

Winter 2023/2024

Barnet Active Creative Engaging holidays



HOLIDAYS



Healthy Eating
FREE recipes and top tips

Diary of Events

Fun Days
Inflatables, BMX, Multi-sports

Family Swimming Sessions

You Said, We Did

Volunteering
Could you be a Holiday Activity Volunteer?

FREE
activities
and ideas for
ages 4-16

barnetyouth.uk/BACEHolidays

27 - 29 December 2023 and
2 - 5 January 2024

Caring for people, our places and the planet





Contents

BACE HOLIDAYS

Inside our new Winter edition, you can find family-friendly activities, advice, support and information about the BACE Holiday Camps available during the Festive Holidays!

Read about how to make changes for a healthier lifestyle, with better food choices, keeping active, mental health support and where to go if you are worried and would like more advice.

Our Winter BACE Holidays Activities will take place on:

- Wednesday 27 – Friday 29 December 2023
- Tuesday 02 – Friday 05 January 2024

With an offer of camps, day activities and trips. BACE is for children and young people aged 4*-16 who are eligible for benefit-related Free School Meals. We offer a huge range of enriching activities including multi-sports, arts 'n' crafts, performing arts and much more.

*4 year olds must be enrolled in reception at school.

How to sign-up and book an activity:

If your child is eligible for benefit-related free school meals you can register for BACE Holidays online at <https://barnetyouth.uk/login>.

You can then choose which activities your child can attend once your account is verified by email.

NEW!

Bring a friend!

We are giving teens the opportunity to bring a friend along to selected activities, fully funded by Barnet's Child and Family Early Help Service. Go to page 7 or <https://barnetyouth.uk> to find out more.

Holiday Activity BACE e-voucher

Each child who is eligible will receive an e-voucher via their school to be able to apply for a place on Winter BACE using their unique e-voucher code. Please go to page 15 for more details about applying for the voucher and how to book your space on <https://barnetyouth.uk>



Scan the QR code to sign up now

Sign up today!



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If you are not eligible for the BACE programme, you can still access the Positive Activities Holiday provision which is fully funded by the London Borough of Barnet for all children and young people who attend school, or live in the Borough of Barnet.

Our holiday activities will include portraiture photography and creating graffiti art pieces. Plus, learn how to prepare seasonal dishes in our cooking sessions to celebrate the festivities and much more.

Book your Free Positive Activities at <https://barnetyouth.uk/holidays>



Follow @BarnetYouth_ on Instagram



Chickenshed



This Winter we have some wonderful fully funded opportunities with Chickenshed to celebrate the festive season. Visit the website <https://barnetyouth.uk> to find out more!

Creative Everyone Play Days @ Chickenshed, N14 4PE

- Performing Arts Workshops for under 11s - Snack bags are provided for participants
- **Thursday 04 January 2024** - 10am & 1pm
- **Friday 05 January 2024** - 10am & 1pm

Cinderella in Boots @ Chickenshed, N14 4PE

- **Wednesday 27 December 2023** - 10am show
- **Thursday 28 December 2023** - 10am show
- **Thursday 29 December 2023** - 9.30am & 11.30am shows

Christmas Tales from the Shed @ Finchley Youth Centre, NW7 2BU

- **Friday 15 December 2023** - 12pm & 1pm Shows (45mins)

The Tigon and The Liger Yoga @ Finchley Youth Centre, NW7 2BU

- **Friday 15 December 2023** - 2pm & 4pm Shows (45mins)

Hendon Leisure Centre



Tuesday 2 January 2024

Children, young people, and their families will have access to multi-sports, football, athletics, hockey, kwik cricket, athletics, lacrosse, and other sports! Many years of delivery and experience allows us to deliver for, to and what the attending young people desire and request as enriching. Our Fluidity means we can meet their needs.

Thursday 4 January 2024

Nerf & Laser, Inflatables and Archery have been a huge hit ever since we started running these action-packed sessions. We are delighted to confirm we will be delivering the family session again.



What's on

Basketball

Wuma Sports



Wuma Sports are an independent basketball coaching provider based in North London. They provide basketball coaching to children from the age of 7-16, through holiday camps and schools' programmes.



WUMA SPORTS



Wuma is not just a basketball camp, as the camps feature enrichment sessions covering topics such as personal finance, nutrition and workshops related to the business of basketball. They also have a variety of guest speakers, such as current/ ex professional basketball players and coaches or other individuals who can provide valuable educational insight to campers.

This past summer holidays, Wuma ran their first basketball camp in conjunction with the BACE HAF programme, where they were able to offer funded places for children within the Borough eligible for free school meals. The camp received a lot of positive feedback from their campers which is valued highly.

We cannot wait to return for the Winter BACE scheme and hope to see many of our summer campers again!

The holiday camps typically run from Monday to Thursday during school holidays, which focus on learning the fundamentals of basketball, and implementing these skills in the game's sessions

in the afternoon. Their camps cater to children of all abilities and all the coaches are experienced in delivering sessions to boys and girls of all ages and abilities.



HOLLYWOOD BOWL

Bring a friend with you to Hollywood Bowl on **Wednesday 27 December 2023**. Go to page 7 for all the details.





Winter Event dates across the borough

Diwali, 12 November 2023

Diwali is the Hindu festival of lights that is celebrated for five days. It symbolises the spiritual the victory of light over darkness, knowledge over ignorance, good over evil and hope over despair.

World Kindness Day, 13 November 2023

Kindness Day UK was set up in 2010 and is celebrated across the UK every year. This day aims to increase the value of kindness in society as well as increase the amount of kind acts that take place nationwide, making kindness a greater part day to day life. (kindnessuk.com, 2023) Mark Twain

“Kindness is a language which the deaf can hear and the blind can see.”

Antibullying Week, 13 – 17 November 2023

This Anti-Bullying Week let's come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying. Together, we can make a difference and take a stand against bullying. From the playground to Parliament, and from our phones to our homes, let's make a noise about bullying. (Anti-bullyingalliance.org.uk,2023)

Disability History Month 16 November – 16 December 2023

This Autumn 2023 UK Disability History Month (UKDHM) focusses on the Experience of Disablement amongst children and young people in the past, now and what is needed for the future. UKDHM comes from a Social Model/Human Rights approach, so that all children and young people with long term impairment will not experience the social exclusion of stigma, stereotypes, negative attitudes and socially created barriers in the environment and the way things are organised. (ukdhm.org.,2023)

Christmas Jumper Day - 7 December 2023

Christmas Jumper Day is Save the Children's annual event which raises money for the children who need it most. Every December, millions of people across the United Kingdom (and beyond!) put on a festive knit at their workplace, school or with friends and donate to help give children the magical future they deserve. (savethechildren.org.uk,2023)

Hanukkah/Chanukah, 7 – 15 December 2023

Chanukah (also spelled Hanukkah) is an 8-day Jewish festival marking the miraculous victory of the Maccabees, Jewish freedom fighters, over the Seleucidian Greek occupiers in the year 139 BCE. After recapturing Jerusalem's Holy Temple, which had been converted into a place of idol worship, they searched for pure oil with which to light the Temple menorah. They found just enough to burn for one day, but miraculously it burned for eight days until more oil could be brought. (Chabad.org,2023)

BOOST
0208 359 2442

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PERSON CENTRED

DIGITAL SKILLS DROP-IN
make it **click**

Free Digital Skills Workshops for beginners, no need to book, just turn up!



Wednesdays

1:00 – 3:00 pm

BOOST@184, 184 Cricklewood Lane, Childs Hill, NW2 2DX

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LONDON BOROUGH

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<https://www.2econdchance.co.uk/>



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Winter Solstice

1. The magic moment

While many focus on the winter solstice as a day in the calendar, what we are actually talking about is a very specific moment which is over almost as soon as it has begun. The solstice marks the point at which the Sun is exactly overhead the Tropic of Capricorn, which this year will happen on Wednesday, 21 December at 21:48 GMT.

2. The Sun stands still

Like many other astronomical terms, the word solstice comes from Latin. Owing to the Sun appearing to 'standstill' in the sky when it reaches the Tropic of Capricorn, the word solstitium was used which in turn is composed of the word's sol (meaning 'sun') and sistere (meaning to 'standstill').

3. Winter begins

As well as marking the shortest day of the year, the winter solstice marks the first day of winter in the astronomical calendar, whilst in the meteorological calendar, we are already three weeks into winter.

4. Nine hours darker

You're probably aware that the day of the winter solstice marks the shortest day of the year, but did you know that it's almost nine

hours shorter than the longest day of the year? The summer solstice in June is just short of 16 hours and 38 minutes long, while on the day of the winter solstice the length of the day is a mere 7 hours and 50 minutes.

5. The earliest sunset

Logically you'd expect the earliest sunset to fall on the shortest day, but the earliest sunset occurs a few days earlier in the calendar and it's all to do with our clocks not quite mirroring the Earth's orbit. True solar noon, the point at which the Sun reaches its highest point in the sky, occurs around 10 minutes earlier than when our clocks strike 1200, and it is this discrepancy that means the sunset also arrives a little later the solstice.

6. Solstice and Christmas

Amongst the many festivals that centre around the solstices and equinoxes, the Scandinavian festival of Jul has some rituals that are probably more familiar than you think. Perhaps more familiar to us as Yule, the 12-day festival centred around the solstice has given birth to many of our most familiar Christmas traditions including the Christmas tree, the Yule log and the Christmas wreath. (metoffice.gov.uk,2023)

Volunteering

Inspiring and supporting volunteering since 2015, Volunteering Barnet is the Borough's accredited Volunteer Centre, and is delivered by Groundwork London. We unite volunteers and organisations to strengthen the community we support and promote all aspects of volunteering! We are part of Barnet Together, a collaboration between Inclusion Barnet, Volunteering Barnet and the Young Barnet Foundation.


Could you be a Holiday Activity Volunteer?

Volunteers are needed to help with the delivery of holiday activities for children and young people across Barnet this winter!

The Holiday Activity and Food (HAF) programme provides children in the

community with a healthy meal and an opportunity to stay active, learn about nutrition and take part in fun and enriching activities. This role will take place in schools and community venues across the Borough of Barnet with a wide variety of Holiday Activity and Food Programme providers taking part. This role is ideal for volunteers with childcare, youth or classroom experience, a parent, guardian, or carer, or those looking to gain experience in childcare and youth work. Volunteering opportunities available from **2 -5 January 2024.**

To find out more about the role and sign up today: <https://barnetvolunteersc19.co.uk/volunteers/opportunity/10197465>



FREE SIM CARDS with the national databank

BOOST has partnered with the Good Things Foundation, a digital inclusion charity, to provide free data to our community members via the National Databank. The National Databank, which was developed in collaboration with Virgin Media and O2, offers free mobile data vouchers to people who are unable to afford an internet connection.

Eligibility:

- you must be a Barnet resident
- have no or insufficient access to the internet at home.
- have no or insufficient access to the internet when away from the home
- cannot afford your existing monthly contract or top up

You can collect a free SIM from:

Burnt Oak	or	Cricklewood
Burnt Oak Library 99 Watling Avenue HA8 0UB		BOOST@184 184 Cricklewood Lane NW2 2DX

*SIM cards include unlimited UK calls/text messages

www.boostbarnet.org



2econd Chance is a registered Community Interest Company (11845887)
www.2econdChance.co.uk
info@2econdChance.co.uk

What We Do
We refurbish donated machines and sell at affordable prices.

We provide meaningful training and employment opportunities for people with learning difficulties and SEMH (social, emotional, and mental health) needs.

What We Need
Working desktops, laptops and tablets up to 8 years old.

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getonline@barnet.gov.uk
contact us: 0208 359 3705
<https://www.2econdchance.co.uk/>





BACE Volunteer, 46 Female
"I liked everything about my volunteering experience especially being with the children. It was a very positive and inclusive experience all joining in together." In three words our volunteer described their experience as "Rewarding, positive, enjoyable".



Inspiring and supporting volunteering



GET ON TRACK! BMX

BACE Holidays is working with the Whyte Bros, a team of Olympic medalists for Great Britain who now offer BMX cycling sessions for young people aged 8+.

These sessions are tailored to a skill range or a rock up and ride session where young people are given the opportunity to enjoy riding with progressive challenges. The WhyteBros promote a healthy lifestyle and teach imperative life skills by taking young people out of their comfort zone, teaching resilience, communication and building confidence all whilst exercising in a safe environment.

Summer 2023, the Whyte Bros worked within our BACE holidays Park Days in the community. Their team noticed a massive improvement in our returning young people and were impressed by the turn out and some children trying BMX biking for the first time. Some young people who started off the sessions nervous and a little shaky on the bike, left, confident and happy, taking with them the new skills and techniques learnt within the sessions.



The Whyte Bros will be back this Winter BACE with more sessions. They urge any young children that are interested in cycling or want to try a new sport and challenge themselves, to get involved. Young people can bring their own bike or use one of the BMX bikes provided.

To find out more about the Whyte Bros visit: www.whytebros.com

You Said We Did:

For Families

This summer we worked in partnership with GLL Better Gyms to provide trial two family swim sessions.

After receiving feedback from families who stated they loved the session they attended, we have decided to offer two more family swim sessions.

Hendon Leisure Centre Funded Family Swimming Sessions:

This winter we are working in partnership again with GLL to offer fully funded family swimming sessions. 1 Child and 1 Adult will be able to attend for a family swim session (this session will need to be booked in advance). Please arrive 15 minutes before the session to check in before the session commences.

- **Who:** 4 to 16 years old (with one parent ticket available to each YP).
- **Where:** Copthall Leisure Centre
- **Dates:** Thursday 4 January 2024 and Friday 5 January 2024
- **Time:** 10 – 11am

For the Teens – Bring a Friend

The young people who attended the Hollywood Bowl Sessions were bowled over. We are therefore offering another opportunity for young people to access a free game and a meal.. There was feedback from those who attended saying they would have felt more comfortable if they had the opportunity to bring a friend.

Therefore, for the first time each young person booking a ticket to Hollywood Bowl with BACE, can also bring along a friend. Young people will be supervised by a member of staff, but the sessions are led by the YP who will select a team captain. Get ready to strike up some festive fun with two games of bowling, mouthwatering nachos served right at your lane, a delicious meal after the game, and your choice of drink! Immerse yourself in the holiday spirit as you challenge your companions to a thrilling game of bowling. With two games included, there's plenty of time to showcase your skills, share laughter, and create unforgettable memories together. To make your victory even sweeter, we present the ultimate prize—a trophy for the winner! Claim your bragging rights and show off your bowling prowess as you take home this coveted symbol of triumph.

A Team of 6

- **Who:** 11 to 13 years old (with one parent ticket available to each YP).
- **Where:** Hollywood Bowl Finchley
- **Dates:** Wednesday 27 December 2023
- **Time:** 1 – 3pm

C Team of 6

- **Who:** 14 to 16 years old (with one parent ticket available to each YP).
- **Where:** Hollywood Bowl Finchley
- **Dates:** Wednesday 27 December 2023
- **Time:** 4 – 6pm

B Team of 6

- **Who:** 11 to 13 years old (with one parent ticket available to each YP).
- **Where:** Hollywood Bowl Finchley
- **Dates:** Wednesday 27 December 2023
- **Time:** 1 – 3pm

D Team of 6

- **Who:** 14 to 16 years old (with one parent ticket available to each YP).
- **Where:** Hollywood Bowl Finchley
- **Dates:** Wednesday 27th December 2023
- **Time:** 4 – 6pm



Healthy Eating



Why not try these healthy meal ideas?

Sausage and bean stew



Ingredients

- 1 tbsp olive oil
- 1 onion, peeled and finely chopped
- 2 cloves garlic peeled and finely chopped
- 2 carrots, diced
- 4 sausages (meat or vegetarian), sliced
- 500ml fresh chicken or veg stock
- 400g tin of chopped tomatoes
- 400g tin cannellini or butter beans, drained and rinsed
- 1 tsp of dried herbs
- 200g kale or greens leaves roughly chopped

Method

1. Heat the oil in a large pan over a medium heat. Add the onion and lightly fry for 3 minutes, until beginning to soften
2. Finely chop the garlic and add to the onions along with the carrots; cook for 2 minutes.
3. Add the sausage and cook for 5 minutes, stirring occasionally, until just turning golden
4. Tip in the stock, tomatoes, beans, herbs, season with salt and pepper and add 500ml water
5. Bring to the boil, then simmer gently for 15 minutes. Add the kale/greens and simmer for another 5 minutes.
6. Serve with rice, couscous, mash or crusty bread

Tomato Risotto

(serves 4-6)



Ingredients

- 1 Carton of passata
- 1 litre of vegetable stock
- 1 tbsp of olive oil
- 2 garlic cloves finely chopped
- 1 onion finely chopped
- 1/2 tsp of dried herbs
- 250g of risotto rice
- 300g of cherry tomatoes halved
- 4 tbsp of grated parmesan
- fresh basil roughly chopped

Method

1. Add the stock and the passata into a saucepan and bring to a gentle simmer and keep over a low heat.
2. Meanwhile, oil in a large saucepan and heat gently. Add the onion and gently cook for 6-8 mins until softened. Stir in the garlic and herbs, then cook for 1 min more. Add the rice and cook, stirring, for 1 min.
3. Start adding the hot stock and tomato mixture about a quarter at a time. Let the risotto cook, stirring often, adding more stock as it is absorbed.
4. After you have added half the stock, add the cherry tomatoes. After 20-25 mins, the rice should be creamy and tender, the cherry tomatoes soft-ened and all of the stock should be used up.
5. Cover and leave for 1 min, then stir in the Parmesan and serve

TOP TIP

Before serving add some fresh basil

Meatballs in Tomato Sauce



Tomato Sauce

Ingredients

- 1 x 400g tin tomatoes
- 1 onion, finely chopped
- 3 cloves of garlic, crushed
- 1 tbsp. vinegar
- 1 tsp. fresh or dried herbs
- Salt and pepper

Method

1. Chop the onion finely and sweat in a little oil until soft and translucent, but not coloured, approx. 5 minutes
2. Peel the garlic and crush it and add it to the onions and fry for a further minute
3. Add all the other ingredients and simmer for 30-45 minutes or until the sauce has thickened and reduced

Beef Meatballs

Ingredients

- 500g beef mince (halal)
- 1 heaped tsp. fresh or dried thyme
- 1/2 tsp. cumin powder
- 1 clove garlic, crushed
- A pinch of seasoning

Method

1. Place all the ingredients into a bowl
2. With your hands, mix the ingredients well together
3. Pick out a little of the mixture and form small meatballs
4. In a frying pan, fry the meatballs in a little olive oil until they have browned all over and then pour over the tomato sauce and cook together for a further 5 minutes (see above for tomato sauce)
5. Serve with freshly cooked pasta, couscous or rice.



How can BACE Holidays support children with Special Educational Needs and Disabilities (SEND)?



BACE Holidays is an inclusive provision which means spaces are made available for children with and without disabilities that are in receipt of benefit-related free school meals. We have three types of provision for SEND children, and the type of provision you choose to access will be dependent on what you believe is most suited to your child's needs and abilities.

- Mainstream provision which children of mixed abilities will play alongside one another.
- Exclusive SEND Activities, specifically for children whose needs are better met within a specialist or target provision.
- Family SEND provisions whereas these are parent and child sessions.

Mainstream BACE provisions

Often the children with SEND don't need 1:1 support within the BACE programme. However, we understand each child is unique and therefore so are their needs. If you believe your child needs the support of a 1:1 support worker and you have funding via Short Breaks or Direct Payments, you are able to send 1:1 support along with your child to camp. All adults (1:1's) will need to provide a DBS on arrival.

NEW! Following the Department for Education guidance and to support as many SEND children as possible, each child can ONLY receive up to 4 hours of 1:1 support under the BACE Holidays programme – subject to availability.

NEW! If your child requires 1:1 support parents will need to contact BACEHolidays@barnet.gov.uk by **Friday 15 December 2023** in writing. Any requests after this date may not receive support.

If additional hours are needed these hours will need to be self-funded or paid via any payment contributions that you receive for your child.

If you have funding but do not have access to 1:1 support staff you can contact the providers below who have on offer experienced support staff, support and activities for children and young people with SEND.



TeachNow

Teaching Agency and 1:1 SEN support Staff for BACE Holidays and North London Schools.
www.teach-now.co.uk



Barnet Mencap

Offers a range of support and events for children and adults with a learning disability, autistic people and their families, in Barnet.
www.barnetmencap.org.uk



IPOP

Provides 1:1 support playworkers to enable your child or young person to attend mainstream play / leisure activities.
www.ipopsupport.org.uk



Resources for Autism

Provide practical services for children and adults with a diagnosis of autism and for those who love and care for them.
www.resourcesforautism.org.uk

Exclusive SEND Activities

Based on the needs of the children and families attending BACE we continue to offer exclusive specialist SEND provisions for children and young people. These activities are on the booking site and will include whether they are SEND-friendly. These exclusive provisions are aimed at children whose needs cannot be met via the general mainstream provisions. Here are some of the fantastic providers that we are working with this Winter BACE:

- Barnet Mencap
- Noah's Ark
- Northway School
- Oakleigh School
- Resources for Autism

If your child has additional needs and would like to access the BACE programme – please email BaceHolidays@barnet.gov.uk

Family Fun SEND Sessions

Family Fun Sessions will last between 45mins - 2hours. Families will be placed into small groups to enjoy activities. Sessions will be tailored for children with SEND and families will be able to book up to 4 participants per session**.

- SEND Family Inflatables sessions
- SEND Multisports sessions
- SEND Family Cooking sessions
- and lots more

*Short Breaks are a range of play and leisure services for disabled children and young people. The services are available for people who live in Barnet, from 0 to 19 years old (until their 19th birthday). These services are for children and young people who need additional support to access play and leisure services. Find out more and how to apply: www.barnet.gov.uk/children-and-families/children-and-youngpeople-disabilities

**Sessions will be delivered on a first come first served basis and initially bookings will be limited to one per family. Some activities will have a limited number of places that can be booked. Parents/Carers are to stay and partake in the fun with their children. Siblings are welcome to attend also.

If you do not have funding via short breaks or direct payment you may be able to apply for access to a 1:1 support worker for your child. You will need to complete an application to access this and it is subject to availability.



Barnet's Financial Calculator

To support residents who may be feeling the financial pressures of the rises in cost of living, Barnet Council and other local organisations are here to provide guidance on the financial support available to you.

COST OF LIVING SUPPORT

 BARNET, HERE TO HELP

Take control of your finances with **Barnet's Financial calculator**

Access support services online – www.barnet.gov.uk/costofliving

If you would like to talk to someone about these services, please call us on **020 8359 2000**



Caring for people, our places and the planet



TOP TIPS FOR SAVING ENERGY

1. Wash clothes in full loads at 30 degrees when you can
2. Switch off electrical appliances when they're not in use
3. Take shorter showers (4 mins)
4. Keep lids on your pans when cooking
5. Only fill the kettle with the amount you need when boiling
6. Switch off lights when you leave the room
7. Draft proofing bottom of doors, letterboxes and windows will stop heat escaping and coming in during the warmer season
8. Switch to using LED lightbulbs

There are a number of **retrofitting and energy efficiency schemes** funded by government, visit gov.uk/improveenergy-efficiency



FAMILIES, CHILDREN AND PENSIONERS

FREE CHILDCARE AND EARLY EDUCATION

If you are receiving the qualifying benefits, your two-year-old can access 15 hours of early education for free each week. There are also benefits available for three and four-year-olds.

@ earlyyears@Barnet.gov.uk
☎ 0208 359 2000 - Extension: 5

HOUSEHOLD SUPPORT FUND

The government has provided local authorities across England with funding to support households most in need. This is to help with rising living costs and will support households who would struggle to meet food and energy bills without support.

🌐 www.barnet.gov.uk/householdsupportfund

COLD WEATHER PAYMENTS

You may get a Cold Weather Payment if you're getting certain benefits. You'll get £25 for each seven-day period of very cold weather between 1 November and 31 March.

🌐 <https://www.gov.uk/cold-weather-payment>
☎ 0800 328 5644

WINTER FUEL PAYMENT

If you were born on or before 25 September 1956 you could get between £250 and £600 to help you pay your heating bills. The deadline for you to make a claim for winter 22/23 is 31 March 2023.

🌐 <https://www.gov.uk/winter-fuel-payment>
☎ 0800 731 0160

AGE UK BARNET

Later life planning service (over 55's), free and confidential information and advice on welfare and benefits, housing or support services as well as how to keep healthy and active.

@ info@ageukbarnet.org.uk
☎ 0208 203 5040



RESIDENTS SUPPORT FUND

Providing immediate financial support for Barnet residents who are struggling to afford household essentials such as paying for food, energy bills and other living costs.

🌐 Apply online barnet.grantapproval.co.uk
@ Email residentsupportfund@barnet.gov.uk
☎ Phone 020 8359 4242



MENTAL HEALTH AND WELLBEING

BARNET WELLBEING SERVICE

One-stop shop for all mental health and wellbeing needs. They will refer or signpost you onto a wide range of services and activities.

🌐 Visit barnet.gov.uk/stayconnected
@ Email info@barnetwellbeing.org.uk
☎ Phone 0333 344 9088

SUPPORT FOR CHILDREN AND YOUNG PEOPLE
Visit www.barnet.gov.uk/talk-about-it



Wellbeing, Welfare and Support

Protecting your child's health starts with vaccination



Make sure your child is up to date with their MMR vaccine.

Protect your child against Mumps, Measles and Rubella (MMR) and prevent potentially serious illness by contacting their GP practice to book their first MMR vaccine appointment.

Measles is more than just a rash, with 1 in 5 children needing a hospital visit.

Currently we are seeing an increase in measles cases circulating in neighbouring London boroughs, so now is a good time to check that your child's MMR vaccination - which not only protects your child against measles but also mumps and rubella - is up to date.

Only 72% of under 5s in Barnet are fully vaccinated against it which is well below the World Health Organisations target of 95% needed to prevent an outbreak.

Measles is a highly contagious disease and can lead to complications such as ear infections, pneumonia, and inflammation of the brain which require hospitalisation and on rare occasions can lead to long term disability or death.

"Vaccines are crucial to protect against many infectious diseases. There are many diseases that we are worried are starting to emerge again like whooping cough, mumps or measles.

Prevention is better than cure, and the childhood immunisations vaccination programme is effective at protecting against these diseases." - Dr Ilozue, GP, Brunswick Park Medical Practice

Protect your family against possible serious illness and avoid self-isolation.

Vaccination is the best protection. Check your child's red book and contact their GP to make sure they are up to date on their routine vaccinations. For more information visit:

<https://nclhealthandcare.org.uk/keeping-well/baby-and-childhood-vaccinations/>



Keeping your home healthy

Damp and mould: Signs and symptoms of poor health

- coughing (in some cases you may cough blood or lumps of mucus)
- wheezing
- shortness of breath
- weight loss
- high temperature
- nasal congestion, runny nose, sneezing and itching

For more on **Keeping your home healthy** visit:
www.barnet.gov.uk/mouldanddamp

Caring for people, our places and the planet



Barnet's network of food banks are available to support families in need

All Saints' Child's Hill Food Bank

Address: All Saints' Church, Child's Hill, Church Walk, London, NW2 2TJ

☎ 020 7435 3182

✉ childshillfoodbank@gmail.com

🌐 <https://allsaintschildshill.com/childs-hill-food-bank/>

Barnet Community Projects

Rainbow Centre, Dollis Valley Drive, Barnet, London, EN5 2UN

Opening times: Thursday 9:00am-1:00pm

✉ steveverrall@barnetcp.org.uk

🌐 <https://rainbowcentrebaronet.wordpress.com/>

Referral requirements: Referrals and Self Referrals

Burnt Oak Community Food Bank

St Alphage Church Hall, at the junction of Playfield Road and Montrose Avenue, Burnt Oak, Edgware, HA80DF

✉ Burntoakfoodbank@gmail.com

Referral requirements: No Referrals Needed / Self-Referral is fine

Burnt Oak Womens Group

North Road Community Centre, 230 Burnt Oak Broadway, Burnt Oak, Edgware HA8 0AP

OPENING TIMES: Thursday 12:00pm-2:00pm

Referral requirements: Referrals only

Childs Hill Foodbank

All Saints' Church, Child's Hill, Church Walk, London, NW2 2TJ

Opening times: Saturday 10am-12pm

Referral requirements: No Referrals Needed / Self-Referral is fine

Chipping Barnet Food Bank

Mary Immaculate and St Peter, 63 Somerset Road, New Barnet Hertfordshire, EN5 1RF

Opening times: Tuesday 12-2pm

Saturday 10am - 12pm

☎ 07716 890535

✉ info@chippingbarnet.foodbank.org.uk

🌐 Chipping Barnet Foodbank | Helping Local

People in Crisis

Referral requirements: Referrals Only

Christ Church Food Bank - High Barnet

Christ Church St.Albans Road, Barnet EN5 4LA

Opening times: Friday 11am-1pm

☎ 020 8449 0832

✉ office@ccbarnet.org.uk

Referral requirements: Referrals are not necessary, some proof of financial needs helpful

Colindale Communities Trust

Address: 3/5 The Concourse, Grahame Park, NW9 5XB

☎ 0208 200 3014

✉ brennan.cct@gmail.com

🌐 www.colindalecommunitiestrust.org/

Colindale Food Bank

Trinity Church, Northwest Centre, Avion Crescent, Grahame Park Way, London, NW9 5QY

Opening times: Tuesday & Thursday 12-2.30pm

☎ 07415 223963

🌐 <https://colindale.foodbank.org.uk/>

✉ info@colindale.foodbank.org.uk

Referral requirements: Referrals and Self Referrals

Finchley Foodbank

St Mary's RC Church, 279 High Road, East Finchley, London, N2 8HG

Opening times: Saturday 12-2pm

☎ 07849 558307

✉ finchleyfoodbank@gmail.com

🌐 www.finchleyfoodbank.org.uk

Referral requirements: No Referrals Needed / Self-referral is fine

Gift

379 Hendon Way, Hendon, London, NW4 3LP

Opening times: Deliveries Only

☎ 0208 457 4429

✉ info@jgift.org

🌐 www.jgift.org

Referral requirements: Referrals Only

Homeless Action Barnet (HAB)

36B Woodhouse Road London, N12 0RG

Opening times: Foodbanks for rough sleepers and rough sleepers in temporary accommodation only

✉ hab@habcentre.org

🌐 <https://www.habcentre.org/>

Referral requirements: Referrals Only

Living Way Ministries

The Dining Place, 7 The Concourse, Grahame Park, London, NW9 5XB

Opening times: Wednesday 12-2pm

☎ 0208 200 9130

✉ livingway@email.com

🌐 www.livingwayministries.net

Referral requirements: Referrals and Self Referrals

Muswell Hill Food Bank

68 Pembroke Road, London, N10 2HT

Opening times: Monday 12.30-2.30pm,

Wednesday 11.30am-1.30pm,

Friday 11.30am-1.30pm

☎ 0208 883 0434

✉ info@muswellhill.foodbank.org.uk

🌐 <https://muswellhill.foodbank.org.uk/>

Referral requirements: Referrals and Self Referrals

My Yard

One Stonegrove, 5 Hayling Way, Edgware, London, HA8 8BN

Opening times: Thursday 12pm drop in @ St Peters Church. Otherwise by appointment only.

✉ hey@myyard.org.uk

🌐 www.myyard.org.uk/

Referral requirements: No Referrals Needed for drop in sessions, otherwise organised delivery only.

NW7 HUB

Mill Hill Library, Hartley Avenue, London, NW7 2HX

Opening times: Tuesday & Saturday 10am-1pm

☎ 020 8906 3125

🌐 www.nw7hub.org.uk/covid-19-support/

Referral requirements: No Referrals Needed / Self-Referral is fine

RCCT - Romanian Charity

102a Watling Avenue, HA8 0LN

Opening times: Tuesday 12-4pm and Thursday between 9am-5pm (Appointments only) *Delivery available for vulnerable/elderly

☎ 07311 488110

✉ office@rcct.uk

🌐 <https://rcct.uk/contact/>

Referral requirements: No Referrals Needed / Self-Referral is fine

St Barnabas

St Barnabas Church, 913 High Road, North Finchley, London, N12 8QJ

Opening times: Monday 12.30-2pm

☎ 07872 697 623

🌐 www.stbarnabas.co.uk

✉ foodbank@stbarnabas.co.uk

Referral requirements: No Referrals Needed / Self-Referral is fine

West Hendon Food Bank

Barnet Hill Academy on Montagu Rd, Hendon NW4 (West Hendon)

🌐 Not available, please contact us at

Cllr.H.Richman@Barnet.gov.uk

Opening times: Wednesday 12:00-13:00

Unitas Youth Zone Food Bank

Address: 76 Montrose Ave, HA8 0DT

☎ 020 8075 5888

✉ enquiries@unitasyouthzone.org

🌐 www.unitasyouthzone.org/

Wilds Cafe

Address: St James Church, 73 East Barnet Road, EN4 8RN

☎ 020 8440 2451 / 07505 203 260

✉ freemeals.barnet@gmail.com

✉ thewildscafe@gmail.com



TALK ABOUT IT



Happy, sad, somewhere in between?
Mental health is a spectrum we are all on

DON'T HIDE YOUR MIND

To watch our film & for advice on the different support available in Barnet for your Mental Health & Wellbeing Scan the QR code:



Caring for people, our places and the planet



Follow @barnetyouth_





FOR CHILDREN AND YOUNG PEOPLE	
Barnet Integrated Clinical Services (BICS) Mild to moderate mental health support for children, young people and families. 020 8359 3130 (9am to 5pm)	
Kooth Access free, safe and anonymous support. kooth.com	
Rephael House A safe place to recover, develop and grow. www.rephaelhouse.uk/SelfReferral For more information call 020 8440 9144 or email csm@rephaelhouse.org.uk	
Resources for Autism www.resourcesforautism.org.uk • 020 8458 3259	
Young Minds Crisis Text message YM to 85258 for free support.	

FOR EVERYONE	
NHS England Call 111 for non-emergency advice.	
Samaritans For emotional support call 116 123.	

Barnet has a network of food banks available: barnetyouth.uk/BACE-Holidays/Barnet-Food-Banks
Barnet's Early Help Hubs support families to give their children a fair start in life: barnet.gov.uk/0-19

FOR PARENTS AND CARERS	
Barnet Mencap For parents of children with ADHD. School or professional referral required. 020 8349 3842 • projectsupport@barnetmencap.org.uk	
Child and Adolescent Mental Health Service (CAMHS) For parents of children and young people (0-17 years) with mental health or severe emotional and behavioural difficulties. www.behcamhs.nhs.uk/parents-and-carers/ Call 0800 151 0023 24 hours a day, 7 days a week, 365 days a year.	
Homestart Perinatal health coaching for parents. Self-referral or professional referral. www.homestartbarnet.org • 020 8371 0674 • admin@homestartbarnet.org	
New Parent Zone – https://www.barnetlocaloffer.org.uk/parent_zone	
NSPCC For adults concerned about a child or young person • 0808 800 5000	
Qwell Free, safe and anonymous online support and counselling. www.qwell.io/	
Starline Parent Helpline For parents and carers struggling with managing their child's behaviour. www.starline.org.uk • 0330 313 9162 • Follow @StarLineSupport on Twitter	
Young Minds – Parent helpline 0808 802 5544 • (Monday to Friday 9.30am – 4pm)	

Mental health support for children and young people in Barnet is available in schools, from the NHS, via local authority services and through voluntary and community organisations. It is important that children and young people are aware of the free support available to them.



Are you living in **Barnet** and between the ages of **11 and 25**?

You can access free online mental wellbeing support including **counselling, discussion boards, advice articles** and **self help tools**.

Sign up at kooth.com for free, safe and anonymous support.

Supporting Children and Young People's Wellbeing and Mental Health

www.barnet.gov.uk/talk-about-it

BICS@barnet.gov.uk

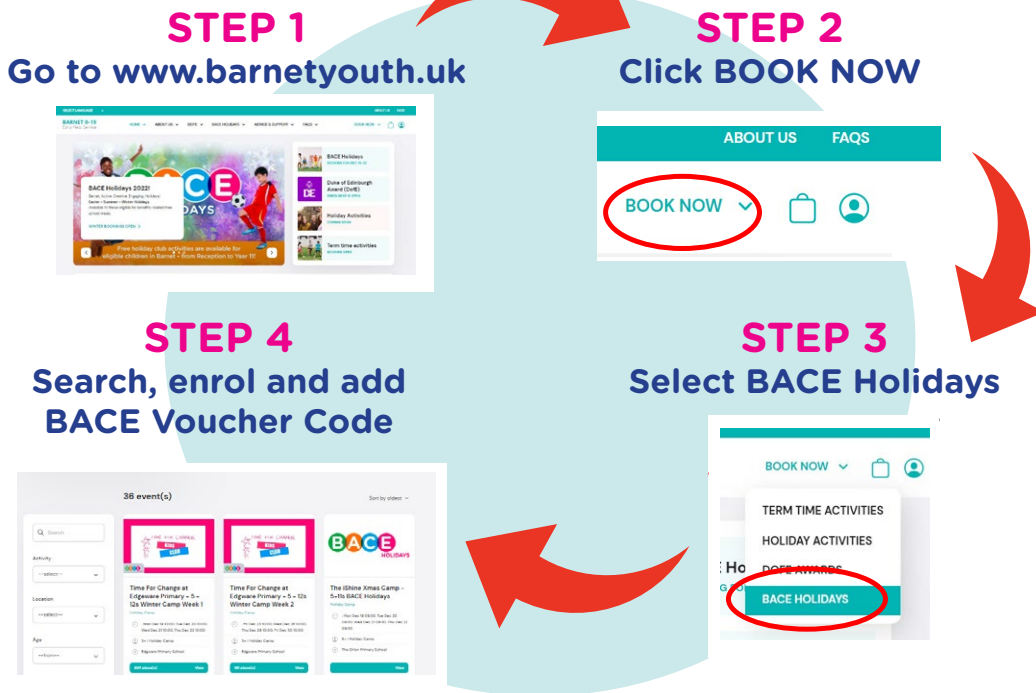
020 8359 3130

Caring for people, our places and the planet



Wellbeing, Welfare and Support

How to book...



Please email BACEHolidays@barnet.gov.uk if you would like the booklet in a larger print, Braille or in your language.

Spring BACE Activities - feedback

Barnet Education Arts Trust:
Child A: "I felt a bit nervous at the beginning." "I liked how the drums where from a different country which made it very interesting." "My 2 favourite things were from Wednesday and Thursday, one was Garage band, and one was Dj-ing, they were very similar in you made your own songs, my favourite teacher was David, he made me feel very confident and like a real star."
 "Yes 10/10 course, I would like to do it again."

Parent (Child A): His respect and regard for music is enhanced and his ability to concentrate, learn and deliver on two-hour Beat masterclass is humbling to watch.

Artsdepot: Child MG: "I have enjoyed making new friends and I have enjoyed seeing different parts of the performance and seeing all my friends' skills. At first, I didn't want to come here because I thought it would be hard, but I feel really proud of myself for coming and letting myself enjoy it and do good in the performance"

MG's Parent: 'MG has expressed to me on a daily basis that he is really enjoying camp – I have seen his confidence grow as well as his love for performing.'

Complete Sports Ltd :
Child B: "I was a bit nervous at camp before I came but the coaches were really kind and I loved dodgeball".

Parent Child B: 'The camp has been great; the children have loved it and the hours have been brilliant'.

Fixation Academy of Performing Arts:
Child C: "Everyone has been really nice. I like sitting you at. Thank you for making me feel safe here."

Parent Child C: We have had a great week... you have all be so accommodating and she's just loved it, Thank you so much for organising the BACE-HAF activities at Hendon, my daughter loves it so much and it has also given me free time for myself."