

Barnet Active Creative Engaging holidays



BACE

HOLIDAYS



Free holiday club activities are available for eligible children in Barnet – from Reception to Year 11!



have fun



get active



learn new skills

Spring 2023

3-6 April & 11-14 April 2023

**BOOK
NOW**

barnetyouth.uk/BACEHolidays



Department
for Education

**YOUNG
BARNET**
FOUNDATION

BARNET
LONDON BOROUGH



Contents



Inside our new Spring edition you can find out about family-friendly activities, advice, support and information about the BACE Holiday Camps!

Get going in 2023 with suggestions on 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 Spring BACE Holiday Activities will take place over the following dates:
Monday 3 April – Thursday 6 April and Tuesday 11 April – Friday 14 April.

With an offer of camps, day activities and trips. BACE is for children and young people aged 4* - 16 years old, there are fully funded spaces at BACE camps for children in receipt of benefit-related Free School Meals. We offer a huge range of enriching activities including multi-sport, arts 'n' crafts, performing arts and much more.

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

Wonde BACE e-vouchers:

Each child who is eligible for a fully funded space will receive an e-voucher via their school/Early Help Professional. Please go to page 15 to find out how to book your space on barnetyouth.uk

BACE Holidays stands for Barnet's Active, Creative and Engaging Holidays, a name chosen by young people!



Scan the QR code to sign up now

Sign up today!



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How to sign up and book BACE activities:

To book on to a BACE Camp or activity - go to barnetyouth.uk and register for a free account.

You can then choose which activities your child can attend once your account is verified by email, and entering your Wonde BACE evoucher in the cart of your order.

As well as BACE Holiday camps in Spring, Summer and Winter, we also have a half term and term time offer, through our Positive Activities project. This is fully funded by the council available to all children across the borough (live/school in Barnet) to find out more visit barnetyouth.uk



Follow @BarnetYouth_ on Instagram



Inclusive Summer Camps

Artsdepot in North Finchley has over the past two years developed a highly successful and over-subscribed musical theatre Inclusive Summer Camp. Around 30% of places are offered for free to families in receipt of free school meals and around 25% of participants have additional support needs.

Every participant receives a free daily cooked lunch of equivalent standards to school meals. Every participant is treated equally, and friendships form from across different groups – the camps provide an accessible environment where every individual is celebrated for their unique talents and enthusiasm.

Most of the costs associated with providing free places and lunches are covered by HAF funding – it would not have been possible to launch the programme without HAF support which underwrites the inclusive and accessible nature of the offer.

Matilda 2022



Bugsy Malone 2021



The benefits for participants:

- The Summer Camps introduce participants to musical theatre skills and in the process develop communication skills, self-confidence, and self-esteem.
- Young people across different socio-economic groups including those with disabilities and support needs build friendships and connections outside of their familiar school or home community, this supports the development of social skills and greater independence.
- Children perform in a professional theatre with radio mics, technicians, supported by a professional team including theatre and music directors, lighting and sound designers. As such, they are provided an insight into careers in the creative industries.

Feedback on previous camps:

'My daughter had a difficult time at school this year and it knocked her confidence, but now I see the spark coming back into her eyes and for this I'm truly thankful to you all.'

'I feel like I've had a lot of help with my skills, like socialising with other people, at the start of the camp I was very shy, I was over in a corner and now I'm talking to everyone and having a great time'

'What I saw when we went to watch the show was a production that had actively sought to find a way that everyone could contribute exactly as they were, right there, right then'

'Thank you to Amanda, yourself and everyone who made it possible for my daughter to participate. She absolutely loved doing it, and you were very inclusive. She had allergies and disabilities, and you were very understanding with that. Only positive feedback!'





What's on

Together,
WE ARE
BARNET

In Barnet we celebrate our differences and appreciate the rich cultures and different faiths that make our communities so special. Holidays and observances in Spring!



23 March Ramadhan starts - 22 April Eid (end of Ramadhan)

Ramadhan is a time when Muslims concentrate on their faith, and many who can, fast during daylight hours as an act of worship. Eid al-Fitr marks the end of Ramadhan.



26 March - Daylight Saving

When local standard time is about to reach Sunday, 26 March 2023, 01:00:00 clocks are turned forward 1 hour to Sunday, 26 March 2023, 02:00:00 local daylight time instead.



30 March - Rama Navami

This celebrates the birth anniversary of the Hindu God, Lord Rama, the seventh incarnation of Lord Vishnu and the son of King Dasharatha of Ayodhya.



5 - 13 April, Passover

A festival of freedom. Passover is celebrated by Jews every year, commemorating the Israelites' Exodus from Egypt, and their transition from slavery to freedom.



6 April - Hanuman Jayanti

Hindu festival celebrated to commemorate the birth of Hanuman Ji, the monkey God. He is the symbol of strength and energy.



7 - 10 April, Easter

Good Friday - celebrated by Christians, remembering when Jesus was crucified

Easter Sunday - A Christian holiday, which celebrates the resurrection of Jesus.



17 April - Yom HaShoah or Holocaust Remembrance Day

An international Jewish Memorial Day commemorating the six million Jews murdered during the Holocaust, and the heroism of survivors and rescuers.



6 - 8 May 2023, Kings Coronation Weekend

The Coronation of His Majesty The King and Her Majesty The Queen Consort will take place at Westminster Abbey on Saturday 6 May, 2023. The Kings Coronation will inspire many of our activities that include Royal Messy Arts & Crafts workshops, May half term Performing Arts Camps, Juniors and Seniors Kings Coronation High Tea Cookery Celebrations, and the Royal Digital Photography photo montage. We will also aim to deliver Real Tennis sometimes called "the sport of kings" - the original racquet sport from which the modern game of tennis is derived. It is also known as court tennis in the United States, formerly royal tennis in England and Australia. As well as many more workshops where we will have our Union Jacks flying high the whole week.

CREATIVE COMMUNITIES

Events and activities in Colindale

Creative Communities is a Barnet Council initiative, led by the Library Service to deliver a programme of free events, activities and experiences specifically for the residents of Colindale.

A wide range of exciting events are being planned and delivered for children, teens and adults. All events take place at Colindale library unless otherwise stated. Best of all they are all free!

Upcoming events include a creative writing workshop, a story and rhyme session, a Lego event and an African and Caribbean Storytime.

You can find the full programme at www.barnet.gov.uk/creative-communities

For updates on Creative Communities and information about events and activities across Barnet Libraries sign up to receive the regular newsletters at www.barnet.gov.uk/librarynewsletters





Chickenshed

BACE Family Take Over days will take place on Tuesday 4 April and Wednesday 12 April 2023 @ Chickenshed.

Chickenshed's Tales from the Shed takeover days are jam-packed days full of family fun and have been specially designed for the HAF programme in Barnet, BACE Holidays. The day starts with a workshop of activities and show extracts from 'Planet Play', sensory show for children, followed by Tales from the Shed Show. With a spark of magic, both of these shows come to life through puppetry, music and movement as we follow the adventures of our different characters big and small.

The Takeover Day is filled to the brim with further shows including a show called 'Better World'. Inspired by ideas and activities from the amazing book, 'How to make a Better World' by



Keilly Swift, the audience, along with the cast will create a manifesto at the end of each show, so that we can all help to make a Better World.

And finally, we have a show which is fun for all the family, "Mixed up fairytales", think Cinderella, Puss in Boots, Snow White, and more all lost in a land full of adventure and play as you and your family laugh the evening away. Our takeover days also encompass a range of imagination and play workshops for all ages that can be bespoke upon request!



To book visit: barnetyouth.uk



Do you need help to use a computer? Want to get the best out of your smartphone or save money on your tablet? Barnet Libraries can help.

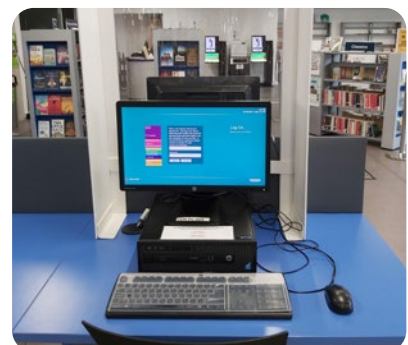
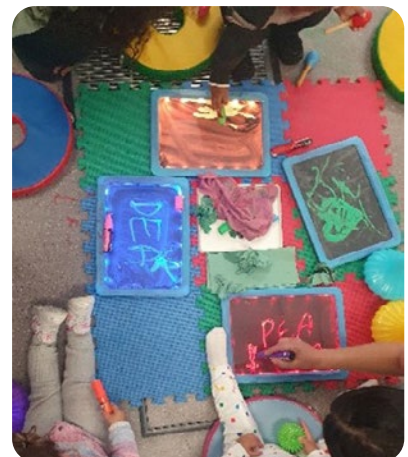
The IT Support Service is available to answer your questions on basic computer skills, online shopping, digital accessibility and using council and library resources safely. Contact

LibrariesOnlineHelp@barnet.gov.uk or call **020 8359 4913** and leave a message on the answerphone. You will receive a response within 72 hours.

Digital support is also available during drop-in sessions at Childs Hill, Chipping Barnet and Osidge libraries. Bring your own device for help and advice or use one of the library computers. Find details at **www.barnet.gov.uk/events**.

You can join a course run by Barnet and Southgate College at Hendon or Colindale Library. The Beginners Plus Computing course covers a basic introduction to the computer, including Microsoft Word, internet and email. The Improvers Computer course includes Microsoft Word, Excel and Internet; including email, shopping, job search, internet forms and security. Or enrol for the Introduction to Excel Course. For more information visit **www.barnetsouthgate.ac.uk/adult-community-courses/**, email **community.classes@barnetsouthgate.ac.uk** or call **020 8266 4000** and ask for computing community classes.

Once you have the basics you can follow one of our free recommended online courses to improve your skills, including keeping in touch with family and friends. Visit **www.barnet.gov.uk/libraries/using-library-computer** and go to Computer classes, help and support section for more information.





Get Active



Treasure Trails

The fun way to explore



TREASURE TRAILS are the UK's leading provider of treasure hunt adventures.

With over 1,200 treasure hunts, detective mysteries and spy missions across the UK, they have entertained over 3 million people.

Exclusively for Barnet Council, Treasure Trails have created 3 all new treasure hunts for the HAF Programme, that will have families searching high and low to solve the clues, find the treasure and complete the adventure.

What's more, the Trails have been specifically built with the HAF programme in mind and feature some special tips, tricks and fun facts to help support families looking to eat healthily and be more active.

The Treasure Trails ethos is to turn a normal walk into a full-blown adventure, and the 3 exclusive Barnet Trails do exactly that, for the ultimate in family fun.



Join us at the RAF Museum London for a fun and interactive session discovering the Museum and getting hands-on with our collections. There will be the chance to try on real RAF uniforms, explore our hangars with a trail and take part in a range of fun activities.

All sessions will have two staff or volunteers from RAFM and two staff from BACE to support max. 20 children per session. Age: 8-12.

Spring Holiday Sessions

Thursday 6 April

- SEND session (children to be accompanied by a parent/guardian)
- 10.30am - 12 noon
- No hot food provision for this session – snack bags to be provided

Thursday 13 April

- Mainstream session
- 1 - 4pm
- Hot food provision from Hendon Kitchen
- Any children fasting will be given a food box to take home



Cricklewood Boxing Gym

Our HAF Winter Camp was another fantastic opportunity to get a lot of our regular youth and new kids to join. As a Boxing gym, we are always excited to get kids involved. One of our boys who joined at our HAF Summer Camp, started coming to the evening sessions for beginners.

He lost his first Box Cup in Devon last September and won the National Development Championships in November last year. This is very encouraging and gives us great encouragement to continue to keep running the camps and provide the wonderful opportunity to get young people involved in sport and to believe in themselves whilst also providing good healthy food.

The kids love coming along and feel good about everything we do for them which is encouraging.

Thank you to everyone at Young Barnet Foundation for your fantastic support.



Healthy Snack Ideas

Fruit and veg snacks are always the best choice, but if children are having packaged snacks, they should aim for 2 a day max.



Why, not try these DIY healthy snack ideas?



Cheesy biscuits (makes 30)

Ingredients

- 100 grams wholemeal flour
- 50 grams self-raising flour
- 25 grams oats
- 100 grams butter or vegetable oil spread
- 100 grams cheese, finely grated
- 1 large egg yolk

Instructions

1. Heat the oven to 180C/160C fan/gas 4.
2. Put the flours and oatmeal into a bowl and rub in the butter/spread. Stir in the cheese.
3. Add the egg yolk and mix in using a fork. When the mixture starts to clump together, use your hands to knead to a smooth dough.
4. Place the dough between two sheets of baking parchment and roll out thinly to about 1/2cm. Cut out desired shapes and lift them.
5. Using a palette knife onto a non-stick baking sheet. Reroll any trimmings and cut out more shapes. Alternatively, take walnut-sized.
6. Pieces of dough, roll into balls and place on the baking tray and flatten slightly with a fork.
7. Bake in the oven for 12-14 minutes until golden brown. Leave on the tray for a few minutes to firm up before removing to a cooling rack.



Brainy beans on toast

(serves 4 adults)

Ingredients

- 1 red pepper, deseeded and finely chopped
- 4 spring onions, finely chopped
- 1 tin (420g) reduced-salt and reduced-sugar baked beans
- 150g mushrooms, sliced
- 16 cherry tomatoes, halved
- 4 medium slices wholemeal bread
- 4 teaspoons lower-fat spread
- freshly ground black pepper

Instructions

1. Put the pepper and spring onions into a large saucepan with 3 tablespoons of water. Cook for 2 to 3 minutes over a low heat, until the water has evaporated.
2. Add the beans, mushrooms and cherry tomatoes to the saucepan. Heat gently for 5 to 6 minutes, stirring often, until the beans are piping hot.

Information: If you don't have any spring onions, you can always use finely chopped onion.

3. Meanwhile, toast the bread, then spread each piece with the lower-fat spread. Pile the beans on to the toast and serve, sprinkled with black pepper.

Check out **Better Health** - Healthier Families recipe section for more ideas on healthy recipes. www.nhs.uk/healthier-families/recipes. Also, the NHS food scanner app is useful for reading food labels and making healthy food swap suggestions including for snacks.





Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



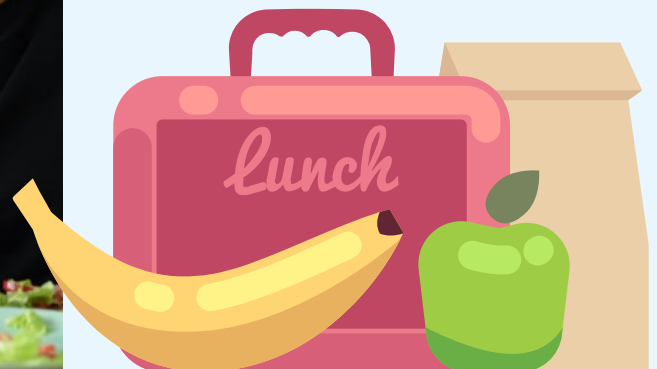
Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Go to www.nhs.uk/healthier-families for more ideas on Lunchbox. You can also use the sugar calculator to see how much sugar you have in a day!



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

BACE Holidays is an inclusive provision which means spaces are fully funded for those 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 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.
- SEND specific provision for children whose needs are better met by more specialist providers and settings.
- 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.

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.



Exclusive SEND Activities

Based on the needs of the children and families attending BACE we are now offering 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.

Family Fun SEND Sessions

Family Fun Sessions that will last between 45mins-2hours for families to 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 Family Cooking sessions**
- **SEND Multisports 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-young-people-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.



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

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.



Wellbeing, Welfare and Support

COST OF LIVING SUPPORT

BARNET, HERE TO HELP



The rising cost of living is affecting many people in the borough of Barnet. To support residents who may be feeling the financial pressures of these rises, Barnet Council and other local organisations are here to provide guidance on the financial support available to you.

We want you to know that you are not alone, and help is available.



FINANCES AND HOUSING



EMPLOYMENT SERVICES



CHILDREN AND ADULT SOCIAL CARE



MENTAL HEALTH AND WELLBEING

SUPPORT SERVICES

Who can access support?

Services listed here are available to all residents who currently receive a qualifying benefit which includes:

UNIVERSAL CREDIT

If you are not currently receiving any benefits you can apply for Universal Credit online.

Website: <https://www.gov.uk/apply-universal-credit>

Phone: 0800 328 5644

PENSION CREDIT

Provides extra money to help with your living costs if you're of State Pension age and on a low income. It also provides assistance for housing costs such as ground rent or service charges.

Website: <https://www.gov.uk/pension-credit>

Phone: 0800 731 0469

PERSONAL INDEPENDENCE PAYMENT

Personal Independence Payment is gradually replacing the Disability Living Allowance for adults with long-term ill health or a disability.

Website: <https://www.gov.uk/pip>

Phone: 0800 917 2222

JOBSEEKER'S ALLOWANCE

Provides support to residents while they are looking for work.

Website: <https://www.gov.uk/jobseekers-allowance>

Phone: 0800 169 0310



NEED HELP?

For further assistance on what support is available to you, please contact:

Citizens Advice Barnet

Phone: 0808 250 5708

Website: <https://barnetcab.org.uk>

BOOST

Phone: 0208 359 2442

Website: <https://boostbarnet.org>



FINANCIAL AND HOUSING BENEFITS

RESIDENTS SUPPORT FUND

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

DISCRETIONARY HOUSING PAYMENTS

Extra support for anyone who is currently in receipt of Housing Benefit or the Housing Costs element of Universal Credit and requires more help with housing costs.

COUNCIL TAX DISCRETIONARY RELIEF

Intended for customers who are suffering from hardship due to exceptional circumstances who require help to meet their council tax.



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.

Email: earlyyears@Barnet.gov.uk

Phone: 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.

Website: 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.

Website: <https://www.gov.uk/cold-weather-payment>

Phone: 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.

Website: <https://www.gov.uk/winter-fuel-payment>

Phone: 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.

Email: info@ageukbarnet.org.uk

Phone: 0208 203 5040



You can apply for all these in one application form at <https://barnet.grantapproval.co.uk>

If you need help with the online application:

Email: residentsupportfund@barnet.gov.uk or **Phone:** 0208 359 4242



MENTAL HEALTH AND WELLBEING

Financial pressures can affect everyone differently. Talking to someone can help you deal with the anxiety and worry that financial stress can cause. Below is a list of numbers that can support your wellbeing during this time.

BARNET WELLBEING SERVICE

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

Email: info@barnetwellbeing.org.uk

Phone: 03333 449088 (Mon-Fri, 9am-5pm)g

SANCTUARY BARNET (CRISIS CAFÉ)

Immediate emotional support for anyone over 18.

Email: SanctuaryBarnet@mindeb.org.uk

Phone: 0208 343 5704 (M-F 4.30-10.30pm, weekends 12pm-6pm)

BARNET, ENFIELD AND HARINGEY CAMHS

Call the helpline to speak to a trained mental health advisor. For anyone under 18 and parent / carers of under 18s experiencing a mental health crisis.

Phone: 0800 151 0023 (helpline is open 24/7)





Wellbeing, Welfare and Support

The **BOOST** team helps people from across Barnet find employment, whether it's by helping them improve their CVs and interview techniques, or building their confidence. They also help residents find job, apprenticeship, training and volunteering opportunities and provide advice on issues including housing and benefits. What's more, once they've helped people find work, they give them the advice and support to thrive in their new jobs.



Proud to Care - Get Started Course

The Proud to Care London portal www.proudtocarenorthlondon.org.uk is a Social Care Jobs Hub for North Central London (Barnet, Camden, Islington, Enfield, Haringey) residents. Provides information on how to start and further progress your career in care.

This site gives local residents an opportunity to find Social Care Jobs that are local to them.

Get Started for ages 16-30 is our 4 day course that is designed for those who feel ready to start working now.



On this course you will:

- learn about the Health and Social Care sector including the types of roles available and career options
- receive exclusive assessments support for practice, used for NHS Interview Assessments
- receive help with practice interviews, be given guidance for online interviews, find out the most common interview questions, and unique techniques to embed your strengths and weaknesses into
- have access to guaranteed exclusive interviews for LIVE vacancies*.

*Full programme must be completed to have access to the interviews

All this and more at www.proudtocarenorthlondon.org.uk



Do you have a laptop or tablet you no longer use?



Don't bin it! Give it a 2nd chance!



Help local residents! Donate it here or drop off your laptops and tablets to your local Barnet Library.

#BarnetGetOnline

www.boostbarnet.org
getonline@barnet.gov.uk
contact us: 0208 359 3705





Protecting your child's health starts with vaccination

Vaccinations protect children against many serious illnesses caused by childhood diseases, including:

- ⚙ Measles, Mumps and Rubella (MMR)
- ⚙ Whooping Cough (Pertussis)
- ⚙ Polio
- ⚙ Flu (Influenza)
- ⚙ Meningitis

All these diseases are known as 'preventable diseases' because vaccination will stop them from spreading.



Why is vaccination so important for my child?

Babies are born with immunity to many diseases, with antibodies passed from their mothers during pregnancy.

But this immunity in new born babies is only temporary and starts to decrease after the first few weeks or months.

Vaccination also helps protect everyone your child comes into contact with.



Don't let Measles, Mumps and Rubella into your child's world



Your child is eligible for their MMR jabs at 1 year, and 3 years and 4 months.

- ⚙ Check your child is up to date by looking in their red book if they have one
- ⚙ Make an appointment with their GP practice if you need to catch up
- ⚙ Speak to your health visitor or GP if you have any questions

If your child has missed one or both of their vaccinations, make an appointment with their GP as soon as you can.

MMR vaccines protect

Help us help you



Find out more about childhood vaccinations:

bit.ly/vaccination-tips-for-parents

STOP SMOKING

Looking to save money, change something for the better and help the planet? With the average cost of tobacco or cigarettes at £11, for most people that smoke that leaves a hole of around £200 in a household budget per month. What else could you use this for?

Did you know that accessing accredited support and using Nicotine replacement (NRT) products increases your likelihood of quitting by 3 times. Barnet Stop Smoking service offers support and access to NRT

On average in Barnet, discarded cigarette butts (filters) weigh in at 1,248 tonne and all end up in landfill.

Stop smoking support is available to anyone who lives or works or studies in the borough and is over 12yrs. This support is available in a range of venues, see www.barnet.gov.uk/stopsmoking to read more, or contact us via the online form. **#TimeToQuit**





Get free expert help from your Local Stop Smoking Service about the best way to quit

Search smoke free to find your local service





Let's do this



Wellbeing, Welfare and Support

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

🌐 www.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://rainbowcentrebarnet.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

🌐 <https://www.ccbarnet.org.uk/foodbank>

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

Clr.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

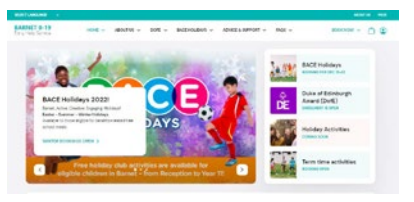
✉ freemeals.barnet@gmail.com

✉ thewildscafe@gmail.com

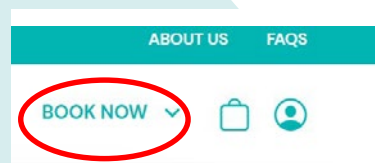


How to book...

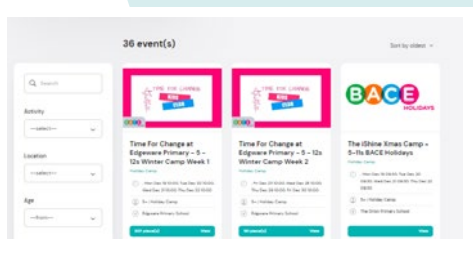
STEP 1
Go to www.barnetyouth.uk



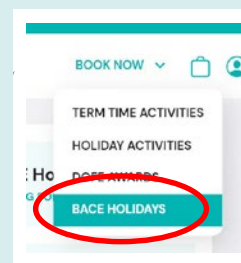
STEP 2
Click **BOOK NOW**



STEP 3
Search, enrol and add
BACE Wonde Code



STEP 4
Select **BACE Holidays**



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

World Book Day 2023

Lenny Henry, L.D Lapinski, Adam Kay and Joe Wicks join the World Book Day 2023 line up of authors.

Authors and illustrators, encouraging children and families to read, ahead of the big celebration on Thursday 2 March 2023.



The children, previously described as 'reluctant readers', explored titles by potential World Book Day 2023 authors to make their recommendations.

Reading for pleasure is the single biggest indicator of a child's future success – more than their family circumstances, their parents' educational background or their income.

To support more children in developing a lifelong habit of reading for pleasure, World Book Day's six evidence-based principles sit at the core of all its activity:

1. Being read to regularly
2. Access to books at home
3. The ability for children to choose what they want to read
4. Having trusted adults and peers sharing and recommending books
5. The reading experience being enjoyable
6. Designated time to read

Research found that 50 per cent of children found reading more fun, 49 per cent feel they have more choice in what they read and 42 per cent said they now make more time to read, as a result of World Book Day.

Children enjoyed the wonderful World Book Day costume making workshop we delivered in the Winter holidays.



Wellbeing, Welfare and Support

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.

Barnet Integrated Clinical Services

Supporting children and young people's wellbeing and mental health

Could BICS help?

Visit our website for support, advice, how to refer and online resources.
www.barnet.gov.uk/bics

