haverstock Hill, London, NW3 4QP

Camden Libraries

# Winter Reading Challenge

Suitable for children aged 0-12

Starts on 1 December 2022 and ends  
on 20 February 2023

Sign up at your local Camden library

To find your local library visit us [www.camden.gov.uk/libraries](http://www.camden.gov.uk/libraries)

Read four or more books to complete  
the challenge and receive a certificate.



Write a book review, win prizes  
and your review will be shared on  
our website.



Our  
Camden  
libraries



CHRISTMAS HOLIDAY ART MOSAIC PROJECT WITH RADA

# HAF WINTER HOLIDAY PROGRAMMES ARE OPEN FOR BOOKING YOUR FREE PLACES NOW!

19TH, 20TH, 21ST, AND 22ND DECEMBER AT THE LONDON SCHOOL OF MOSAIC 11 AM TO 3 PM



**AN EXCITING OPPORTUNITY TO WORK WITH MOSAIC ARTIST RADA ON OUR ART MOSAIC PROJECT OVER THE CHRISTMAS HOLIDAYS!**

**OPEN FOR FREE PLACES NOW TO BOOK:**

- AGES 10YRS TO 18YRS
- 21ST, 22ND, 23RD AND 24TH DECEMBER 2022
- 11 AM TO 3 PM
- FREE LUNCHES ARE PROVIDED AS PART OF THE HAF WINTER PROGRAM

<https://hvhart.coordinate.cloud/book/151645>

# Term Dates for this Academic Year...

## SCHOOL TERM DATES 2022-2023

### AUTUMN TERM

First day of term	Monday 5 <sup>th</sup> September 2022
Half term (inclusive)	Monday 24 <sup>th</sup> Oct – Friday 28 <sup>th</sup> Oct 2022
Last day of term	Friday 16 <sup>th</sup> December 2022 – close at 2pm

### SPRING TERM

First day of term	Wednesday 4 <sup>th</sup> January 2023
Half term (inclusive)	Monday 13 <sup>th</sup> Feb – Friday 17 <sup>th</sup> Feb 2023
Last day of term	Friday 31 <sup>st</sup> March 2023 – close at 2pm

### SUMMER TERM

First day of term	Tuesday 18 <sup>th</sup> April 2023
May Day Bank Holiday	Monday 1 <sup>st</sup> May 2023 - school closed
Additional Bank Holiday	Monday 8 <sup>th</sup> May 2023 – school closed
Half term (inclusive)	Monday 29 <sup>th</sup> May – Friday 2 <sup>nd</sup> June 2023
Last day of term	Friday 21 <sup>st</sup> July 2023 – close at 2pm

NEWLY  
ANNOUNCED  
DATE!

### STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 <sup>st</sup> half term	Thursday 1 <sup>st</sup> & Friday 2 <sup>nd</sup> September 2022	Tuesday 3 <sup>rd</sup> January 2023	Monday 17 <sup>th</sup> April 2023
2 <sup>nd</sup> half term			Monday 5 <sup>th</sup> June 2023

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.

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 Beth Cleine in Year 1 or Rebecca Combes in Nursery.



# Fleet's Forest School Request

# Fleet Primary School Calendar Competition 2023



The Calendar Art Competition for creating a school calendar at the end of the year is still on. Due to lockdowns over the last 2 years this popular annual event has not been possible so it's great to bring it back.

Children can use any art medium in their entries as long as it is A4 in size and they can enter as many times in a term as they want.

Prizes will be awarded termly, with a selection of winning entries chosen to go in the calendar for 2023 at the end of this year.

Entries should be handed in to the school office and should have the child's name and class on the back (in pencil) along with an indication of the person or event that inspired it.

## This year's theme...Lifting Limits!

This year the theme links in with the 'Lifting Limits' gender equality work we are doing in all classes and also with the racial equality work that runs throughout our curriculum. We are asking that the subject of the art be inspired by a historical figure—contemporary or older.

Think about GENDER EQUALITY - a man or woman who did something amazing and at the time, unusual or not the norm, for someone of their sex.

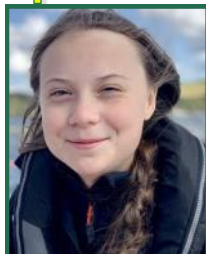
Think about RACIAL EQUALITY - someone again who was a trailblazer and didn't let their race, colour of their skin or religion stop them from doing something.

It could be someone we have talked about in assembly, or someone you have learnt about in class or even someone you have learnt about from your own reading or investigations.

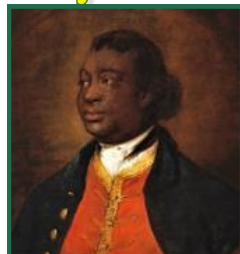
Ideas from people looked at last year in assemblies or topics - can you think of anyone new?



Flora Sandes



Greta Thunberg



Ignatius Sancho



Septimius Severus



Amanda Gorman



Colin Kaepernick



Jean-Michel



Mae Jemison



Amy Johnson



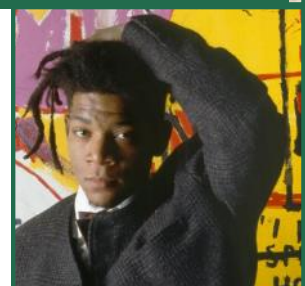
Marcus Rashford



Frida Kahlo



Beryl Burton



# Message from Camden Music Service:

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

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

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

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

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



## 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.

# 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)



**camdenmusic**

020 7974 7239  
camdenmusic@camden.gov.uk

## Have your say on Camden's evening & night time

Camden Council is developing a strategy for our evening and night time, and we want to know what matters to our residents and visitors, night workers, businesses and organisations.

To learn more and share your thoughts visit this website:  
[https://camdenente.commonplace.is/?utm\\_campaign=NewCommonplaces21\\_10\\_2022&utm\\_source=cp-email&utm\\_medium=email](https://camdenente.commonplace.is/?utm_campaign=NewCommonplaces21_10_2022&utm_source=cp-email&utm_medium=email)



### Families for Life Community Champion Training

Starting on:  
Tuesday 8 Nov –  
13 Dec 2022  
10am -11.30

Virtual MS  
Teams  
sessions

Keen to build on your skills and knowledge to create a happy, informed and healthy community?

Happy to support and share information about free, fun, and healthy lifestyle programmes available in Camden?

Want to develop key communication skills, building strong local connections?

Curious on how volunteering can boost your CV, offer valuable skills and improve your career opportunities?

If your answer is YES! Join us and make a real difference in your community.

We offer a FREE 6-week programme for Camden parents/carers who has what it takes to become an inspirational Volunteer Families for Life Community Champion.

Sessions will run virtually on Tuesday's at 10am -11.30am from 8 Nov – 13 Dec 2022.



For more information on how to register and join our amazing Champion team, please contact:

Syria Chowdhury, Community Champion Coordinator:  
m: 07734 603 060, e: [syria.chowdhury@camden.gov.uk](mailto:syria.chowdhury@camden.gov.uk).



These sessions are organised by Camden Health and Wellbeing Team.

Are you currently pregnant?  
**OR**  
Have you been pregnant in the past 3 years?

Were you referred for mental health support during your pregnancy and/or the first year after giving birth?



If you answered **'YES'** to the questions above, we would like to hear from you.

#### What is this research about?

We want to explore people's experiences of Mental Health Services during pregnancy and the first year after giving birth (*Perinatal Mental Health Services*). Little is known about how helpful people find these services, and why some people access these services and others don't.

#### What would I have to do?

A 20-minute online survey which asks you questions about you, your mental health, your pregnancy, and whether or not you used Mental Health Services during pregnancy.

This survey is **anonymous and confidential**.

This highly valuable research aims to inform the development of Perinatal Mental Health Services to better support mothers in times of need.

Prize draw  
of up to  
**£100**

#### For more information

1. VISIT <https://tinyurl.com/supporting-mums>
2. Contact via email: [eleanor.bennett.13@ucl.ac.uk](mailto:eleanor.bennett.13@ucl.ac.uk)
3. Contact via Twitter: [@Supporting\\_mums](https://twitter.com/Supporting_mums)



# Find your nearest **warm welcome** space



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



To help everyone stay warm this winter, **'warm welcome'** spaces are available in Camden's libraries, council buildings and voluntary and community sector organisations across the borough.

Each **'warm welcome'** space will be a little different in its offer but wherever residents visit, they will be met with warmth and kindness, and they will be able to relax, meet up with others and get support with the cost of living crisis in a safe and warm place.

# Weekly Wellbeing Update

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 Becca Wall and we will do everything that we can to help.

## My Wellbeing Tip!

*By Agnes, Christ Church NW3*

Worrying thoughts stop many people from having a nice time with their friends and family. Visualising a happy memory or relaxing with the people you love can smooth out and blow away worrying thoughts that get in the way of having a nice time. Remember there are always people who love you and will always have time to help you. Just take it one thing at a time. Here are some more ideas to help you overcome your worries:

Write your worry on a piece of paper and put it away in a box  
Tell your worry to someone (saying it out loud will help)  
Say it to a cloud or into a bubble and blow it away.  
Take some time to be around nature  
Do something you love (a hobby perhaps)



## 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](mailto:admin@fleet.camden.sch.uk)) if you have any suggestions.

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/>

## Workshops coming up...

- **23rd November @ 9am:** Parent Workshop: Managing screen time and social media



# CAMDEN MHST

## MENTAL HEALTH SUPPORT TEAM

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

## SUPPORT AND INTERVENTIONS

Individual/Parent led therapy

Group therapy and workshops

Whole class interventions

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



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

## FLEET PRIMARY SCHOOLS PRACTITIONER

**THOMAS BURNAND**

School Hours: Wednesday Afternoon

If you are interested in getting help, please  
contact:

Rebecca Wall —Deputy Head



# Struggling with the rising cost of living?

## We're here for you



[camden.gov.uk/costofliving](https://camden.gov.uk/costofliving) Contact Camden Advice Network. Visit [camden.gov.uk/can](https://camden.gov.uk/can)

You can also call us on 020 7974 4444 (option 9) or Citizens Advice Camden on 0808 278 7835.



If you're struggling with the rising cost of living, we're here for you. Find out about the range of support available with debt, mental health, accessing food, rising energy bills, finding a job and more at [camden.gov.uk/costofliving](https://camden.gov.uk/costofliving) or you can contact one of the organisations in Camden Advice Network – find their details at [camden.gov.uk/can](https://camden.gov.uk/can). You can also call us on **020 7974 4444 (option 9)** or call Citizens Advice Camden on **0808 278 7835**.

If you're struggling financially, there are a number of local and national support and payment schemes that are available now or coming soon. Please [check that you're accessing everything you're entitled to](#). You can also check you're receiving all of the benefits that you're entitled to using [a benefit calculator](#) to help you.

If you are in severe financial hardship and cannot afford the essentials including food, heating, water, electricity and rent, you may be eligible for a payment of up to £500 through our £2 million Cost Of Living Crisis Fund. Find out more by getting in touch with us or our partners using the contact details above or by visiting [camden.gov.uk/colcfund](https://camden.gov.uk/colcfund)





**BLOOMSBURY  
FOOTBALL**

**CHANGING THE GAME FOR  
YOUNG PEOPLE**

Bloomsbury Football are currently running an after-school club at Royal Free Rec Club, which is around the corner from Fleet, on Mondays from 4-5pm. The age range for this session is 3-6yrs and they want to extend the invite to all Reception, Year 1 and Year 2 players that would like to attend and play regular football.

**ART CLASSES FOR KIDS 7-11**

**YAS**  


**YOUNG ARTIST SOCIETY**

**ART CLASSES FOR KIDS AGED  
7-11 LED BY PROFESSIONAL  
ARTISTS.**

**UNLOCK CREATIVITY, GROW  
CONFIDENCE, NURTURE  
SKILLS AND HAVE FUN!**

**AFTER-SCHOOL CLASSES**

**MONDAYS & TUESDAYS, 4-5PM @ SIR RICHARD STEELE'S PUB  
SEPT 5TH - DEC 20TH EXCLUDING HALF TERM £140 (£10/CLASS)**

FUN AND INSPIRING ACTIVITIES TO UNLOCK CREATIVITY, GROW  
CONFIDENCE AND NURTURE SKILLS, WITH AN EMPHASIS ON DRAWING  
AND COVERING A RANGE OF STYLES. EACH TERM WILL WORK TOWARDS  
A FINAL EXHIBITION!

**BOOK NOW USING QR CODE**

or call: 07970737926  
email: [sophie@yasartclub.com](mailto:sophie@yasartclub.com)  
  @yasartclub



**YASARTCLUB.COM**



**Happy November! Hard to believe but we're just a few weeks away from our December Holiday Clubs.**

**This year we will be delivering a fun-packed art-filled weeks from the end of the school term right up to Christmas!**

As always with our clubs children have the freedom to follow the theme (this December it's Winter Festivals!) or explore art which interests them. The days are also packed with games, stories, music and free play.

We will be at the Octagon Nursery from 19th-23rd December.

Places are available to book [here](#).

We look forward to seeing you soon! X



# GIRLS FOOTBALL DEVELOPMENT



**BOOK A FREE TASTER  
CLASS NOW**

- ✓ Skills & ball mastery techniques
- ✓ Agility, balance, coordination & speed
- ✓ Strategy & teamwork training
- ✓ Fun games & friendly matches

## EVERY TUESDAY

6-11 year olds  
5:30-6:30pm

## FIRST CLASS IS FREE!

£6 per week thereafter  
Concession rates &  
sibling discounts apply

## FLEET PRIMARY SCHOOL - 4G ASTROTURF

Agincourt Rd, London, NW3 2QT

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

**More Information**  
+E: [prorevolution.development@gmail.com](mailto:prorevolution.development@gmail.com)

# 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 they need it. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enravels young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

### 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

### 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

### 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

### 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

### 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

### 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

### 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

### 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

### 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

### 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

### Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-53204905>  
<https://iproutilsocial.com/help/protect-media-938711/>



[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: 30.11.2022

# Parent and carer counselling service

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

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

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

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

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

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



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

Children, schools and families, Camden Council, Crowndale Centre

218 Eversholt Street, London NW1 1BD

Telephone: 0207 974 6500

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



# Seeking a new Career?



KX Recruit is the recruitment agency that matches employers with jobseekers at King's Cross.

We are passionate about King's Cross and are here to help **local business** to find the right staff, and at the same time help **local people** to access the job opportunities created by the redevelopment of King's Cross. Our service is **personal, highly-specialised and completely free-of-charge**. We help companies to recruit at all levels and have a track record of successfully working with a range of companies, from small businesses to multi-national organisations.

Contact us today

Call 020 36914000

Email [reception@kxrecruit.co.uk](mailto:reception@kxrecruit.co.uk)

KX Recruit, 11 Stable St, London, N1C 4AB

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

## COOPERATION TOWN

### Cooperation St Martin's is your new community food co-op.

A food co-op is a neighbourhood buying group, where members get quality groceries at very affordable prices.

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

Co-op members save up to 40% off their weekly food costs by organising with their neighbours.

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

**Meeting every Thursday, 7pm**

**At St Martin's Church, Vicar's Road NW5 4NN**

To find out more and join the co-op contact Martin on 07901 001754

[www.cooperation.town](http://www.cooperation.town) | [info@cooperation.town](mailto:info@cooperation.town) | @CooperationTown



## Citizens Advice Camden

How to contact us:



### Adviceline

0808 278 7835

free number. You do not need credit on your phone to call us

Monday – Friday 10am-4pm



Complete the call-back request form on our website and we will call you.

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

If you need help with **Universal Credit** please call us on:

\* **Help to Claim** for advice about making new claims up until your first payment

Call **0800 1448 4444** (free number). Mon to Fri 8am - 6pm

Webchat:

visit <https://www.citizensadvice.org.uk/benefits/universal-credit/claiming/helptoclam/> on our website and click on the 'Talk to an Adviser' button half way down the page

\* **Universal Credit Support** for help maintaining your claim and problems including UC stopping, sanctions and appeals.

Call **07765 293116** and leave a message with your number and we'll call you back

Visit our website for details of all our services

Citizens Advice Camden is a registered charity 291955

I want to support people in my community



## Volunteer with us

### Advice Support Workers

This role provides administrative support for the service.

### Trainee Advisers

This role gives detailed advice and assistance to our clients.

### Benefit Case Makers

This role supports client in making disability benefit applications.

### Adviceline Assessors

This role provides an initial telephone assessment of client issues.



Please visit our website for details of our current volunteering opportunities or email us for further details:

[Volunteer.Project@camdencabservice.org.uk](mailto:Volunteer.Project@camdencabservice.org.uk)

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

## 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/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.

## 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)

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!

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)

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!**

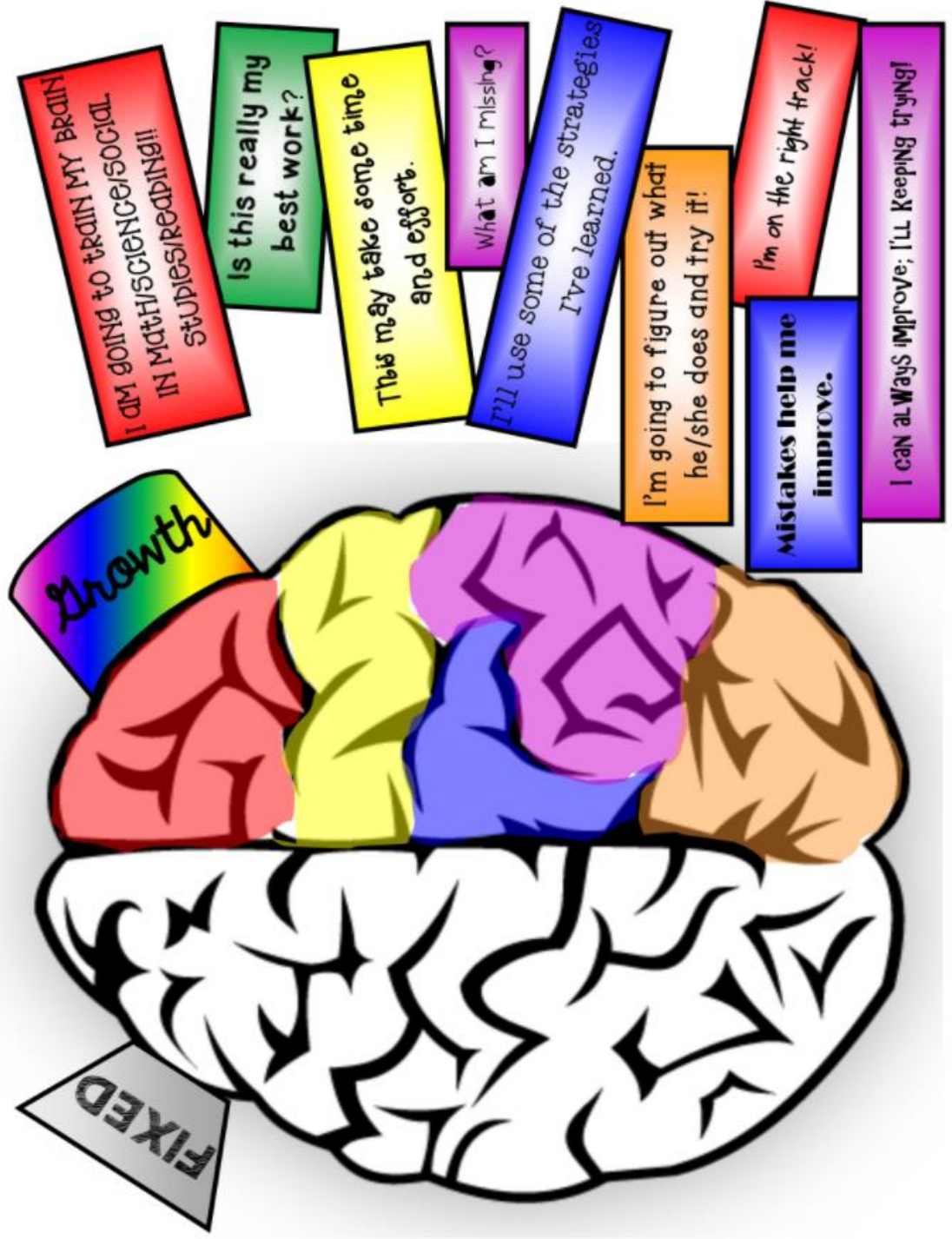
## Parent group: Families, Food and Feelings

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.



# 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.



## 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.

'You cry like a girl'

### FAQs

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

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



[www.liftinglimits.org.uk](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)



# 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.

