

# Fleet Community Notices



Wednesday 18th December 2024



## New items this week...

This is our last Community Newsletter of 2024. Each week we try to gather together all the adverts and notices we receive to share with you in one place rather than send out numerous mailouts. We hope you have found this newsletter useful over the term. On this page are details about the Camden Holiday Programme running this winter. Visit the website to see what is on offer for your children. [Page 2](#) has the latest dates for your diary—and the link for ordering this year's Fleet School Calendar. [Page 4](#) has a message from the PTA with regards to the hugely successful Winter Fair which took place recently. Some reading related items—the Camden Reading Challenge running over this Winter in local libraries—we encourage all children to take part can be found on [Page 19](#). [Page 20](#) has details of a story writing competition being run by Daunt books. While [Page 21](#) has an advert for a book by an author coming to visit the school in January. [Page 22](#) is this week's information sheet from National College—information to support children with self-regulation. [Page 23](#) has a research opportunity with a £15 voucher reward for those taking part. Please take a moment to look at the other information included each week as there is a lot of fantastic opportunities and support available in Camden and you may have missed an advert in the past.

## Reminder:

**School Closes at 2pm on Friday**

**ORDER YOUR  
FLEET 2025  
CALENDAR—THE  
PERFECT  
CHRISTMAS  
GIFT!  
SEE BOTTOM  
PAGE 2 FOR  
HOW TO ORDER!**



## Camden Holiday Club Programme

The Camden Holiday Activities and Food (HAF) winter programme 2024-25, which will run from **23 December 2024 to 3 January 2025**, will be open for children and young people aged 5 to 16 who live in Camden and are eligible for free school meals.

The programme offers free, fun activities and nutritional education - from learning to make healthy meals, to creative activities, including photography, drama, arts and crafts, and sports such as football and basketball. A free hot meal is included as part of each day's activities. The Camden HAF programme is co-ordinated by Young Camden Foundation on behalf of the Council, with funding from the Department for Education.

For more information visit the website below:

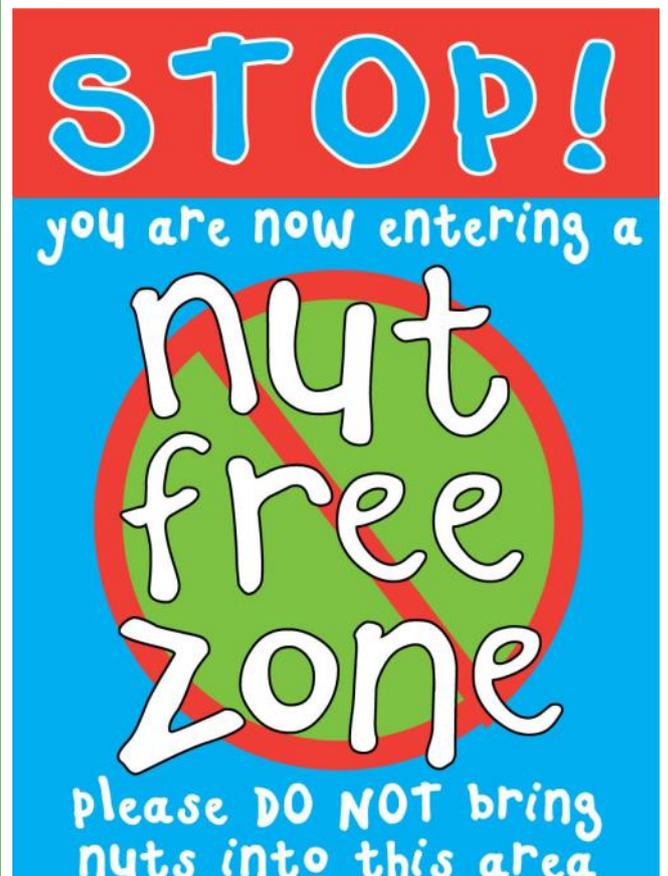
<https://haf.youngcamdenfoundation.org.uk/>

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## Nut Free School

Please remember we are a nut free school. Nuts and items containing nuts should not be brought into school as snacks, part of packed lunches, or as donations to the Class Tea Sales. Thank you for your understanding and care to ensure we prevent dangers from allergic reactions.



# Dates for your diary this term...

Please bear in mind that occasionally trips may be arranged or cancelled last minute. Where possible we will give as much notice as we can. We need adult volunteers to support on these trips so please do look out for notices on class windows or sent out via ParentHub. Thank you.

| WHOLE SCHOOL EVENTS |   |
|---------------------|---|
| 19th December       | Junior Christmas Parties & Junior Talent Show   |
| 20th December       | Deadline to submit online annual parent questionnaire—weblinks sent home via ParentHub and can be found on Page 1 |
| 20th December       | End of term—school finishes at 2pm  |
| 7th January         | Spring Term Begins—children back Reception—Y6   |
| 8th January         | Spring Term Begins for Nursery  |

| NURSERY 2024-25 |                            |
|-----------------|----------------------------|
| 8th January     | Nursery Spring Term Starts |

| RECEPTION 2024-25 |                              |
|-------------------|------------------------------|
| 7th January       | Reception Spring Term Starts |

## PARENTS ASSOCIATION & SPECIAL EVENTS

| YEAR 4 2024-25 |  |
|----------------|--|
| 19th December  | Class Party - parents set up classroom after lunch |
| 7th January    | Year 4 Spring Term Starts                          |

| YEAR 1 2024-25 |                           |
|----------------|---------------------------|
| 7th January    | Year 1 Spring Term Starts |

| YEAR 5 2024-25 |  |
|----------------|--|
| 19th December  | Class Party - parents set up classroom after lunch |
| 7th January    | Year 5 Spring Term Starts                          |

| YEAR 2 2024-25 |                           |
|----------------|---------------------------|
| 7th January    | Year 2 Spring Term Starts |

| YEAR 6 2024-25 |  |
|----------------|--|
| 19th December  | Class Party - parents set up classroom after lunch |
| 7th January    | Year 6 Spring Term Starts                          |
| 12th-15th May  | KS2 SATs Week                                      |
| 9th-13th June  | Residential Trip to Gower                          |

| YEAR 3 2024-25 |  |
|----------------|--|
| 19th December  | Class Party - parents set up classroom after lunch |
| 7th January    | Year 3 Spring Term Starts                          |

# Order your Fleet Calendar 2025!

All year the children have been entering pictures into the Fleet Annual Calendar competition. The theme this year was 'Famous Landmarks and Buildings'. The calendar is now complete and over the next few weeks we will be getting them printed ready for the new year. If you would like to order a copy (which includes all the term dates for Jan 2025—Dec 2025 included please use the link to the write to order. They are £4 for 1 calendar or £10 for 3 calendars—they will make fantastic presents at the same time as supporting the school. Thanks to all who purchase and to all the young artists who entered over the year.



Order here: <https://forms.gle/d5uxHYUwa4qhHDN18>

# Term Dates for 2024-25

## AUTUMN TERM

|                       |  |
|-----------------------|--|
| First day of term     | Wednesday 4 <sup>th</sup> September 2024                           |
| Half term (inclusive) | Monday 28 <sup>th</sup> Oct – Friday 1 <sup>st</sup> November 2024 |
| Last day of term      | Friday 20 <sup>th</sup> December 2024 – close at 2pm               |

## SPRING TERM

|                       |  |
|-----------------------|--|
| First day of term     | Tuesday 7 <sup>th</sup> January 2025                           |
| Half term (inclusive) | Monday 17 <sup>th</sup> Feb – Friday 21 <sup>st</sup> Feb 2025 |
| Last day of term      | Friday 4 <sup>th</sup> April 2025 – close at 2pm               |

## SUMMER TERM

|                       |  |
|-----------------------|--|
| First day of term     | Wednesday 23 <sup>rd</sup> April 2025                          |
| May Day Bank Holiday  | Monday 5 <sup>th</sup> May 2025 - school closed                |
| Half term (inclusive) | Monday 26 <sup>th</sup> May – Friday 30 <sup>th</sup> May 2025 |
| Last day of term      | Tuesday 22 <sup>nd</sup> July 2025 – close at 2pm              |

## STAFF INSET DAYS – SCHOOL CLOSED

|                           | Autumn Term   | Spring Term                         | Summer Term                         |
|---------------------------|---|-------------------------------------|-------------------------------------|
| 1 <sup>st</sup> half term | Monday 2 <sup>nd</sup> and Tuesday 3 <sup>rd</sup> September 2024 | Monday 6 <sup>th</sup> January 2025 | Tuesday 22 <sup>nd</sup> April 2025 |
| 2 <sup>nd</sup> half term |   |                                     | Monday 2 <sup>nd</sup> June 2025    |

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.

# Message from the PTA

Dear Fleet Community,

Thank you so much to all who came together after school Friday 6<sup>th</sup> December to make the Fleet 2024 Winter fair such a success! The fair raised over **£5000**, a record in recent years, thanks to the generosity of the Fleet community & local businesses. These funds will support school trips & experiences as well as redeveloping the infant playground, Forest School & Pond areas.

Thank you so much to families, staff and children for making & donating food & other items to sell, securing & bidding on golden tickets & raffle prizes and volunteering to set/work at/clear up after the fair so that there was food, fun, games & a glorious grotto for all. Your efforts & the outcome highlight just how kind & generous the Fleet Community is. Donations of food & Golden Ticket/Raffle items from local businesses, as well as a revival in major direct donations from businesses & individuals, also had a great impact. Please do look through the list below & support those businesses who support us; if you are a regular customer at a local business not listed do consider asking them to donate in future.

Though we cannot name everyone, and naming anyone risks leaving people out particular thanks must be given to many who went above and beyond:

- Suzan & TJ, whose efforts, alongside the PTA, in securing Golden Ticket & Raffle prizes yielded our highest ever fundraising total online
- Viki, whose vision & hard work made Santa's Grotto so magical
- Jangira who does more than any parent not on the PTA, as well as Fadumo, Mishel, Monia, Shira, Shantelle, Zineb, Erdila, Komal, Suzan, Viki & others for the yummy food
- Darren for yet again independently setting up and running a fab food stall and Ali & Suzan for the Lucky Dip. These consistently yield stellar profit margins at our Fairs
- Fleet Y4-Y5 children on devising & running their own games, Y6 children for helping to run Santa's Grotto alongside our school staff who kindly gave their time & expertise to ensure we could games/grotto/crafts: Shanae, Nicola, Rebecca, Lynley, Abida, Stella (co-ordinator!), Rachel, Amber & Beth who created the craft table while carrying her baby!
- Debbie, June & Don who also gave of their own time to volunteer and run the paper raffle & entry desk which made a huge difference on the day & Kelly who is so consistently helpful to and supportive of the PTA she must be an honorary member!

To Santa, who made the time to visit our grotto for 2 hours, without a break, on a very cold December night – thank you and we hope you are now enjoying a well earned & warm rest.

Sincere thanks to our Class Reps, for helping the PTA to send out communications and organising support from their year groups. Take a bow Abra, Ali, Anthony, Fab, Faye, Jangira, Monia, Merita & Naha!

Thank you to Caroline Chan also for treating us to her wonderfully festive live music as well as to Caroline for working together with Sophie & the children such that our Fair was opened by the Fleet Choir who sang beautifully - we hope the performers enjoyed it as much as we did! Thanks also for live music Ewan King.

The PTA committee are delighted to have recently welcomed Zineb to join Viki, Mishel, Ailbhe & Abbie. We are grateful for the ongoing support and hard work of legacy PTA in particular Fab, Jo & Sophie without whom this fair would not have been nearly so successful. There are a variety of ways of helping/being part of the PTA (including remotely/from behind your keyboard) and we want more parents to have a say. Email us at FleetSchoolPA@gmail.com or chat to us at school if you'd like to know more.

Final thanks go to the private donors and local businesses that supported our fair, including our Christmas Tree sponsors for the second year running, Rochester Place Estate Agents

**Thank you to our generous Major Donors this Fair:**

**Rochester Place Estate Agents, Kentish Town  
Day Morris Estate Agents, Fleet Road  
Pharmacy Republic, Fleet Road  
& 3 individual private donors**

**Thank you to our local business donors whose consistent & generous donations allow us to offer the Golden Ticket Auction & Raffles**

|                             |                            |                               |                            |                        |                    |
|-----------------------------|----------------------------|-------------------------------|----------------------------|------------------------|--------------------|
| A&M Restoration             | Everyman Cinemas           | Hampstead Karate School       | Razzamataz Belsize Park    | Tee-Not-Tea Nail Salon | Visage Dry Cleaner |
| APPI                        | Fleet News                 | Heath Street Kitchen          | Royal Free Recreation Club | Tetto's Hampstead      | Waitrose           |
| Arsenal FC                  | Frame Factory Belsize Park | Jeroboam Hampstead            | Rosco Brittin (Artist)     | The Dreamy             | Well Walk Theatre  |
| Be Bare Beauty              | Franco Manco Belsize Park  | Mad Lillies Hampstead         | Silverberry cafe           | The George Pub         | YAS Art Club       |
| Chelsea FC Women's 1st Team | Gail's Bakery              | Marks & Spencer               | Sir Richard Steele Pub     | The Palm               | Zamazingo          |
| Costa Coffee Belsize Park   | Giacobazzi's Deli          | Nisa Fleet & Queen's Crescent | Snappy Snaps Hampstead     | The Stag Pub           | Zara Restaurant    |
| Daunt Books Belsize Park    | Haverstock Tavern          | Oliver Yu Chan (artist)       | Sniffles Dog Grooming Spa  | Venera                 | Zen Healthcare     |

**Thank you & enjoy the holidays - from Viki, Abbie, Ailbhe, Mishel & Zineb - Fleet PTA Winter Fair 2024**



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

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

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

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

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

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

# Message to parents from our School Inclusion Support Officer

## **School Inclusion Support Officers**

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

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

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

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

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

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

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





# Raise FREE donations for

**FLEET PRIMARY SCHOOL**

every time you **shop online**

Find us on **easyfundraising.org.uk**

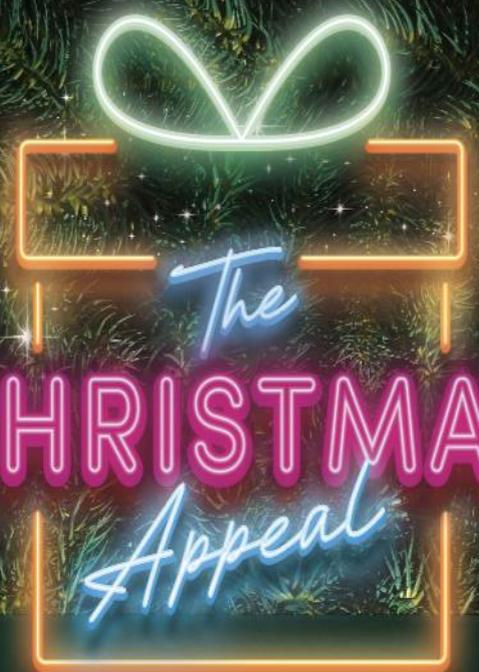
<http://www.easyfundraising.org.uk/causes/fleetps>

**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





The  
**CHRISTMAS**  
Appeal

*A warm Christmas  
for all*

Donate unwanted coats, jackets, hats, scarves,  
and gloves to our **Coat Christmas Tree** to  
support those in need.

FIND OUT MORE:



You can also put a smile on a  
child's face by donating a gift to  
the **Royal Free Charity**.



# PLEASE HELP CAMDEN FOODBANK



Camden Foodbank is a local charity supporting adults and children in food crisis. In the past 12 months the Trussell Trust group of foodbanks gave over 3.1 emergency food parcels to people in food crisis with over 1.1 million of these parcels being given out to children. The winter months are the worst for people with no access to food as they also need to keep warm to survive.

**HOW CAN YOU HELP?** Please donate **targeted food** to help Camden Foodbank make up emergency parcels or please donate money.

**THIS AUTUMN &  
WINTER PLEASE  
HELP US TO FEED  
LOCAL PEOPLE IN  
FOOD CRISIS**

## HOW TO DONATE FOOD BY HAND?

| DAY      | TIME OPEN     | ADDRESS  |
|----------|---------------|--|
| Everyday | 8am – 10pm    | Camden Town Methodist Church, Wesley Hotel, Camden Town, 89 Plender Street, NW1 OJN. |
| Everyday | 8am – 10pm    | The Wesley Hotel, 81-103 Euston Street, NW1 2EZ.                                     |
| Tuesday  | 11.30am - 3pm | Camden Foodbank, 14 Pratt Mews, NW1 OAD.   |
| Friday   | 11.30am - 3pm | Camden Foodbank, 14 Pratt Mews, NW1 OAD.   |
| Sunday   | 10am - 12pm   | Camden Foodbank, 14 Pratt Mews, NW1 OAD.   |

### URGENTLY NEEDED TARGETED FOOD

- Tinned Meat
- Tinned Fish
- Tinned Vegetables
- Tinned Soup
- Tinned Fruit
- Tinned Tomatoes
- Pasta & Pasta Sauce
- Rice
- Biscuits
- Jam and Honey
- Baked Beans
- Cereal
- Longlife Milk
- Longlife Juice
- Toothbrush & Toothpaste
- Soap/Shower Gel
- Toilet Rolls
- Laundry Powder

## HOW TO DONATE FOOD OVER THE NET?

| DAY               | TIME          | ADDRESS                                  |
|-------------------|---------------|--|
| Tuesday or Friday | 11.30am – 2pm | Camden Foodbank, 14 Pratt Mews, NW1 OAD. |

## HOW TO DONATE MONEY?

### THROUGH JUST GIVING

<https://checkout.justgiving.com/c/3445418>

100% of your donation will go directly to Camden Foodbank.

Selecting **GIFT AID** which will increase your donation.

**FOR CHEQUES/DIRECT DEBITS AND OTHER WAYS OF GIVING** <https://camden.foodbank.org.uk/give-help/donate-money>

Camden Foodbank 14 Pratt Mews, London NW1 OAD.

Phone for food deliveries only Tuesdays and Fridays – 020 7387 4551

[info@camden.foodbank.org.uk](mailto:info@camden.foodbank.org.uk)

<https://Camden.foodbank.org.uk>

Camden Foodbank registered charity in England and Wales 1084806



Just Giving  
for  
Camden  
Foodbank

**NOTE...**

Make sure you also add your individual children, not just classes, to ensure you receive individual messages as well as class and school notices. If you have any queries speak with Lisa Tan via the school office!

# 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

If you or any friends/family are tidying gardens and pruning trees please save and bring in any branches or logs for our Forest School. Any size! They are very useful for making dens and forest crafts. Thank you so much. If you have any questions, please pop over and speak to Rebecca Combes in Nursery.



# Fleet's Forest School Request



camdenmusic



## Music lessons at Fleet School

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

**Getting started is easy!**

Simply apply online

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



Or scan the QR code

020 7974 7239

camdenmusic@camden.gov.uk



camdenmusic



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

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

**Getting started is easy!**

Simply apply online

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

020 7974 7239

camdenmusic@camden.gov.uk



camdenmusic



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

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

**Getting started is easy!**

Simply apply online

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

Or scan the QR code above

020 7974 7239

camdenmusic@camden.gov.uk

# 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><br/> <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><br/> <u>Hyun-gi Lee - Garage Drummer - Percussion Final - BBC Young Musicians 2012 - YouTube</u><br/> <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><br/> <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><br/> <u>Jake Shimabukuro Performing Bohemian Rhapsody On HiSessions - YouTube</u></p> <p>Small and light to carry<br/>                     Easy to write songs and sing along with</p>   |    |
|   | <p><b>Recorder</b><br/> <u>BBC Young Musician 2012 - Charlotte Barbour-Condini (recorder) - Trotto (Anon.) - YouTube</u></p> <p>Small and light to carry<br/>                     Lots of different sizes from very low to very high<br/>                     You need lots of gentle breath control!</p> | <p><b>Guitar</b><br/> <u>BACH   Sean Shibe   BWV 997 (Development) - YouTube</u></p> <p>Can play the melody or strum chords<br/>                     Easy to write songs and sing along with<br/>                     You can play alone or in a band</p>  |  |
|   | <p><b>Flute</b><br/> <u>Havana - Camila Cabello Flute Cover - YouTube</u></p> <p>Small and light to carry<br/>                     Needs a lot of breath!<br/>                     Held sideways</p>  | <p><b>Voice / singing lessons</b></p>  |  |
|  | <p><b>Clarinet</b><br/> <u>Introducing the Clarinet with Julian Bliss   Discover Instruments   Classic FM - YouTube</u></p> <p>Small and light to carry<br/>                     Needs a lot of breath!</p>   | <p><b>Euphonium</b><br/> <u>Uptown Funk (Euphonium Loop) - Tubavisionary - YouTube</u></p> <p>Usually plays the lower accompaniment (not the tune)<br/>                     Be different and play this!</p>  |  |
|   | <p><b>Saxophone</b><br/> <u>BBC Proms - Darius Milhaud: Scaramouche (Excerpt) - YouTube</u></p> <p>Large to carry, on your back<br/>                     Needs a lot of breath!</p>   | <p><b>Trombone</b><br/> <u>GoPro on Trombone: Star Wars - Imperial March - YouTube</u></p> <p>Plays the lower accompaniment usually, although sometimes has the tune<br/>                     Large to carry</p>   |  |
|   | <p><b>Trumpet</b><br/> <u>Alison Balsom - Autumn Leaves (Les Feuilles Mortes) - Live in London - YouTube</u></p> <p>Small to carry<br/>                     Needs a lot of breath</p>   | <p><b>French Horn</b><br/> <u>Instrument: Horn - YouTube</u></p> <p>Medium sized<br/>                     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



# LOTE 4Kids

*Storytime, in their language*

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

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



Download on the  
App Store



GET IT ON  
Google Play



# Camden



# Join the Winter Reading Challenge

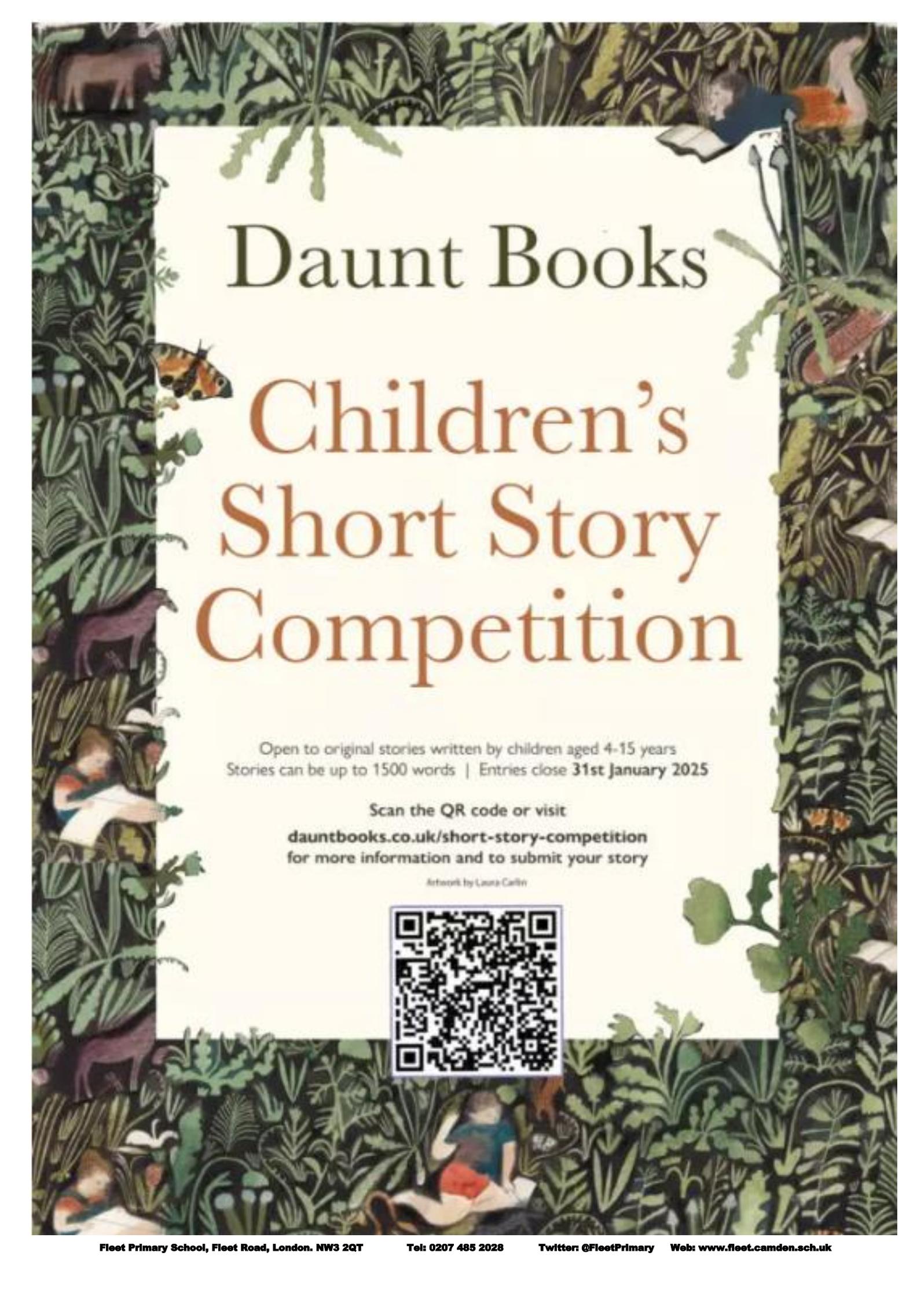
at your local library

9 December 2024 - 10 February 2025



Browse our  
children's collection  
in person or online!

Find more information about the challenge and winter reading events  
at your local library or on [camden.gov.uk/libraries](https://camden.gov.uk/libraries)



# 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 **31st January 2025**

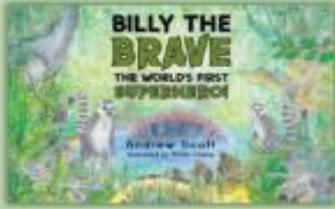
Scan the QR code or visit  
[dauntbooks.co.uk/short-story-competition](https://dauntbooks.co.uk/short-story-competition)  
for more information and to submit your story

Artwork by Laura Carlin



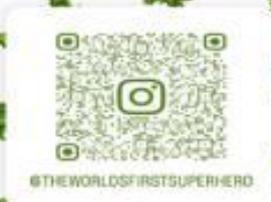
Author Andrew Scott is coming in to Fleet early in the Spring Term to do an assembly. Below is information on his latest book. Andrew is happy to sign copies of his book on the day for any who have it and want to bring it in. If you are looking for a good book as a gift this holiday season this might be a good shout! It can be bought from the retailers listed below.





"BILLY THE BRAVE STANDS AS A TESTAMENT TO THE AUTHOR'S ABILITY TO SEAMLESSLY MARRY ENTERTAINMENT WITH EDUCATION. IT IS A LITERARY GEM THAT CAPTIVATES THE IMAGINATION, WHILE SIMULTANEOUSLY SERVING AS A CONSTRUCTIVE TOOL FOR LANGUAGE DEVELOPMENT."

—GRACE JACKSON



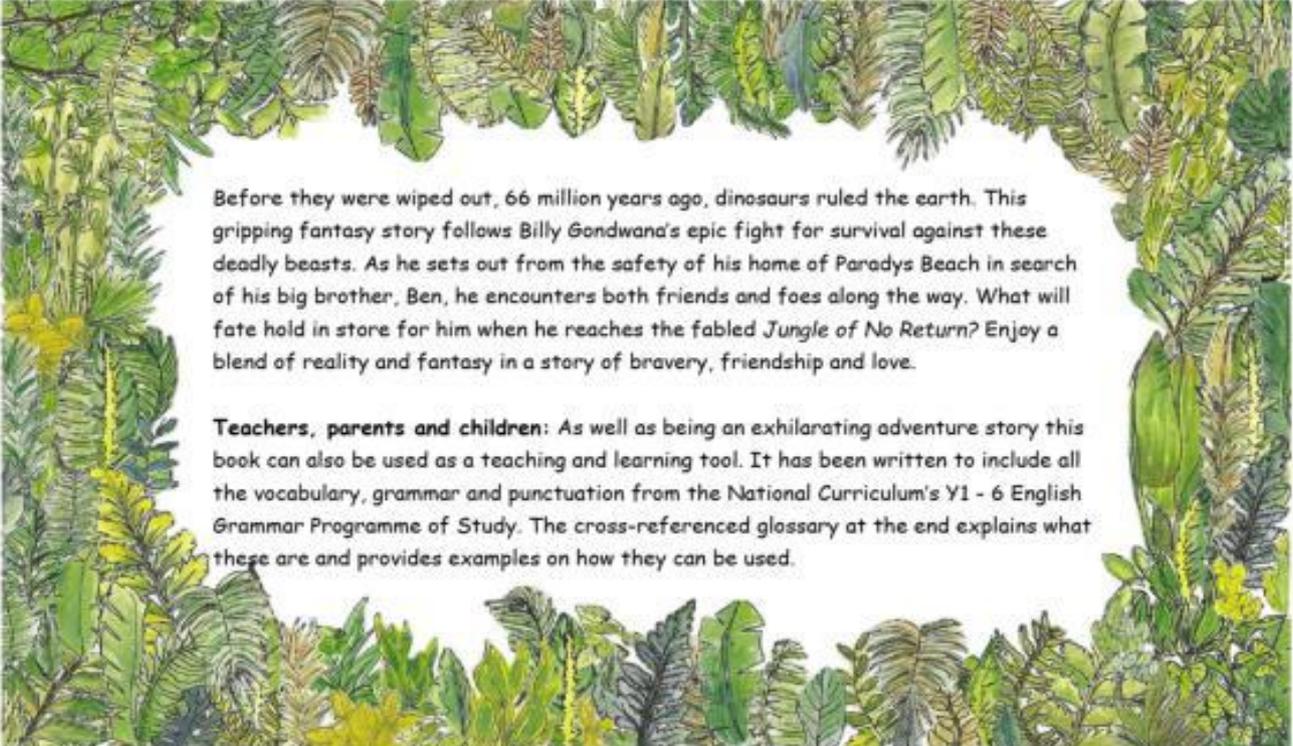
@THEWORLDSFIRSTSUPERHERO




Instagram facebook

# BILLY THE BRAVE: THE WORLD'S FIRST SUPERHERO!

BY ANDREW SCOTT



Before they were wiped out, 66 million years ago, dinosaurs ruled the earth. This gripping fantasy story follows Billy Gondwana's epic fight for survival against these deadly beasts. As he sets out from the safety of his home of Paradys Beach in search of his big brother, Ben, he encounters both friends and foes along the way. What will fate hold in store for him when he reaches the fabled *Jungle of No Return*? Enjoy a blend of reality and fantasy in a story of bravery, friendship and love.

**Teachers, parents and children:** As well as being an exhilarating adventure story this book can also be used as a teaching and learning tool. It has been written to include all the vocabulary, grammar and punctuation from the National Curriculum's Y1 - 6 English Grammar Programme of Study. The cross-referenced glossary at the end explains what these are and provides examples on how they can be used.

Billy's Amazon reviews:

★★★★★ Fantastic book for children and teachers  
 ★★★★★ Great story for children of all ages

★★★★★ Highly recommend  
 ★★★★★ Excellent

★★★★★ Such a joy to read, absolutely wonderful.  
 ★★★★★ Delightful story and a great educational aid

amazon



W  
Waterstones



# From the National College - Wakeup Wednesday Guides

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

## 10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

### 1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person - ideally through play and games - allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

### 2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

### 3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on - as well as those who have experienced adverse childhood experiences - may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

### 4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

### 5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with - the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

### Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



### 6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

### 7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another - so it's important to offer a choice of resources to discover which they prefer.

### 8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

### 9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

### 10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

#WakeupWednesday

The National College



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.02.2024



# Are you a parent/guardian with a child between the ages of 5-11?

We want to learn more about the challenges and difficulties when feeding your children healthy foods during the Cost-of-Living Crisis



If you are interested in taking part in an interview, please email:

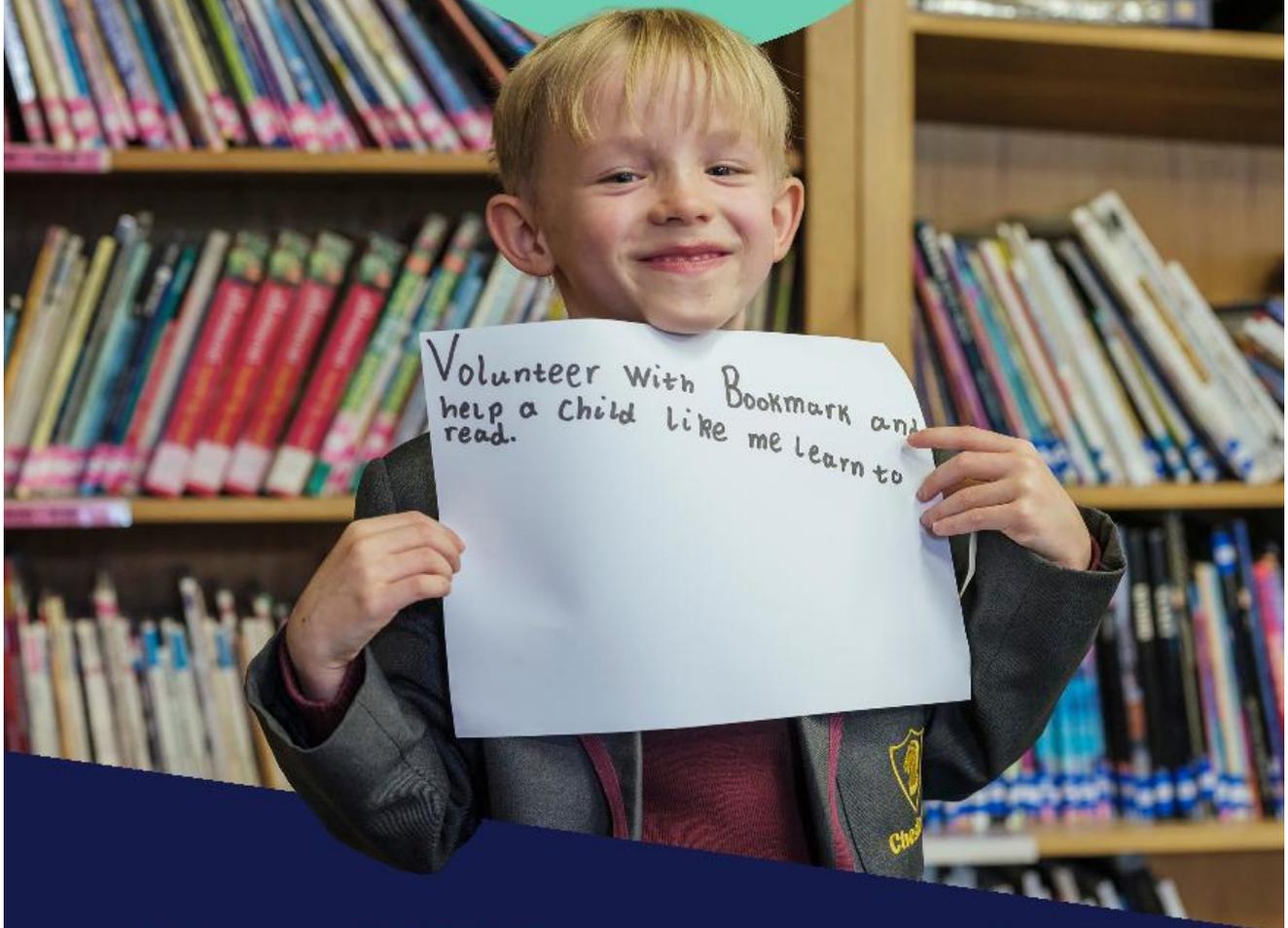
[Hannah.froome@brunel.ac.uk](mailto:Hannah.froome@brunel.ac.uk)

**£15 voucher for taking part!**

This study is being conducted by a doctoral researcher and has been approved by the College of Health, Medicine, and Life Sciences Research Ethics Committee (Brunel Research Ethics Approval: 44814-MHR-Jun/2024- 51239-3)



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)*

# Number Champions

1 2 3 4 5

fun + skills = confidence



# VOLUNTEERS NEEDED

## School Maths Volunteers

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



### Would you enjoy...



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

### Are you...

- available one afternoon a week during school hours?

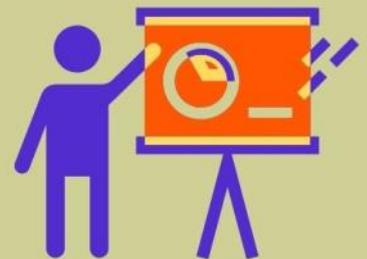
Contact Lorraine for more information:

✉ [lorraine@numberchampions.org.uk](mailto:lorraine@numberchampions.org.uk)

☎ 07918 410 847

Find out about us at:

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



Training  
provided

# INSPIRING A GENERATION OF YOUNG PEOPLE BY OFFERING A GATEWAY TO THE ARTS

HvH ARTS vision is to empower children and young people by giving them free access to highly skilled workshops in the arts.

#DONATETOCREATE



## HvH ARTS HAF WINTER PROGRAM IS OPEN FOR BOOKINGS

*PLEASE BOOK YOUR FREE PLACE NOW TO AVOID ANY DISAPPOINTMENT!*



*We are excited to announce our HAF Winter Program is open for Bookings!*

*We have an exciting 3 days of Photography, Comic Book Illustration, Cooking, Dance, Creating Festive PomPoms & Baul Bauls - with a fantastic HvH ARTS Christmas Party with Santa coming along to celebrate with us!*

**BOOK YOUR FREE PLACE HERE ON HvH ARTS HAF BOOKING SYSTEM**

- 21st - 22nd and 23rd DECEMBER 24!
- Photography, Dance, Comic Book Illustration, Cooking, creating Christmas presents and HvH ARTS CHRISTMAS PARTY
- Take note of ages and all location details when booking

**PLEASE ENROL HERE VIA THIS LINK TO BOOK YOUR FREE PLACE!**

[https://hvhart.coordinate.cloud/  
project/62316](https://hvhart.coordinate.cloud/project/62316)

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

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



### JOIN US!

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



### CHILDREN'S BOXING WITH AYBI

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

**FREE  
DROP-IN  
CLASSES**

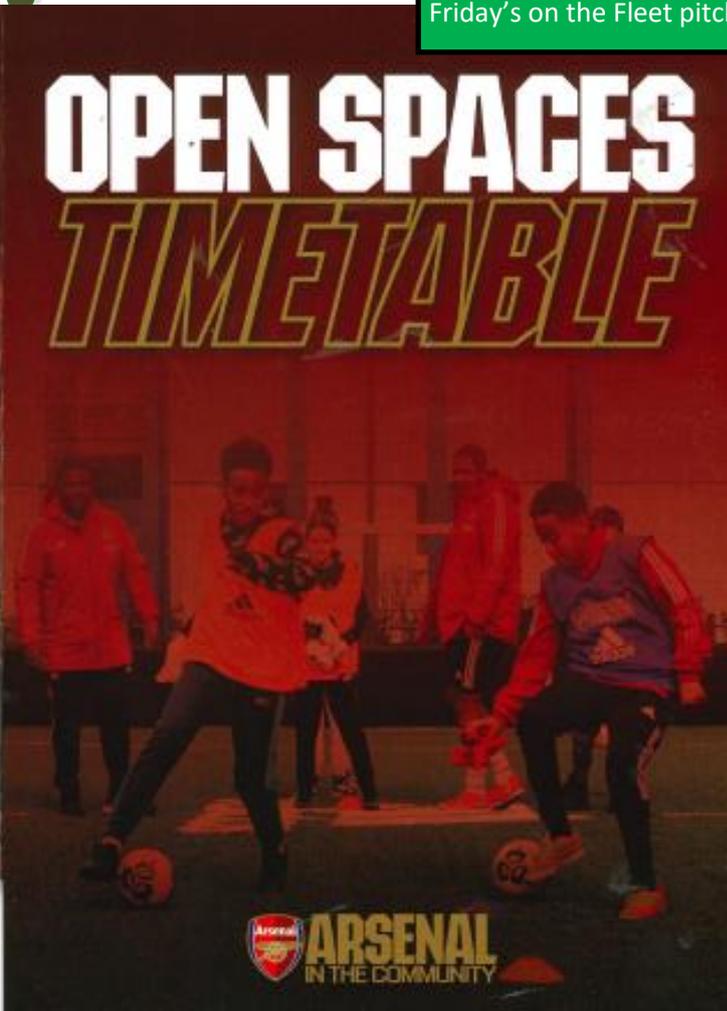
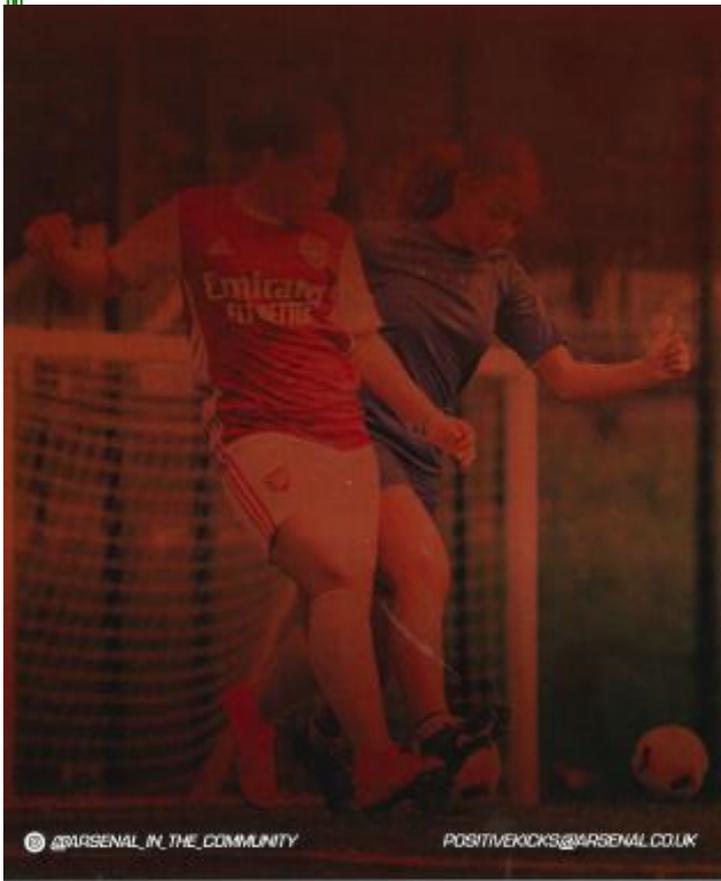
- Mondays & Tuesdays 4:30PM - 6PM
- Saturdays 10:45AM - 11:45AM
- Ages 8+

@aybi\_cic [www.aybi.org](http://www.aybi.org) 181 Mansfield Road, London NW3 2HP



# Free Football Sessions Running Round Camden

See below for details of session venues and times—including Friday's on the Fleet pitch



## OPEN SPACES TIMETABLE

@ARSENAL\_IN\_THE\_COMMUNITY

POSITIVEKICKS@ARSENAL.CO.UK

SUPPORTED BY OUR PARTNERS



### OPEN SPACES TIMETABLE

THE SESSIONS BELOW ARE ALL FREE OF CHARGE AND OFFER A SAFE, INCLUSIVE ENVIRONMENT FOR CHILDREN AND YOUNG PEOPLE TO ENJOY SPORT.

#### MONDAY

| COMMUNITY SESSION | AGE GROUP | TYPE  | POSTCODE | START  | END    |
|-------------------|-----------|-------|----------|--------|--------|
| Elthorne Park     | 7-12 yrs  | Mixed | N19 3NF  | 4.30pm | 5.30pm |
| Elthorne Park     | 13-16 yrs | Mixed |          | 5.30pm | 6.30pm |
| Rosemary Garden   | 7-13 yrs  | Mixed | N13DU    | 5.00pm | 6.30pm |
| Rosemary Garden   | 14-16 yrs | Mixed |          | 6.30pm | 8.00pm |
| London Fields     | 7-12 yrs  | Mixed | E8 4PD   | 5.00pm | 7.00pm |

#### TUESDAY

| COMMUNITY SESSION | AGE GROUP | TYPE  | POSTCODE | START  | END    |
|-------------------|-----------|-------|----------|--------|--------|
| London Fields     | 7-12 yrs  | Mixed | E8 4PD   | 5.00pm | 7.00pm |
| Harvist Estate    | 8-11 yrs  | Mixed | N7 7NB   | 4.30pm | 5.30pm |
| Harvist Estate    | 12-16 yrs | Mixed |          | 5.30pm | 6.30pm |
| S. Lukes          | 8-11 yrs  | Mixed | EC1V 9NR | 4.30pm | 5.30pm |
| S. Lukes          | 12-16 yrs | Mixed |          | 5.30pm | 6.30pm |

#### WEDNESDAY

| COMMUNITY SESSION | AGE GROUP | TYPE  | POSTCODE | START  | END    |
|-------------------|-----------|-------|----------|--------|--------|
| Kings Square      | 8-11 yrs  | Mixed | EC1V 3QU | 4.30pm | 5.30pm |
| Kings Square      | 8-11 yrs  | Mixed |          | 5.30pm | 6.30pm |
| Westbourne        | 8-11 yrs  | Mixed | N7 8AX   | 4.30pm | 5.30pm |
| Westbourne        | 12-16 yrs | Mixed |          | 5.30pm | 6.30pm |
| Woodberry Down    | 13-18 yrs | Mixed | N4 2RJ   | 6.00pm | 7.30pm |
| Elthorne Park     | 7-12 yrs  | Mixed | N19 3NF  | 4.30pm | 5.45pm |
| Elthorne Park     | 13-16 yrs | Mixed |          | 5.30pm | 6.30pm |

#### THURSDAY

| COMMUNITY SESSION | AGE GROUP | TYPE       | POSTCODE | START  | END    |
|-------------------|-----------|------------|----------|--------|--------|
| Andover Estate    | 7-12 yrs  | Mixed      | N7 7RQ   | 4.30pm | 5.30pm |
| Andover Estate    | 12-16 yrs | Mixed      |          | 5.30pm | 6.30pm |
| Crouch Hall Court | 8-11 yrs  | Mixed      | N19 4EP  | 4.30pm | 5.30pm |
| Crouch Hall Court | 12-16 yrs | Mixed      |          | 5.30pm | 6.30pm |
| Mabley Green      | 11-18 yrs | Girls Only | E9 5HW   | 5.00pm | 7.00pm |

#### FRIDAY

| COMMUNITY SESSION | AGE GROUP        | TYPE       | POSTCODE | START  | END    |
|-------------------|------------------|------------|----------|--------|--------|
| Rosemary Garden   | 7-12 & 12-14 yrs | Mixed      | N13DU    | 5.00pm | 6.30pm |
| Rosemary Garden   | 14-16 yrs        | Mixed      |          | 6.30pm | 8.00pm |
| Paradise Park     | 7-12 yrs         | Mixed      | N7 8PF   | 4.45pm | 6.00pm |
| Paradise Park     | 13-18 yrs        | Mixed      |          | 6.00pm | 7.15pm |
| Woodberry Down    | 7-12 yrs         | Mixed      | N4 2RJ   | 4.30pm | 6.30pm |
| Woodberry Down    | 13-18 yrs        | Mixed      |          | 6.30pm | 7.30pm |
| Fleet             | 7-13 yrs         | Mixed      | NW3 2QT  | 4.30pm | 6.00pm |
| Fleet             | 14-18 yrs        | Mixed      |          | 6.00pm | 7.30pm |
| William Tynedale  | 14-18 yrs        | Girls Only | N1 2DL   | 5.30pm | 7.30pm |

#### SATURDAY

| COMMUNITY SESSION     | AGE GROUP | TYPE       | POSTCODE | START   | END     |
|-----------------------|-----------|------------|----------|---------|---------|
| Arts and Media School | 8-11 yrs  | Girls Only | N4 3QL   | 9.00am  | 10.15am |
| Arts and Media School | 11-16 yrs | Girls Only |          | 10.20am | 11.45pm |

WE WELCOME CHILDREN AND YOUNG PEOPLE OF ALL FOOTBALL ABILITIES WITH SESSIONS BEING DELIVERED IN AN INFORMAL MANNER RATHER THAN STRUCTURED TECHNICAL COACHING SESSIONS. MOST SESSIONS WILL INCLUDE A WARM UP, FUN GAMES AND MATCHES.



POSITIVEKICKS@ARSENAL.CO.UK

@ARSENAL\_IN\_THE\_COMMUNITY

# cubs

For girls and boys aged 8 - 10½



Join the new Cubs Scouts at Kentish Town Community Centre today!!!  
#skillsforlife

**Friday's Term-Time  
starting 4th October  
5:45pm-6:45pm**

**17 Busby Place, London  
NW5 2SP**

## What do we do?

Race down a river. Tell stories by torchlight. Fall asleep beneath the stars. Alongside your Pack, you'll spend plenty of time in the great outdoors. On top of that, Cubs develop key life skills, such as knowing how to cook a delicious meal, how to give someone first aid and how to problem solve in a team.

Join the adventure! Register today by scanning the QR code or go: <https://bit.ly/3L96WYH>





# BEAVERS

For girls and boys aged 6 - 8



Join the new Beavers Scouts at Kentish Town Community Centre today!!!  
#skillsforlife

**Friday's Term-Time  
starting 4th October  
4:30pm-5:30pm**

**17 Busby Place, London  
NW5 2SP**

## What do we do?

You'll spend lots of time outside. Together, you might build a den, go on a trip to the seaside, or host a Beaver sleepover beneath the stars.

We're also all about trying new activities and learning new things. You'll figure the world out by exploring, playing and doing.

Join the adventure! Register today by scanning the QR code or go: <https://bit.ly/3L96WYH>





# Wac Arts

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

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



## Performing Arts

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

## Creative & Digital Arts

- | Animation
- | Art & Design
- | Filmmaking

**Age  
4 - 30**



**wacarts.co.uk**

**213 Haverstock Hill, London, NW3 4QP**



# CAMDEN YOUTH F.C. GIRLS FOOTBALL CLUB



**INTERESTED IN PLAYING FOR A TEAM?  
WE'RE RECRUITING FOR THE 2024/25 SEASON!**

**FREE OPEN  
TRAINING/TRIALS!  
STARTING IN JUNE  
FOR NEW PLAYERS**



## Age Groups

U9's-U10's, U11's-U12's,  
U13's-U14's, U15's-U16's

**SCAN THE QR CODE  
TO REGISTER**



Or you can send us an email  
[camdenyouthfc@camden.gov.uk](mailto:camdenyouthfc@camden.gov.uk)



## Fun, social starter tennis courses for girls

prime  
video

LTA  
YOUTH GIRLS

- GIRLS ONLY TENNIS LESSONS
- Summer holiday intensive sessions
- Only £35 for 6 hours
- Free racket, T-Shirt & Balls
- Suitable for Beginners



Rudolph School of Tennis  
Parliament Hill, Hampstead Heath  
07931 835 294  
rudolphschooloftennis@gmail.com

# RUGBY IN REGENTS PARK



## JOIN THE ONLY JUNIOR RUGBY CLUB IN CENTRAL LONDON!



Accredited Club

### EVERY SUNDAY THROUGHOUT THE SEASON



07770 753162



regentsparkroyals@gmail.com



regentsparkroyals.com



# DANCE CLASS

Music & Movement - Get fit dancing

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

 **TIME**  
9:00 AM

 **DATE**  
Thursdays



**MENTOR**  
Val Almeida

**REGISTER NOW**



## MATCH PLAY ONLY FOOTBALL SESSIONS

**EVERY THURSDAY** 

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

**BOOK NOW FOR A  
FREE TASTER CLASS**

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

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

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

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

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

# Meet your local councillors



**Jenny  
Mulholland**

**020 7974 2792**

Jenny.Mulholland@camden.gov.uk

**Labour and Co-op**



**Marcus  
Boyland**

**020 7974 2792**

**07815 032 923**

Marcus.Boyland@camden.gov.uk

**Labour**



**Lorraine  
Revah**

**07798 846 584**

**020 7974 6775**

Lorraine.Revah@camden.gov.uk

**Labour**

## Surgery times

Our advice surgeries are held at the following venues. These are drop-in sessions so there is no need to make an appointment.

### **Cllr Jenny Mulholland**

#### **1st and 5th Thursday of the month**

Queen's Crescent Job Hub,  
179 Queen's Crescent, NW5 4DS.

1pm to 2pm

For surgery appointments at other times,  
please email

[jenny.mulholland@camden.gov.uk](mailto:jenny.mulholland@camden.gov.uk)

or call **020 7974 2792** to arrange a time.

### **Cllr Marcus Boyland**

#### **1st Thursday of the month**

Fleet School Fleet Road  
Hampstead NW3 2QT

9am to 10am

#### **3rd and 5th Thursday of the month**

Queen's Crescent Job Hub  
179 Queen's Crescent, NW5 4DS

1pm to 2pm

#### **4th Thursday of the Month**

Rhyl School, 196 Grafton Road  
London, NW5 4AX

9 am to 10 am

### **Cllr Lorraine Revah**

#### **2nd Thursday of the month**

The Gospel Oak Regeneration Hub Site Portacabins of  
(former Bacton Low Rise) Wellesley Road, Junction with Vicars  
Road – next to St Martins Church, NW5 4PA. 11am to 12pm

#### **3rd Tuesday of the month**

Greenwood Centre, 37 Greenwood Place NW5 1LB.

1 pm to 3 pm

This surgery is specifically designed for carers and individuals with  
disabilities and is by appointment only. Please call 020 7974 2792 to  
schedule an appointment

#### **3rd Friday of the month**

Russell Nursery TRA Hall, The Aspern Centre

1 Christie Court, 3 Aspern Grove

NW3 2AB. 4pm to 5pm

#### **4th Thursday of the month**

The Gospel Oak Regeneration Hub Site Portacabins of  
(former Bacton Low Rise) Wellesley Road, Junction with  
Vicars Road – next to St Martins Church, NW5 4PA.

11 am to noon

**Please note there are no surgeries in August.** If you wish to have a phone, teams or zoom appointment with the Councillor please email the Councillor or call Members Support to have this arranged.

## In writing

c/o Member Support, Town Hall, Judd Street, London, WC1H 9JE  
or for more information go to [camden.gov.uk/democracy](https://www.camden.gov.uk/democracy)

Gospel Oak



# CAMDEN

## Special Parents Forum

### Autumn Calendar 2024

Welcome to our Autumn Calendar of events, workshops and meetings for any parent, carer in Camden with a child or young person (0- 25 years) with special needs.

Whether you are seeking guidance, looking to share your experiences or simply hoping to connect with other parents or carers, our calendar has something for everyone. Please join us!

**Coffee Mornings** are a chance to meet other parents for a chat & to share advice and info.

**Walk and Talks** are relaxed walks on Hampstead Heath and a chance to get together with other parents, have a cup of coffee along the way and just talk about anything and everything.

**Workshops** are held each term on different subjects.

**Forum Meetings** are when we get together as parents with different professionals from services in and around Camden – ask questions, get updates and give feedback.

**You will need to book in to join our sessions. To book onto anything on our calendar below, get on our mailing list or to find out more please get in touch:**

[Natasha.Burgess@kids.org.uk](mailto:Natasha.Burgess@kids.org.uk) Text or call Natasha on 07711 767 258 Or contact

[Aishatu.Mohammed@kids.org.uk](mailto:Aishatu.Mohammed@kids.org.uk) Text or Call Aisha 07385 003 662

We are on facebook – [www.facebook.com/CamdenSpecialParentsForum](https://www.facebook.com/CamdenSpecialParentsForum) and Twitter [@CamdenSPForum](https://twitter.com/CamdenSPForum)

#### Nov

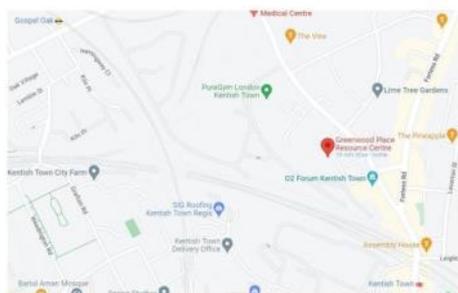
- 12 Tue Movement, relaxation and lunch, 12pm-2pm @ Kentish Town Congregational Church, Kelly Street, Kentish Town.
- 13 Wed Coffee Morning, 10.30am-11.30am @ Greenwood Centre, 37 Greenwood Place, Kentish Town.
- 18 Mon Walk and Talk, 10:15am-12:30pm @ Hampstead Heath.
- 26 Tue Intro to SEND workshop BY SENDIASS 10:30am-2pm @ Greenwood Centre, 37 Greenwood Place, Kentish Town.
- 27 Wed Family Hub Coffee Morning (SEND Parents, Carers, 0-5 years), 10.30am-12pm @ Harmond Family Hub, 1 Forge Place, Ferdinand St, NW1 8DQ

#### Dec

- 3 Tue Movement, relaxation and lunch, 12pm-2pm @ Kentish Town Congregational Church, Kelly Street, Kentish Town.
- 4 Wed Forum Meeting, 10:30am-12:30pm @ Greenwood Centre, 37 Greenwood Place, Kentish Town.
- 5 Thu Creative writing with Paul Lyalls, 11am-1pm @ Greenwood Centre, 37 Greenwood Place, Kentish Town.
- 10 Tue Forum's Festive Function, 12pm-2pm @ Greenwood Centre, 37 Greenwood Place, Kentish Town.
- 16 Mon Walk and Talk, 10.15am-12.30pm @ Hampstead Heath.



Meet near Parliament Hill cafe/toilets on Hampstead Heath by the Parliament Hill side of the Heath near the tennis courts (bus access from C2 or 214 or C11 get off at Parliament Hill/ Swains Lane bus stop).  
Contact Ali Turner for more information: 07788 521693.



#### Workshops and meetings

Greenwood Centre, 37 Greenwood Place, London NW5 1LB

Situated in Kentish Town and a 5 mins walk from Kentish Town Underground Station and a 10 min walk from Gospel Oak Overground Station. Also served by bus 88 and 214.

Just email us to join a session!  
[CamdenSPF@kids.org.uk](mailto:CamdenSPF@kids.org.uk)

*"Parent Carer Forums are representative groups of parents and carers of children and young people with disabilities who work alongside local authorities, education, health and other service providers to ensure the services they plan, commission, deliver and monitor meet the needs of children a meet the needs of children and families"*

## 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/helptoclaim/>

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

# Cost of Living Crisis - Camden Support Available



## Healthy Start pre-paid card and free vitamins

Do you receive income support? Are you pregnant or do you have any children under the age of four? You may be eligible for a Healthy Start prepaid card. The Healthy Start payments can be used to buy milk, fruit, vegetables, and infant formula. If you are eligible, you may receive: **£4.25 each week from the 10<sup>th</sup> week of your pregnancy, £8.50 each week for children from birth to one year old, £4.25 each week for children between one and four years old.** [Apply online](#). Pregnant women and children under the age of four are also eligible for free vitamins from children's centres. Find your local children's centre [here](#).

## Cost of living crisis advice, support booklet and translated advice

To support residents with the cost of living crisis, Camden have developed an advice and support booklet [which can be downloaded here](#). We have translated posters which signpost to support with the cost of living crisis, help with food, energy bills, mental health and help finding a job into Arabic, Somali, Sylheti, Turkish, Kurdish, Lingala and Swahili. [These can be downloaded on Camden website](#).

## Cost of Living Crisis Fund Payment

Camden Council's Cost of Living Crisis Fund is for residents and families facing severe financial hardship and who cannot afford essentials – including food, energy bills, water, electricity and housing.

- The maximum award for a household of any size is £500
- A household can only receive a maximum of two awards in a 12-month period - and the amount you are awarded will depend on your circumstances and household size
- We will prioritise those in greatest need

The support can take many forms including payments into bank accounts, vouchers, help with debt repayments or equipment that will help you to reduce your costs and/or keep warm this winter.

### **How to apply**

Camden want to ensure residents are getting all the help and advice they need to live well in Camden.

If you are a tenant and in financial hardship, speak to your neighbourhood housing officer who will be able to refer you to the scheme and help you get other forms of support.

If you live in temporary or supported housing or have a social worker, speak to your support worker as they can also refer you for a payment and help you get other forms of support.

If you live in the private rented sector, other social housing or own your home and are in financial hardship, [speak to one of our advice partners](#). You can also get help via [Good Work Camden](#), by calling Citizens Advice Camden on 0808 278 7835 or by calling us on 020 7974 4444, option 9 (welfare support).

We can also refer you as school – come and speak to us if you think you are eligible and need our help to access this support (see eligibility criteria below):

### **Eligibility criteria**

You must have lived in Camden for at least six weeks. We will check the council tax database and if you are not registered then we will come back to you for another form of proof such as a bill, bank statement or benefit letter addressed to you at the address you are claiming for. The faster we receive proof of residency the faster the award can be made.

2. No more than two payments will be made per household in any 12-month period. When you apply, we will check records to see how many awards a household has received. If there is more than one adult or family in the household, the application must come from the person responsible for council tax.

3. You must be over 18 to apply, but we will accept applications from 16 to 18 year olds living independently because we know that not all young people are able to remain at home

You must be able to prove that you are in severe hardship or financial crisis

## The cost-of-living advice bus

If you're struggling with the cost-of-living crisis and want some help, come along to our advice bus. Run in collaboration with local advice partners, you'll be able to get advice on a range of issues - including money, debt, help finding a job and accessing all the support you're entitled to. In December, you can find the advice bus dates using this link [camden.gov.uk/winterevents](#). To find out more about advice and support, visit [camden.gov.uk/costofliving](#). To find your nearest 'warm welcome' space, visit [camden.gov.uk/warmwelcome](#)

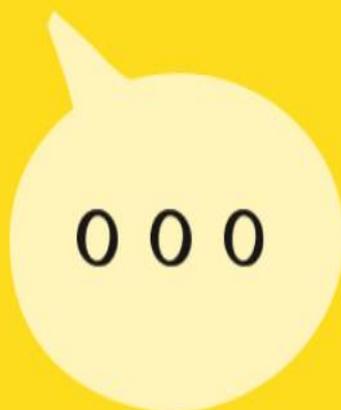
**The  
Children's  
Society**



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

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

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



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

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

# FLU CATCH-UP COMMUNITY CLINICS

The festive season is a time for travelling, visiting family, and gathering with loved ones – but it's also the perfect opportunity for the flu to spread. With packed trains, busy airports, and close contact at family gatherings, the risk is higher than ever.

Making sure your child has had their flu vaccine is the best way to protect yourself and those you care about.

## Stay Well:

Keep the festive spirit alive without the misery of flu.

## Protect Others:

Especially children, the elderly, and those more vulnerable.

## Stop the Spread:

Help prevent flu outbreaks this holiday season

If your child missed their flu vaccination at school, you can book an appointment at one of our community clinics.

For our clinic locations and contact details for the Vaccination UK team please follow the links below:



<https://www.schoolvaccination.uk/catch-up-clinics>

Immunisation Provider for  
**NHS**

# Autism Training Offer for Parents/ Carers

We are providing training on three Autism Education Trust modules to the community throughout the academic year. Sessions will be held in Autumn, Spring, and Summer, with content adapted for parents, carers, and families to enhance its relevance to home life.



London Borough of Camden partnered with the Autism Education Trust (AET) to offer training. In the past three years we have provided over 100 training sessions to almost 2,500 professionals from the education, voluntary, health and council sectors in the borough. (For further information on AET please see <https://www.autismeducationtrust.org.uk>)

## Our 2 hour online Training modules

### MAKING SENSE OF AUTISM

For All ages

1

20th November and 12 February

'Making Sense of Autism' is basic autism awareness training for people who would like a better understanding of autism in order to support their engagement with and understanding of autistic young people.

### PLAY IN THE EARLY YEARS

For Early Years and Primary

4th December and 5th March

This module aims to:

- Increase your understanding of the importance of play in the Early Years
- Develop your understanding of how autism can impact upon a child's play development. Build your awareness of
- strategies that can be used to support autistic children with their play development.

2

### AUTISM AND ANXIETY

For Primary and Secondary

22nd January and 26th March

This module explores:

- What can cause anxiety in autistic young people
- How autistic young people might express anxiety.
- What you can do to manage and reduce anxiety for autistic young people.

3

## WHEN?

7pm to 9pm  
Evening sessions

ONLINE

SIGN UP!

Sign up via the link or QR code to see current courses



[tiny.cc/camdenaet](https://tiny.cc/camdenaet)

Training offer is open to parent/carer(s) of autistic children who live in Camden or whose children are attending Camden Local Authority maintained schools and settings

CONTACT US

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



Autism  
Education  
Trust

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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# Camden Children's Centre Services

# 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

## WEBINAR SERIES FOR PARENTS AND CARERS OF PRIMARY AND SECOND- ARY SCHOOL AGED CHILDREN AND YOUNG PEOPLE

Topics this year (from now through to June 2025) include...

- Parent Self Care
- Therapeutic conversations with your child and young person
- Sleep
- Screen Time
- Sibling relationships
- Parent-child interactions
- Managing routines
- Supporting Childhood worries
- Anxiety in Adolescence
- Understanding Adolescent Development

See next page for further details of each workshop, when they are and how to book a place...

## FLEET PRIMARY SCHOOLS PRACTITIONER

If you are interested in getting help, please contact:  
Rebecca Wall —Deputy Head

# Camden MHST—Online Workshops for Parents

## October 2024-June 2025

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 opt in for all topics, or whichever most appeals to them.



To find out more information about each workshop and to sign up for free, please follow Eventbrite link or use QR code above:

<https://www.eventbrite.co.uk/e/mhst-parent-and-carer-online-workshop-series-2024-2025-tickets-1008208567967>

### Parent/Child Interactions

How do you spend time with your child? The aim of this webinar is for you as parents/carers to find out more about what research tells us about effective parent/child interactions. We will discuss how to promote, maintain and increase positive connections with your child. Research shows that a positive relationship has a positive effect on children's physical health (helping brain development), emotional well-being (e.g., positive relationships with the world) and behaviour (e.g., positive relationships more likely to be successful). This webinar will help you improve your relationship with your child.

**For Primary School Parents/Carers**  
**Tuesday 22nd October, 12.00-13.00**  
**Q and A: 13.00 to 13.30**

### Screen-time

Screen-time—perhaps a challenge for all parents of the digital age? In this Webinar we will provide you with the latest research as well as explore why this topic can be so challenging. We will share some helpful ideas your child's parents might find useful.

**For Primary and Secondary School Parents/Carers**  
**Tuesday 26th November AM&PM**  
**12.00-13.00, Q and A: 13.00 to 13.30**

### Sleep

How does your child sleep? Why is sleep so important for children and young people? Research tells us that children with sleep problems. Approximately 1 in 5 adults have some difficulty sleeping. This webinar will help you understand more about how to support your child to improve his/her sleep and well-being.

**For Primary and Secondary School Parents/Carers**  
**Tuesday 17th December, 12.00-13.00**  
**Q and A: 13.00 to 13.30**

### Managing Routines

Consistent routines that are developmentally appropriate can promote your child's independence and help with overall family functioning - not to mention making that morning routine that little bit easier! In this webinar we will be talking about to introduce and maintain routines for all family members.

**For Primary School Parents/Carers**  
**Tuesday 28th January, 12.00-13.00**  
**Q and A: 13.00 to 13.30**

### Understanding Adolescent Development

Adolescence is a time of great change. Young People at this stage of life are going through physical, hormonal, emotional, relational as well as psychological change. This Webinar aims to provide a brief overview of these key changes so that Parents/Carers feel better equipped to make sense of and support their young person's development.

**For Secondary School Parents/Carers**  
**Tuesday 25th February, 12.00-13.00**  
**Q and A: 13.00 to 13.30**

### Having therapeutic conversations with your child

How to have therapeutic conversations with your child? Having open, thoughtful and caring conversations with your child can be very beneficial for a child's emotional well-being and their social problem-solving skills. Join us for this Webinar to learn some top tips for having these important conversations with your child.

**For Primary and Secondary School Parents/Carers**  
**Tuesday 25th March AM & PM**  
**12.00-13.00, Q and A: 13.00 to 13.30**

### Sibling Relationships

The relationship between siblings is a big part of the children's learning and development. Siblings grow up in the same environment, they share same parents, same memories and similar experiences. The sibling relationship is going to last longer than any other ones and it plays an integral part in the families' lives. Join us for this Webinar if you want to know more about how the sibling relationship has an impact on the child's learning and development.

**For Primary and Secondary School Parents/Carers**  
**Tuesday 29th April, 12.00-13.00**  
**Q and A: 13.00 to 13.30**

### Supporting Childhood Worries

What is worry? What do children worry about? Why? The aim of this webinar is to help you as parents and carers understand more about the different worries children typically have and to learn some strategies for managing your child's worries (e.g., facing anxiety-provoking situations, problem solving, refocusing attention and relaxation/mindfulness techniques). This webinar will help you if you find yourself struggling to manage your child's worries.

**For Primary and Secondary School Parents/Carers**  
**Tuesday 20th May, 12.00-13.00**  
**Q and A: 13.00 to 13.30**

### Anxiety in Adolescence

What is anxiety? What are young people worried about at the moment? Teenagers are often more reluctant to talk about and work on their anxiety as this can make them feel embarrassed or self-conscious. The aim of this webinar is to help you as parents and carers to learn more about the different types of anxiety typically experienced by teenagers. This webinar will help you understand how to support your teenager in overcoming worry and anxiety.

**For Secondary School Parents/Carers**  
**Tuesday 24th June**  
**12.00-13.00, Q and A: 13.00 to 13.30**

# 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)



# 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.



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

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 330 8590        |

## FREE SCHOOL MEALS STATUS

For this year, all children from Reception—Year 6 will be able to receive a free school meal thanks to the Mayor of London's programme and you don't need to do anything to apply for it—simply let us know your child will be taking up the offer and that is it—nothing to fill in or apply for. However, this is different from 'Free School Meal Status'. This is still something you need to apply through Camden for. It is really important that you do this as this measure dictates a lot of the funding schools are allocated. To ensure we receive the correct funding we need all children who are eligible for this status to complete the process. You may be entitled to this status and therefore Fleet will receive additional funding 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)

If you receive Working Tax Credit you will not be entitled to free school meals status 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/>

Please ask Lisa in the office for help applying if you need it. Fleet relies on accurate funding to support the education of all our children.



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!

and when not hiding inside printers they usually look like this

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

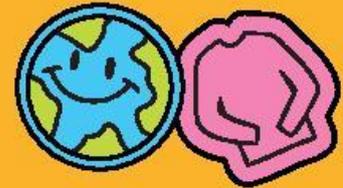
[www.recycle4charity.co.uk](http://www.recycle4charity.co.uk)

**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.





# FREE SCHOOL CLOTHING



- ✓ **SAVE YOUR FAMILY MONEY**
- ✓ **STOP SCHOOL CLOTHES FROM GOING TO LANDFILL**
- ✓ **MAKE CAMDEN A MORE SUSTAINABLE PLACE**



We'd love you to come along to use our School Uniform Exchange. Pick up good quality, pre-loved school clothing for free, to save money and help the planet.



## WHEN AND WHERE TO FIND US:

Rhyl Community Primary School  
Monday-Thursday 9.30-11.30am  
Grafton Road, NW5 4AX

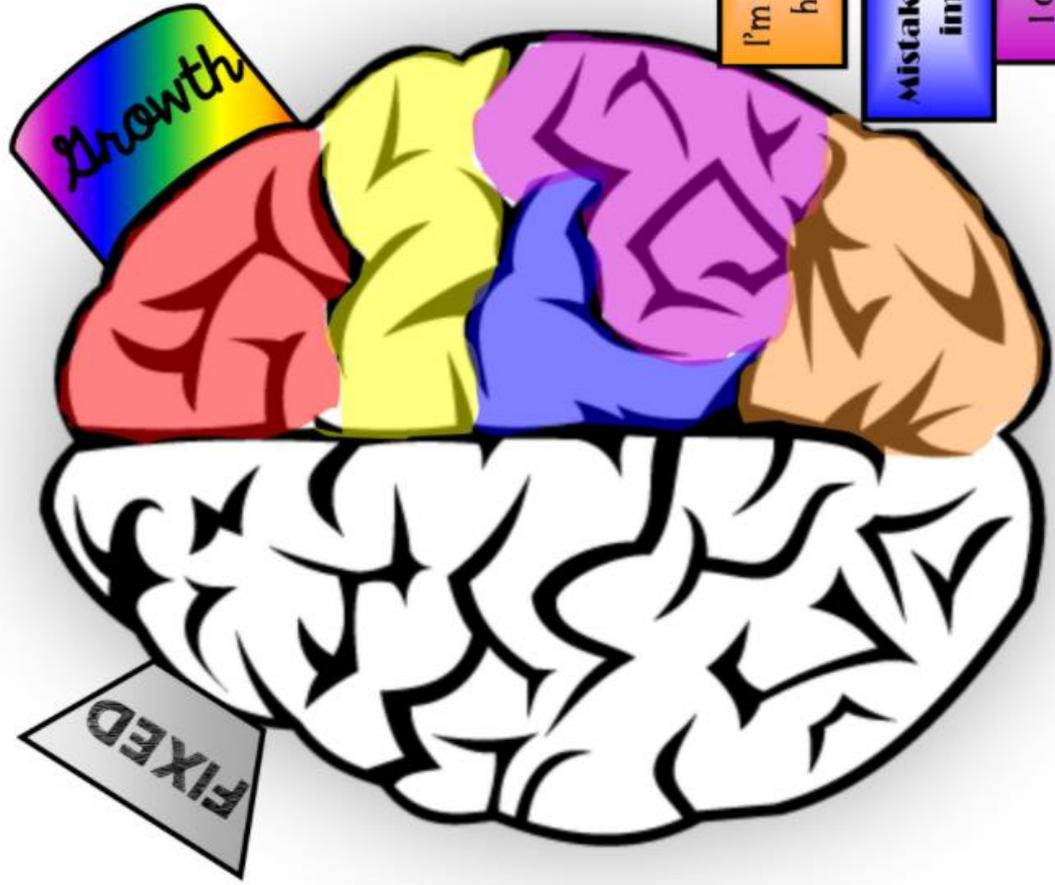


**COMBAT CLIMATE CHANGE AND SAVE FAMILIES MONEY**



# 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.**



'That's not very ladylike'

'Man up'



### 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)