

# Fleet Community Notices



Wednesday 22nd January 2025



## New items this week...

This week we have a number of notices on this page for sessions coming up for parents—please do look carefully and come along to some or all if you can. [Page 2](#) has the latest updated dates for this term. [Page 10](#) has information on a 'Try an Instrument Day' Camden are running. If your child is in KS2 and doesn't play an instrument we would urge you to consider this—the research showing the link between improved learning skills and playing instruments is strong. [Page 20](#) is the latest 'Wake Up Wednesday' info sheet on Health and Fitness Apps. [Page 26](#) has details of a half term science camp. [Page 29](#) information for any budding magicians out there! [Page 31](#) has details of some cricket opportunities locally for children. Check out the other adds and flyers are worth a look again in case you missed them too.

## Camden's Money & Advice Service—parent session: 23rd January 9-11.30am

Camden's Money & Advice Service will be coming in on Thursday 23<sup>rd</sup> January from 9-11:30am to support any families who would like help in applying for a cost of living grant (offered by Camden Council). Grants range between £300-£600 depending on your family size. If you would like help making an application, please come along to the QUBE.

## Fleet Community Catch UP—New Year, New Ideas (Thurs 3.30-4.15pm & Fri 8.30-9.15am)

A group of current and former parents are working with us to think about how to enhance our community and improve the school in ways that are meaningful to you. They'd be excited to meet with you this week to hear about what Fleet Primary School and its community mean to you. We want to grow and nurture our wonderful Fleet community. To kick things off, we would like to invite you to come along to a tea/coffee drop in in the Qube, Thursday 23rd Jan 3.30-4.15pm or Friday 24th Jan at 8:30-9:15am. If you can't make either of these times, we'd still love to hear from you and we will send out a form to capture your thoughts too by Parent Hub. We'd love to hear your thoughts on what the school and local community means to you, and how you could imagine this to be in the future. Every voice counts! One more thing - have a real think about what you love about Fleet Primary School and following the link below, please submit one word which summarises what you love most about Fleet. Thank you, that would be fantastic, as we're excited to gather your thoughts.

<https://wordcloud.app/collaborative/a87b35ca-0cf2-4903-ba6d-a9af699285e8>

We really hope you can make it next Thursday or Friday, and look forward to working together with families, and this year to build an even stronger and more connected community.

Best wishes, Becca, Annie, Sophie and Fab

## PINS Parent/Carer Engagement Session 24th January @ 2.30pm



## Contents—Hyperlinks...

- [Dates for diary/term dates Pg 2-3](#)
- [Attendance Pg 5-6](#)
- [Fundraising Pg 7](#)
- [ParentHub Pg 8](#)
- [Forest School Request Pg 9](#)
- [Camden Music @ Fleet Pg 10-16](#)
- [Reading, Writing, Language & Communication Resources Pg 17-19](#)
- [Wake Up Wednesday Parent Information Sheet Pg 20](#)
- [Research Opportunities Pg 21](#)
- [Adult Volunteering and Jobs in schools – Pg 22-23](#)
- [Clubs and Events for children and adults – Pg 24-33](#)
- [Local Councillor Surgeries—Pg 34](#)
- [Parent Advice & Support \(financial, physical & mental health etc. – Pg 35-48](#)
- [Growth Mindset & Gender Equality information - Pg 49-51](#)

## SEND Parents Drop In Session

29th January 9am-12pm in the POD (Junior Playground)

Next week, Lynley, our Special Needs Co-ordinator (SENDCo) is holding her first half-termly drop in for parents. So if you have a child with special educational needs, or have any concerns over

## Partnership for the Inclusion of Neurodiversity in Schools (PINS) PARENT CARERS ENGAGEMENT SESSION

We warmly invite parents to join us on Friday 24th January, at 2.30pm Fleet Primary School for a dedicated PINS Parent Engagement & Feedback Session focused on SEND.

This interactive session will be facilitated by a member of the Brandon Centre team and offers a valuable opportunity to learn more about PINS, share your views, review the results of the recent PINS survey, and ask any questions you may have regarding SEND provisions. Elaine Cowin from Camden Council will also be joining the session and providing valuable insight into learning support and adaptive teaching in the classroom as well as addressing any questions parent carers may have around Borough provisions for their child. Lynley, our SENDCO will also be there to support.

We hope this will be an informative and engaging session. Your perspective as a parent carer is vital, and we are committed to ensuring your voice helps guide this project. Your input plays a crucial role in shaping future support for our neurodiverse students.

# 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

|                  |   |
|------------------|---|
| 23rd January     | Camden's Money & Advice Service—Parent Session in the POD @ 9am   |
| 23rd January     | Fleet Community Catch Up—New Year, New Ideas—3.30-4.15pm  |
| 24th January     | Fleet Community Catch Up—New Year, New Ideas—8.30-9.15am  |
| 29th January     | SEND Parent Drop in session with Lynley our Special Needs Co-ordinator—9am-12pm—come along if you can at any point that morning   |
| 31st January     | KS1 and KS2 Open Morning: Maths Focus—9-9.30am  |
| 3rd-7th February | Children's Mental Health Week   |
| 7th February     | Parent Coffee Morning—Focus on Sleep @ 9am in the QUBE  |
| 11-12th February | Internet Safety Day Events/Workshops/Assemblies   |
| 13th February    | Whole School Tea in the hall after school—class reps and PTA organising   |
| 17th-21st Feb    | Half Term Week—School Closed  |
| 25th February    | Children Measurement Programme  |
| 26th February    | Fluoride Varnish—Nursery-Year 2   |
| 3rd-7th March    | Fleet Book Week   |
| 4th March        | Book Fair in the Hall—Daunt Books—2-4,30pm  |
| 6th March        | World Book Day—dress up as your favourite book character  |
| 26-27th March    | Parent—Teacher Meetings (note: most teachers will be doing these dates; due to working days some classes might do alternative evenings during this week—will confirm nearer the time) |
| 31st Mar-4th Apr | Wellbeing Week  |
| 4th April        | Last day of term—close at 2pm   |

## PARENTS ASSOCIATION & SPECIAL EVENTS

|               |   |
|---------------|---|
| 13th February | Whole School Tea in the hall after school—class reps and PTA organising |
| 22nd May      | EID Celebration after school/evening—time t.b.c.                        |

## YEAR 4 2024-25

|                  |  |
|------------------|--|
| 11th February    | Trip to Hindu Temple   |
| 24th Feb—7th Mar | Intensive Swimming Block—swimming everyday @ Kentish Town Pool |
| 7th March        | Class Assembly—Parent/Carers Welcome—10am start                |
| 21st March       | Trip to the Centre of the Cell                                 |

## YEAR 5 2024-25

|               |   |
|---------------|---|
| 27th January  | Trip to the Science Museum                      |
| 12th February | Defibrillator and First Aid Training            |
| 28th February | Class Assembly—Parent/Carers Welcome—10am start |
| 17th March    | Trip to the CLC                                 |

## YEAR 6 2024-25

|               |   |
|---------------|---|
| 5th February  | Team of 4 to Camden Maths Challenge @ Rosary School |
| 7th February  | Trip to the RAF Museum                              |
| 14th February | Class Assembly—Parent/Carers Welcome—10am start     |
| 25th February | Children Measurement Programme                      |
| 12th-15th May | KS2 SATs Week                                       |
| 9th-13th June | Residential Trip to Gower                           |

## NURSERY 2024-25

|               |                                      |
|---------------|--------------------------------------|
| 24th January  | Camden Kids Talk Stay and Play @ 9am |
| 7th February  | Camden Kids Talk Stay and Play @ 9am |
| 28th February | Camden Kids Talk Stay and Play @ 9am |
| 14th March    | Camden Kids Talk Stay and Play @ 9am |
| 28th March    | Camden Kids Talk Stay and Play @ 9am |

## RECEPTION 2024-25

|               |   |
|---------------|---|
| 29th January  | Reception Dress Up Day—theme Occu-pations |
| 6th February  | Stay and Play @ 9am                       |
| 25th February | Children Measurement Programme            |
| 26th February | Trip to the Zoo                           |
| 19th March    | Trip to Hampstead Heath                   |

## YEAR 1 2024-25

|               |  |
|---------------|--|
| 24th February | Trip to WAC Arts                                 |
| 5th March     | In school Theatre workshop                       |
| 20th March    | Trip to the Zoo                                  |
| 28th March    | Class Assembly—Parent/Carers Wel-come—10am start |

## YEAR 2 2024-25

|               |  |
|---------------|--|
| 11th February | Trip to Keats Library                            |
| 5th March     | In school theatre workshop                       |
| 21st March    | Class Assembly—Parent/Carers Wel-come—10am start |
| 29th April    | Trip to Waitrose for cooking session             |

## YEAR 3 2024-25

|               |  |
|---------------|--|
| 23rd January  | Sports Morning at Talacre                        |
| 30th January  | Sports Morning at Talacre                        |
| 6th February  | Sports Morning at Talacre                        |
| 11th February | Trip to British Musuem                           |
| 13th February | Sports Morning at Talacre                        |
| 14th March    | Class Assembly—Parent/Carers Wel-come—10am start |

# Term Dates for 2024-25

## 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.

## 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.

# STOP!

you are now entering a



nut  
free  
zone

please DO NOT bring  
nuts into this area

BE ALLERGY AWARE WITH ALLERGY LIFESTYLE®

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



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

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

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

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

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

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

# Message to parents from our School Inclusion Support Officer

## **School Inclusion Support Officers**

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

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

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

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

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

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



**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



Camden  
**MUSIC**

**Try An**

**Instrument Day**

**Saturday 22nd February 2025**

10 am to 2 pm

For all pupils in Key Stage 2 aged 7 to 11

**Clarinet | Flute | Trumpet  
Trombone | Violin | Cello | Guitar**

- Experience free taster lessons
- Meet our specialist music tutors
- Find out more about Camden Music and how you can get involved

Find out more and sign up now by clicking the link or scanning the QR code.

<https://forms.office.com/e/uikjKGkH2s>



camdenmusictrust

 Camden

Camden  
Learning

Supported using public funding by  
 DEPARTMENT FOR EDUCATION  
 ARTS COUNCIL ENGLAND

CAMDEN MUSIC | CROWDALE CENTRE  
218 EVERS HOLT STREET | LONDON | NW1 1BD



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

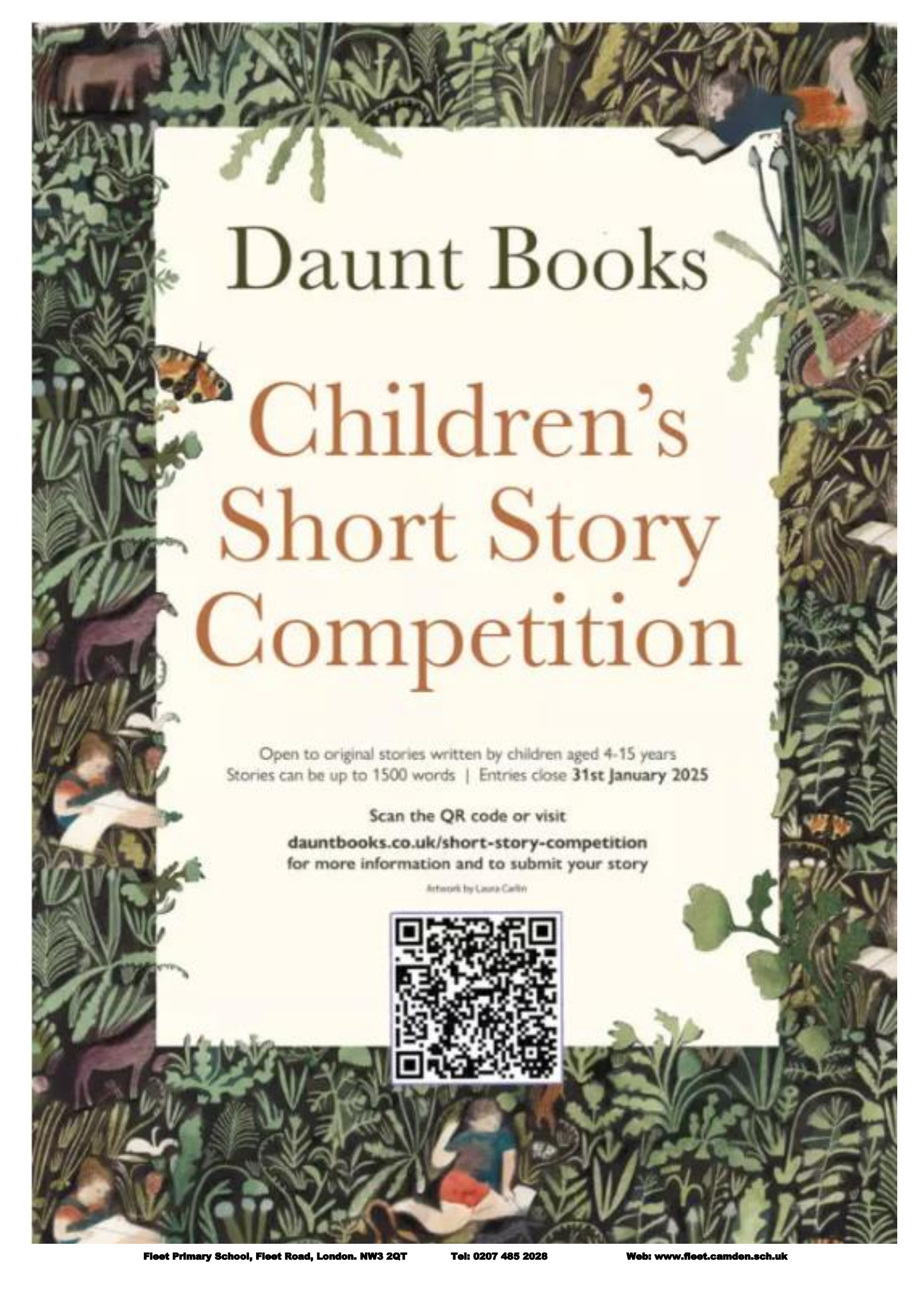
at your local library

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 Collins



# From the National College - Wakeup Wednesday Guides

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## What Parents & Educators Need to Know about HEALTH & FITNESS APPS

### WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

#### LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

#### NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them *aren't*. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

#### REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

#### DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

#### ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

#### DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

### Advice for Parents & Educators

#### EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

#### PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

#### REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

#### USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

#### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2025



# 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:

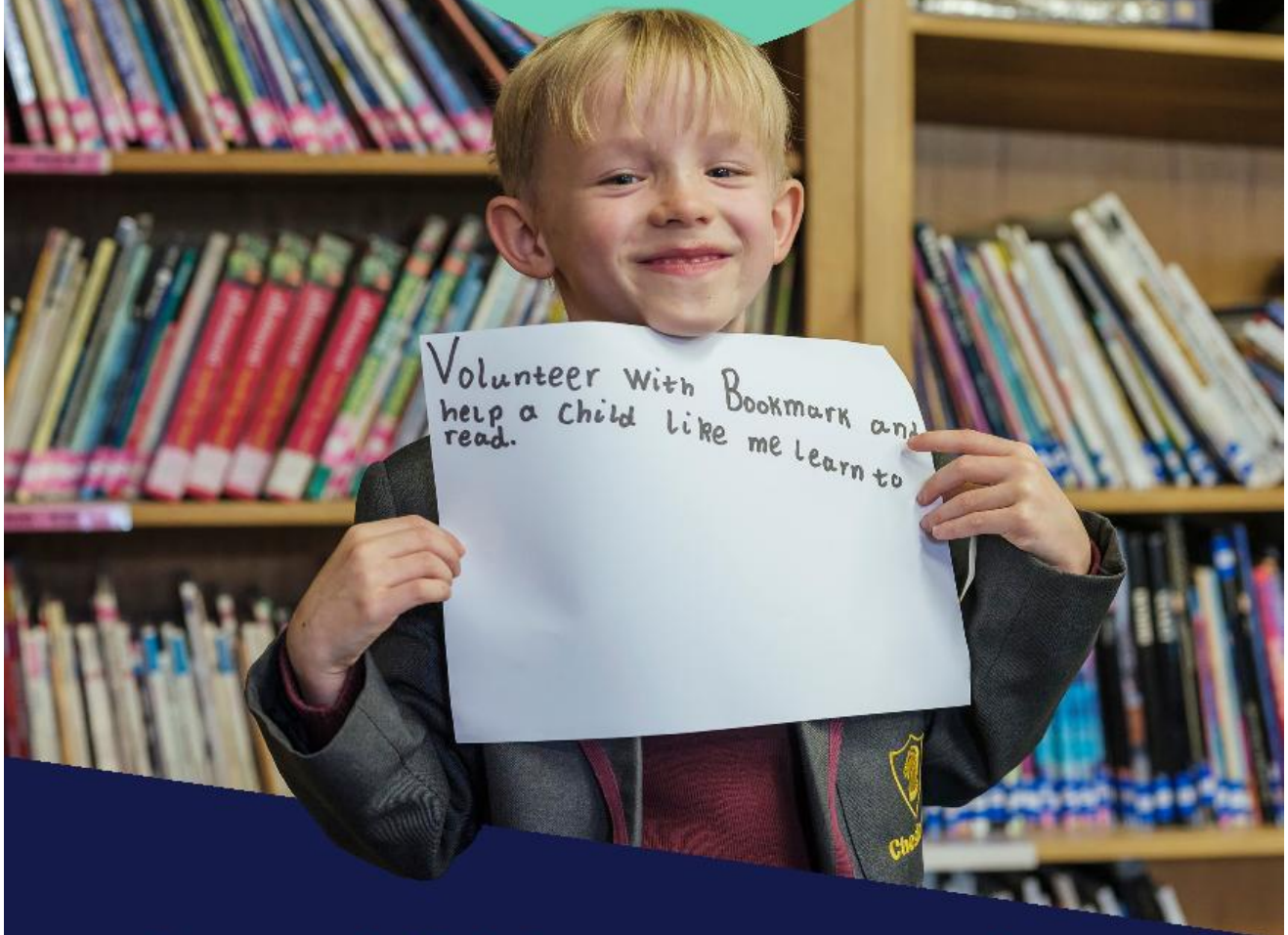
[Hannah.froome@brunel.ac.uk](mailto:Hannah.froome@brunel.ac.uk)

**£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

# 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

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

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

**FREE  
DROP-IN  
CLASSES**





october gallery

# FAMILY ART DAY

FREE ART AND PLAY AT OCTOBER GALLERY

FREE  
DROP-IN  
FOR ALL  
AGES

**SATURDAY 14TH DECEMBER**

10AM - 12PM AT OCTOBER GALLERY

**SATURDAY 11TH JANUARY**

10AM - 12PM AT OCTOBER GALLERY

**SATURDAY 8TH FEBRUARY**

10AM - 12PM AT OCTOBER GALLERY



OCTOBER GALLERY, 24 OLD  
GLOUCESTER ST.  
LONDON WC1N 3AL

EDUCATION@OCTOBERGALLERY.CO.UK  
WWW.OCTOBERGALLERYEDUCATION.COM

St Andrew Holborn  
Charities



ST ANDREW HOLBORN



- The No.1 Science Activity Holiday Camp
- For All Boys & Girls Aged 5-12 Yrs
- New Science Activities Every School Holidays
- Find Your Closest Location Online in 10 Secs

# FEBRUARY HALF-TERM STEAM HOLIDAY CAMP

Mon 17 to Fri 21 February 2025 (5 Days)



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

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

**Or Call:**  
020 8863 8832



Early Bird and Multi-Book DISCOUNT!

"BEST CAMP EVER"

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

**Ofsted**

Registered  
Childcare Vouchers  
GTFC, CGPS,  
Universal Credit  
Accepted



Scan Me!



## FEBRUARY HALF-TERM 2025 Information

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

- **Dates:** Mon 17 - Fri 21 Feb 2025 (5 days)
  - **Open to Children:** Ages 5-12 Years (only)
  - **Venues:** Across London (look right>)
  - **Times:** 9am - 3:30pm (6.5hrs).
- Earliest drop off 8:30am; latest collection 4pm
- **Day Places:** Limited day-places available to book online

Early Bird and Multi-Book DISCOUNT!

### Science Investigators! - New for 2025

- Day 1> Fabulous Forces!**  
Fizz, Bang, Boom!  
Ready, Steady, Go!  
Cool Car Friction!
- Day 2> Living It Up**  
Brilliant Bodies!  
Super Slime!  
Heart Beat!
- Day 3> Super Structures**  
Strong House!  
Marble Maze Run!  
Tallest Tower Investigation!

- Day 4> Magic Materials**  
Tough Ropes!  
Clean Water!  
Insulation Inquisition!
- Day 5> Journeys!**  
Neuron Networks!  
Chunnel Games!  
Air Journey!  
Ready, Set, Stretch!

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

### VENUES Serving

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

- NW London**
- Barnet
  - Brent
  - Camden
  - Ealing
  - Harrow
  - Hillingdon
  - Westminster
- NW London**
- City of London
  - Enfield
  - Haringey
  - Islington
  - Tower Hamlets
  - Waltham Forest
- SW London**
- Kensington
  - Hammersmith and Fulham
  - Hounslow
  - Kingston
  - Merton
  - Richmond
  - Sutton
  - Wandsworth

Book online at:  
[www.mnature.co.uk](http://www.mnature.co.uk)  
Or call us today:  
020 8863 8832

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



May-June Half-Term  
Holiday Science Activity Camp  
-Weird Science!



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

See online for full list...

# Keats Community Library

Invites you to join us for an

## Art Workshop

for Children (ages 3-7)



**Saturday 25 January 2025**

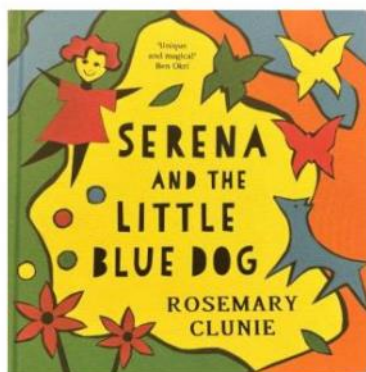
12:30 – 1:30 pm

*In the Children's Library*

with artist and author Rosemary Clunie

Rosemary Clunie is a painter, printmaker and video artist, born in Scotland and living in Hampstead.

Serena and Laloole Fly Away is her second book for children, following *Serena and the Little Blue Dog*.



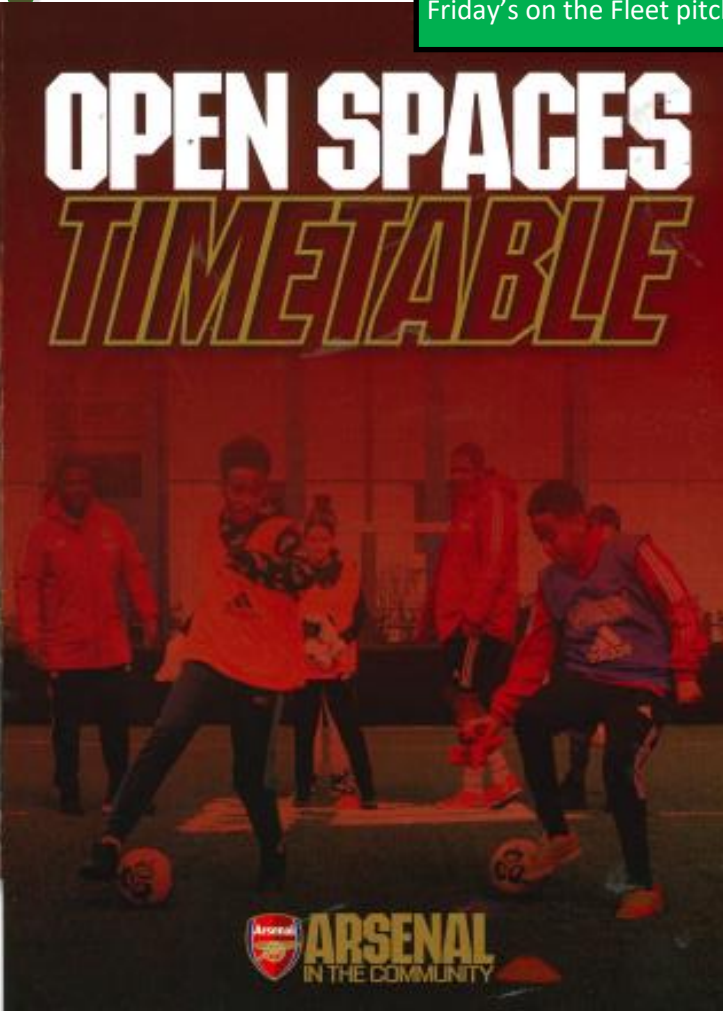
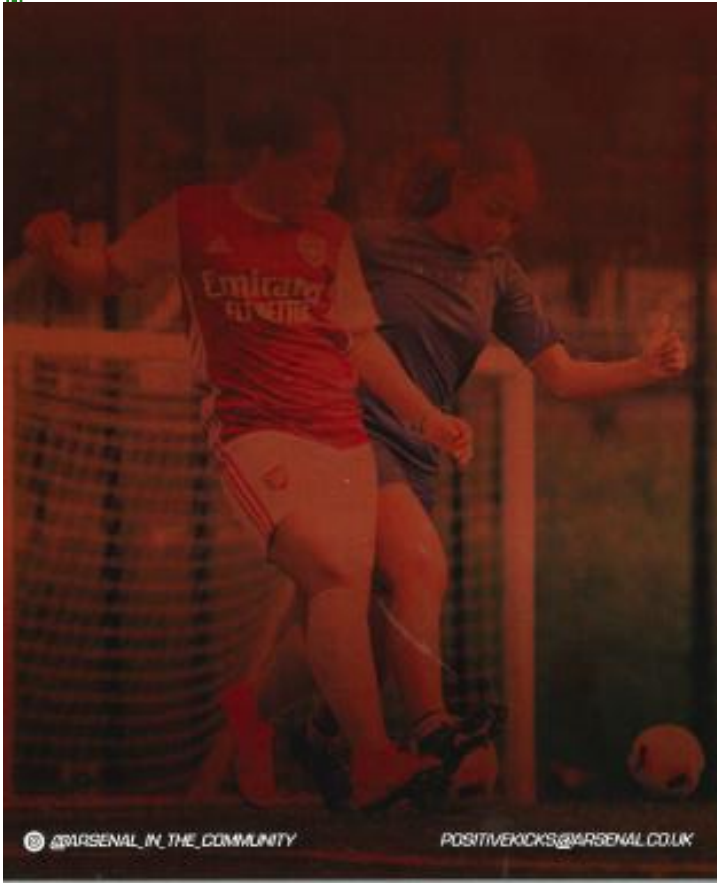
**THIS IS A FREE EVENT**

*MAXIMUM 20 children - Sign up is required.*

RSVP: [kclchildrenslibrary@gmail.com](mailto:kclchildrenslibrary@gmail.com)

# 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 Tyndale   | 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

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

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

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



**The Young Magicians Club is a youth initiative of The Magic Circle, the most famous magic club in the world.**

It's the number one place for 10-18 year olds who are interested in magic to learn, build confidence and meet new friends.

For over 25 years, the Young Magicians Club has used its vast knowledge, experience and connections within the industry to teach, encourage and inspire the magicians of the future.

Members who choose to graduate to The Magic Circle when they reach 18 years old receive audition advice and special discounts.

## HOW TO JOIN

**Annual Membership from just £30**

One-off Joining Fee £20

Welcome pack includes:

Certificate, Badge, Membership Card, Exclusive YMC Notebook & Pen, Extra Magazine and over £50 worth of magic tricks!



[www.youngmagiciansclub.co.uk/join](http://www.youngmagiciansclub.co.uk/join)  
[chair@youngmagiciansclub.co.uk](mailto:chair@youngmagiciansclub.co.uk)

MATT EDMONDSON  
TOM ELDERFIELD  
ROMAN ARMSTRONG  
JACK GLEADOW  
MARC KERSTEIN  
LUKE OSELAND  
JAMES MORE  
OLLIE MEALING  
TROY  
JAKE ALLEN  
STEPHEN BARRY  
JACK VOGLER  
PRESTON NYMAN  
MICHAEL JORDAN  
ADAM BLACK  
DOM CHAMBERS  
EDWARD HILSUM  
STEVEN BRIDGES  
DAVE LOOSLEY  
RYLAND PETTY  
HARRY DE CRUZ  
ALEX HANSFORD  
BEN HART  
STEVE DELA  
JULIUS DEIN  
LAURA LONDON  
MEGAN SWANN  
WILL HOUSTON  
PATRICK GIBSON  
ANDI GLADWIN  
MANDY FLETCHER

# THE YOUNG MAGICIANS CLUB

The Youth Initiative of The Magic Circle

**MONTHLY WORKSHOPS**

At The World Famous Magic Circle Headquarters

**MAGIC PACKED MAGAZINE**

Featuring tricks, reviews and interviews

**EXCLUSIVE COMPETITIONS**

Your chance to win BIG bundles of magic

**LEARN FROM THE BEST**

Lectures from the best Magic Circle Magicians

**ANNUAL CONVENTION**

A jam packed day of lectures, interviews, dealers and a star-studded magical gala show. Including the prestigious Junior Day Competition

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



# Wac Arts

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

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



## Performing Arts

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

## Creative & Digital Arts

- | Animation
- | Art & Design
- | Filmmaking

**Age  
4 - 30**



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

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



It's  
Free



It's  
Free

# JUNIOR CRICKET COACHING CLUB

Age 7 to 15 Years old Boys and Girls

**Every Sunday  
11:00 to 1:00 PM**



**11 to 12 Girls Only  
12 to 1 PM Mixed**

**Starting From  
2nd February  
2025**

**Venue**

**Maria Fidelis Catholic School  
1-39 Drummond Crescent  
NW1 1LY**



**REGISTE  
R NOW**



- DBS Certified Coaching staff
- ECB level 2 Qualified Coaches
- Female Coaching staff for Girls

Mobile : 07717765932 , 07464592776

Email: [unitedsportingclub@hotmail.com](mailto:unitedsportingclub@hotmail.com)

Travel Info : # Nearest station EUSTON, # Bus 168,253.390.# free parking on the street

**Supported by**



[www.unitedsportingclub.com](http://www.unitedsportingclub.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



**MENTOR**  
Val Almeida

 **TIME**  
9:00 AM

 **DATE**  
Thursdays

**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://camden.gov.uk/democracy)

Gospel Oak



# Camden Mobile Health

Come and visit us for a BMI and Know Your Risk score assessment and blood pressure check, winter flu and COVID vaccination for eligible people\*, smoking cessation information and advice, no appointment needed

## We will be open at the below locations:

| Bus location   | Date                                       |
|--|--|
| <b>Bacton Tower -</b><br>Bacton Tower Deck Level, Haverstock Road, NW5 4PU (indoors) | <b>Wednesday 15 January</b><br>11am-4pm    |
| <b>Sidings Community Centre -</b><br>150 Brassey Road, NW6 2BA                       | <b>Saturday 18 January</b><br>10am-3pm     |
| <b>Fitzrovia Community Centre -</b><br>2 Foley Street, W1W 6DL (indoors)             | <b>Wednesday 22 January</b><br>11:30am-4pm |
| <b>Swiss Cottage Market -</b><br>Eton Ave, NW3 3EP                                   | <b>Monday 27 January</b><br>11am-4pm       |
| <b>Highgate Library -</b><br>Chester Road N19 5DH (indoors)                          | <b>Tuesday 28 January</b><br>12pm-4pm      |
| <b>St Peter's Church Belsize Park</b><br>Belsize Square, NW3 4HJ (indoors)           | <b>Wednesday 29 January</b><br>11am-4pm    |



Winter Flu  
and Covid  
vaccines  
offered



## \*Groups to be offered the Flu vaccination are:

- pregnant women
- those aged 65 years and over
- those aged 18 years to under 65 years in clinical risk groups (as defined by the Green Book, Influenza Chapter 19)
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromised individuals
- frontline workers in a social care setting without an employer led occupational health scheme including those working for a registered residential care or nursing home, registered domiciliary care providers, voluntary managed hospice providers and those that are employed by those who receive direct payments (personal budgets) or Personal Health budgets, such as Personal Assistants
- Find out more about flu vaccines: <https://www.nhs.uk/vaccinations/flu-vaccine/> and <https://www.nhs.uk/vaccinations/child-flu-vaccine/>

## \*Groups to be offered the COVID vaccination are:

- all adults aged 65 years and over
- persons aged 6 months to 64 years in a clinical risk group, as defined in tables 3 and 4 of the COVID-19 chapter of the UK Health Security Agency (UKHSA) Green Book on immunisation against infectious disease
- Front-line health and social care workers and staff working in care homes for older adults will continue to be offered COVID-19 vaccination in the autumn 2024 programme in England.
- Find out more about COVID vaccines: <https://www.nhs.uk/vaccinations/COVID-19-vaccine/>

## Know Your Risk assessment (KYR)

KYR score uses a points system to identify if a person is at low, increased, moderate or high risk of developing type 2 diabetes.

It is evidence-based and consists of seven simple questions related to age, gender, ethnicity, family history, waist measurement, Body Mass Index(BMI) and blood pressure.

Based on this score, advice is provided in the form of lifestyle changes or a GP referral



# Citizens Advice Camden

## How to contact us:



### Adviceline

**0808 278 7835**

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

**Monday – Friday 10am-4pm**

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

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



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

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

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

Webchat:

visit <https://www.citizensadvice.org.uk/benefits/universal-credit/claiming/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:  
[childrensociety.org.uk/beam](http://childrensociety.org.uk/beam)  
Service email address:  
[CamdenBeam@childrensociety.org.uk](mailto:CamdenBeam@childrensociety.org.uk)

CAMDEN   
Special Parents Forum

## SPRING Calendar 2025

Welcome to our SPRING 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.

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)

### Jan

- 14 Tue Coffee Morning, 10.30am-11.30am @ Greenwood Centre, Kentish Town.
- 22 Wed Themed Forum Meeting, 10.30am-12pm @ Greenwood Centre, Kentish Town.
- 27 Mon Walk and Talk, 10.15am-12.30pm @ Hampstead Heath.
- 29 Wed Coffee Morning, 10:30am-12pm @ Charlie Ratchford Court, 43 Crogsland Road, Chalk Farm, NW1 8FA.

### Feb

- 05 Wed Total communications workshop, 10am-12pm Online via Zoom- register for Zoom link.
- 11 Tue Annual Review workshop, SENDIASS 10:30am-12:30pm @ Greenwood Centre, Kentish Town.
- 24 Mon Walk and Talk, 10.15am-12.30pm @ Hampstead Heath.
- 26 Wed KIDS Camden Parent, Carer Well-Being day 10:30am-2pm @ Greenwood Centre, Kentish Town

### Mar

- 04 Tue Coffee Morning, 10.30am-11.30am @ Greenwood Centre, Kentish Town.
- 05 Wed Movement, rest and relaxation, 12pm-2pm @ Kentish Town Congregational Church.
- 12 Wed Forum meeting, 10:30am-12:30pm @ Greenwood Centre, 37 Greenwood Place. Kentish Town.
- 17 Mon Walk and Talk, 10.15am-12.30pm @ Hampstead Heath.
- 26 Wed Themed Forum Meeting, 10.30am-12pm @ Greenwood Centre, Kentish Town.
- 31 Mon Walk & Talk, 10:15am-12:30pm @ Hampstead Heath.
- 31 Mon CAMHS understanding and managing behaviour, 11:45am-1pm Online via Zoom- register for Zoom link.

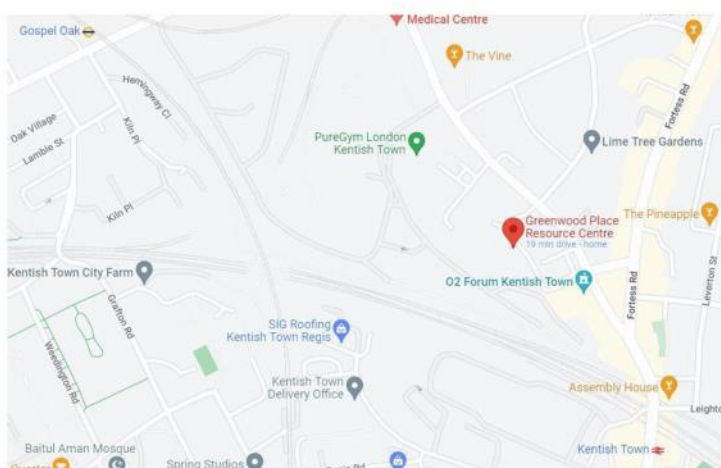
See Next Page for information on how to book and where





### WALK and TALK, 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**

*“ 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”*

# 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)

 Camden



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.



Childrens\_Centre\_Colateral\_Sure\_Start\_with\_Father\_Illustrations\_Final\_Artwork.indd 1

12/06/2018 11:44



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)

Childrens\_Centre\_Colateral\_Sure\_Start\_with\_Father\_Illustrations\_Final\_Artwork.indd 2

12/06/2018 11:44

# 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 positive parent/child interactions can do 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 prosocial). 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 do you get your child sleep? Why is sleep so important for children and young people? Research shows that children with sleep problems. Approximately 1 in 5 adults have some difficulty sleeping. This webinar will help you understand more about how to help 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        |
|                      | Barking & Dagenham, Havering, Redbridge and Waltham Forest      | 0800 995 1000        |
| South West London    | 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)

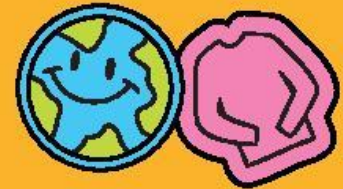
**Do you have any used printer cartridges lying around at home? Send them into the school office!**

## 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

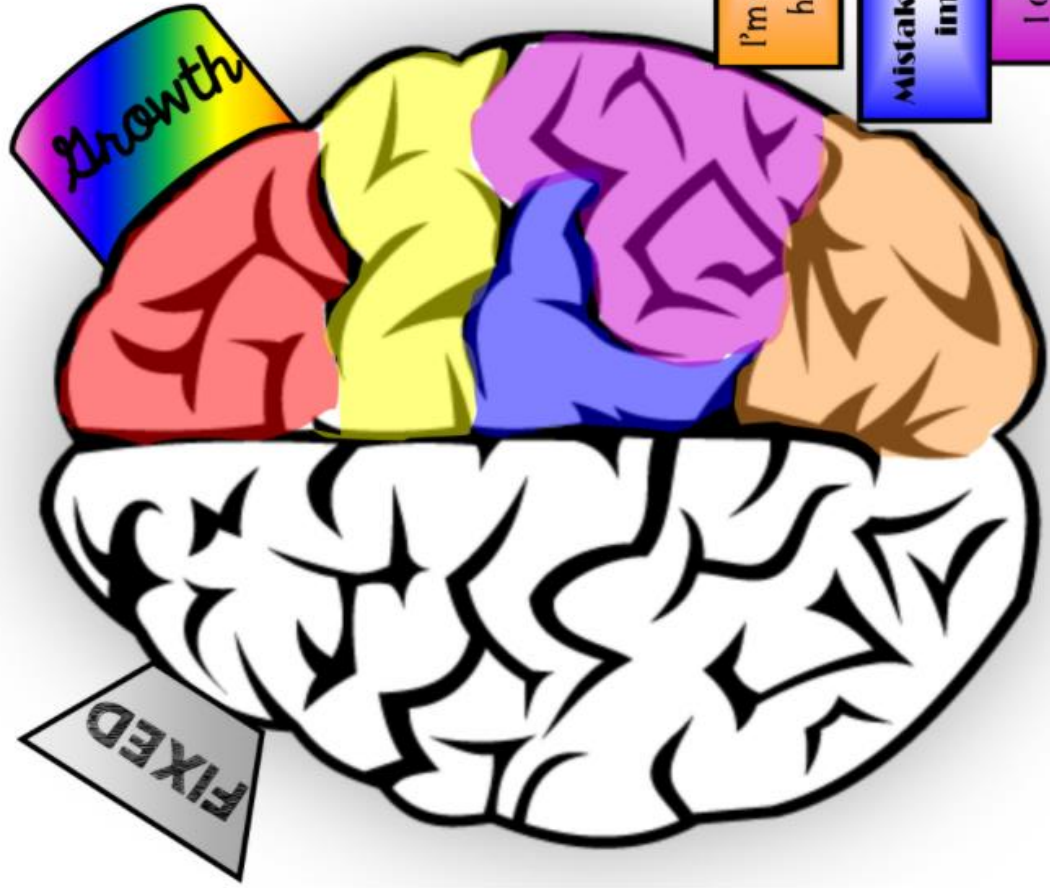


**COMBAT CLIMATE CHANGE AND SAVE FAMILIES MONEY**



# 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.lettoysbetoys.org.uk](http://www.lettoysbetoys.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)