

Barnet Active Creative Engaging holidays



Summer 2023 HOLIDAYS

FREE

activities and
ideas for all
ages

Healthy Eating

FREE recipes and top tips

**Summer Reading
Challenge**

Diary of Events

Volunteering

Could you be a
Holiday Activity Volunteer

barnetyouth.uk/BACEHolidays

Caring for people, our places and the planet

24 July - 1 September 2023



Department
for Education

**YOUNG
BARNET**
FOUNDATION

BARNET
LONDON BOROUGH



Contents

BACE HOLIDAYS

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

Get Summer 2023 going 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.

**Summer BACE Holiday Activities will take place from:
Monday 24 July – Friday 1 September 2023.**

BACE activities can include Trips, Family Fun Days, Day Camps and Parent and Child Activities there is something for everyone. 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.

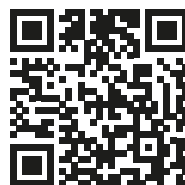
*4 year olds must be enrolled in reception at school.

How to sign-up and book an activity:

If you want to book an activity – BACE or Positive Activities, you can register at [Barnetyouth.uk](https://barnetyouth.uk) (BACE bookings require an eVoucher Code and Positive Activities do not).

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 Summer 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 www.barnetyouth.uk



Scan the QR code to sign up now

Sign up today!



What's On

Page

- Chickenshed 3
- Summer Reading Challenge 3
- Boost 4
- Summer Events 4
- Volunteering Barnet 4



Get Active

Page

- FAB - Benefits of Walking 5
- Sport 4 Kids 5



Healthy Eating

Page

- Bread n Butter classes 6
- Healthy Meal ideas 7-8



Wellbeing, Welfare and Support

Page

- BACE support for SEND 9
- Cost of Living Support 10-11
- Positive About Periods 12
- Vaccinations 13
- Food banks 14

If you are not eligible for the BACE programme, you can still access the Positive Activities Holiday Provision. These activities are free to all children, young people and their families who live or go to school in Barnet, as these are funded by the local authority.

Our Holiday activities include Skateboarding, Fitness Sessions, Celebration of South Asian Culture, Percussion workshop, Digital Photography, Basic Life Support First Aid workshops, Circus Skills, Parent and Child Yoga sessions, Water Sports and so much more.

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



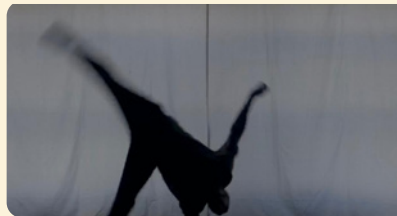
Follow @BarnetYouth_ on Instagram



Chickenshed

Chickenshed's Tales from the Shed team have had the pleasure of working on the BACE programme for nearly three years now.

We deliver shorter and longer projects at our purpose built theatre in Oakwood, at Finchley Youth Theatre and in various schools which run the amazing BACE programme. The team have been working with children across the arts, but predominantly through the medium of theatre. These have included projects promoting healthy eating, looking at environmental issues and creating a Manifesto for Change which has been shared with Barnet council. The sessions contain games, creative movement, street dance, puppeteering, shadows play, prop making, mime, song and poem writing and drum circles, so you can see that the children receive a wide range of fun activities. The sessions use a mix of directed material and co-created material where the children take the lead. This all comes together and is shared with parents and carers at the end.

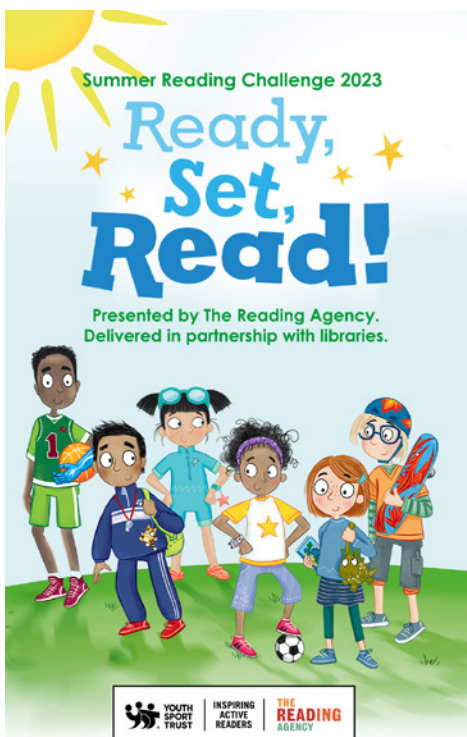


The Chickenshed team deliver theatre and workshops across London and further afield and always look fondly on these sessions among their favourites. Hopefully our involvement throughout the rest of the year will continue to strengthen and build entertaining and



playful learning sessions which highlight the voices and creativity of Barnet's amazing children.

Look out for Chickenshed on the barnetyouth.uk website and book your child's place.



The Summer Reading Challenge is back!

The Reading Agency and Barnet Libraries, in collaboration with the Youth Sport Trust, are excited to introduce Ready, Set, Read! This year, we are celebrating sport, play, and physical activity through reading.

Ready, Set, Read! encourages children to discover the world of sports and play all around them.

From Saturday 8 July, all children aged 4 to 12 at BACE Holidays will receive a 'Ready, Set, Read' folder with information about how to join up and take part.

They will need to borrow and read 6 books from any Barnet library to participate in the challenge. Reading eBooks via the **Libby app** or listening to eAudiobooks on the **BorrowBox app** also counts towards the challenge.

During **staffed hours** at the library, children will collect stickers and rewards on their reading journey. When they reach the finish line, they will receive a special certificate and a winner's medal!

We have an exciting programme of events, kicking off with our 'Sign-Up Saturday' at the RAF Museum, Hendon. Highlights over the summer include a visit from children's award-winning author Tom Palmer, Packed Lunch Art Corporation, designing your own football kit, learn a martial art, and lots of fun craft activities in our libraries.

Sign up for the libraries' newsletter for families for weekly updates on activities and events for children of all ages: barnet.gov.uk/librarynewsletters

For more information about the challenge, visit www.barnet.gov.uk/readysetreadd



What's on

BOOST helps hundreds of residents into work

Barnet Council backed employment service **BOOST** helped 770 local residents find employment in 2022/23, according to the latest figures published.

The organisation, which is managed by Barnet Homes, has also helped support Barnet's 16 to 24-year-olds into a wide range of careers, apprenticeships, and volunteering roles ranging from childcare to hospitality.

BOOST support not only job-ready Barnet residents but all those who are unemployed or want a change in career. This includes rough sleepers, graduates, people with disabilities, those furthest from the job market and those who lack confidence or motivation.

If you are looking for employment, benefits advice, or budgeting support, you can **register with BOOST** (it takes two minutes) or **contact them** for more information.

BOOST
www.boostbarnet.org



DIGITAL SKILLS
DROP-IN
make it
click

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

Mondays
1:00 – 3:00 pm
Burnt Oak Library
Watling Avenue,
Burnt Oak, HA8 0UB

Tuesdays
12:30 – 2:30 pm
Centre of Excellence,
The Concourse,
Grahame Park, NW9 5XB

Other Summer Events

There are many other events happening across Barnet through the Summer. You can find more information on <https://engage.barnet.gov.uk/> and www.barnet.gov.uk

Events include:

- **Barnet - London Festival of Architecture**
- **Pride Month**
- **South Asian Heritage Month**
- **Events in Barnet Parks -**
www.barnet.gov.uk/events-barnet-parks



Volunteering during the Summer Holidays

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 summer!

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. The programme will be running throughout the 6 weeks of the summer school holidays.

To find out more about the role and sign up today:

<https://barnetvolunteersc19.co.uk/volunteers/opportunity/10197465>



VOLUNTEERING
BARNET

Inspiring and supporting volunteering



BENEFITS OF WALKING



WEIGHT
MANAGEMENT



HEALTHY
HEART



TONE MUSCLES,
IMPROVE FITNESS,
STRENGTHEN BONES



INCREASE ENERGY,
RELIEVE STRESS



STRENGTHEN
THE IMMUNE
SYSTEM



IMPROVE
SLEEP



www.better.org.uk/fab-walking-in-barnet

Better Barnet have launched a new phone application to support Barnet residents in become more physically active. The application, Moves+ encourages people to be active through tracking steps, swimming, walking or cycling, converting this active into points which can be redeemed for “real rewards” such as free gym, swim, hot drink or event personal training session. To find out more and to download the application, please visit <https://www.better.org.uk/barnet-moves>

Walking has many benefits to our physical and mental health – and the best part? You don't have to walk for hours to reap the rewards! A brisk 10-minute walk every day can offer significant health benefits and contribute to the recommended 150 minutes of weekly exercise as advised by the Chief Medical Officer. Have you stepped out today? <https://www.better.org.uk/fab-walking-in-barnet>

SPORT4KIDS



To book on Sport4Kids BACE Camp this summer head to barnetyouth.uk

Sport4Kids are a children's coaching company based in North London providing a wide range of activities in schools, nurseries as well as running sessions for families and their children.

One of our favourite times of the year is the holidays! Our caches love working at our S4K Multi Activity Camps. Colindale School and Coppetts Wood Primary School are perfect venues for us to give children access to a wide range of sport and activity during the school holidays. We add additional activities such as making slime; Wet Wednesday water games and yoga to ensure we keep all children active and entertained throughout the day. We have been delighted to work with the schools and Barnet Council for several years now in providing places funded by the Council for children who are eligible for Free School Meals. The children and families love attending the Camps and we cant wait to see everyone in the Summer!



We run football sessions at the weekends for 18 month to 11 year olds in several different venues and this is supported by our S4K Football Academy; S4K FC and S4K Girls FC. We run an exciting Acro Dance sessions as well as a Basketball Academy for children up to 15 years old.



Healthy Eating

Bread n Butter are a Barnet based social enterprise that teaches the basic life skills of cooking and healthy independent sustainable living.

**Bread
nButter**
nourishing skills



Our Vision is for everyone to be able to feed themselves and their families with healthy nutritious food whilst being environmentally aware.

Our Mission is to help all communities make more informed lifestyle choices to maximise their health and wellbeing.



We deliver classes and workshops to people of all ages and abilities throughout the borough of Barnet in schools, community centres and throughout venues over the school holidays. We love to teach people how simple cooking healthy yet tasty recipes can be. Our children and young adult classes are spaces where they can experiment, make a mess and become adventurous around food whilst learning all the skills needed to prepare and cook favourite dishes.

We also supply Recipe Meal Kits and more recently Family Hampers which all contain fresh ingredients and a recipe to make a healthy yet tasty meal for four. The kits and hampers are an educational tool helping children develop basic cookery skills and ingredient knowledge. They also give children a sense of achievement and provide a fun activity that families can do together.

Find out more at breadnbutter.org.uk/

Classes that are coming up:

- Afterschool Cookery classes for kids 8-16yrs – Wednesdays at Canada Villa (part of Barnet Positive Activities Programme)
- Children/Teen/Family cooking classes – Canada Villa over 2023 Summer Holiday (part of BACE)
- Community Cooking classes, Grahame Park
- The Community Centre, Grahame Park Estate – every Wednesday afternoons 4pm-6pm
- Community Cooking classes, Burnt Oak
- North Road Community Centre – commencing 15 June Thursdays 10.30am-12.30pm

Book your place for the Summer BACE Activities or Positive Activities now at <https://barnetyouth.uk>

Bread n Butter's top kitchen tips



Be ready to cook

- Always wear an apron, tie your hair back, remove jewellery, pull your sleeves up and wash your hands.
- Have an adult supervise you in the kitchen to keep you safe

When preparing food

- Remember to use safety techniques such as the bridge and claw hold
- Use a small sharp knife or when using a large knife keep the tip of the blade down on the chopping board and use a rocking motion to cut

When cooking food

- Use just a little oil
- Remember to add fruit and vegetables to your snacks to get your 5 a day

Be confident and creative

- Get cooking and enjoy yourself. Preparing food from scratch is the best way to keep yourself healthy as you know exactly what you are adding to your meal
- Becoming a confident cook takes some practice, don't worry about making mistakes it's all part of the learning process



Why not try these healthy meal ideas?



Basil & Spinach Pesto

Ingredients

- A large bunch of fresh basil, washed
- A large handful of spinach, washed
- 3 tbsp. grated parmesan
- 1 clove garlic
- 4 tbsp. olive oil
- A pinch of salt and pepper

Pasta of choice

Method

1. Cook the pasta in a pan of boiling water
2. Remove the garlic clove from its skin. Then place all the ingredients into a bowl
3. With a hand blender, whiz the ingredients together until they are all combined. If a little thick, add a tbsp. or two of water until the consistency is right
4. Add to freshly cooked pasta and mix well
5. For extra cheesiness, add some extra grated cheese on top of the dish before eating



Pea and sweetcorn fritters (Makes 8)

Ingredients

- 200g self-raising flour
- 2 medium eggs
- 200ml milk
- 200g frozen peas
- 200g frozen sweetcorn
- 2 spring onions, chopped
- Salt and pepper to taste
- 1 tbsp oil

Method

1. Sieve the flour into a large bowl, add the eggs and milk & mix well
2. Stir in the peas, sweetcorn and spring onion and mix until well combined
3. Add a good pinch of both salt and pepper
4. Heat a little oil in a frying pan and add in a heaped tablespoon of the fritter batter
5. Press down gently with a spatula and repeat until the frying pan is full
6. Fry the fritters on a medium heat for approximately 3-4 minutes on either side, or until they are golden brown and cooked through.



Pitta Bread Pizza

A cheap and easy snack and a great alternative to a take-away (serves 4)

Ingredients

- 4 pitta breads
- A tablespoon of passata sauce, tomato puree or homemade tomato sauce
- 1 ball of mozzarella
- A sprinkle of oregano or any other herb of choice

Any pizza topping you like, such as onion, mushroom, sweetcorn, salami...

Method

1. Lay the pitta bread on a baking tray and place under a grill until browned.
2. Turn the pitta bread over and spoon some passata over it, sprinkle over some oregano and some torn up mozzarella
3. Add the topping you like (making sure they are sliced very thinly so they cook) then put under the grill under the mozzarella has melted

TOP TIP

Instead of pitta bread try using the end of a loaf of bread or even a tortilla wrap



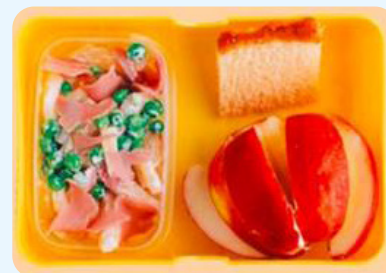
Healthy Eating

Picnics are a great way to spend time with friends and family. Here are some top tips for a healthy picnic:

- Stay hydrated with tooth-friendly drinks such as milk and plain water.
- Don't forget your veggies - Vegetables can often get missed out on a picnic menu, but adding in veggies can be super easy. Simply, slice carrots, cucumber, peppers etc. into finger food and serve with a tasty dip such as herby yoghurt, hummus or guacamole.
- Opt for low-in-sugar treats - make your own homemade treats to avoid ultra-processed, shop-bought alternatives. Baking in itself can be a fun activity to do as a family.
- Pack your protein - Try out grilled chicken, tofu, boiled egg, yoghurt or cheese as a tasty addition to your picnic.
- Cold boxes and ice packs are essential to make sure that items normally stored in the fridge stay as cool as possible.
- Don't wait too long before tucking in once you've reached your perfect picnic spot.



Rice and pea salad, grapes, fruit loaf and a boiled egg



Ham, pea and soft cheese pasta salad, small slice of plain sponge cake and an apple

There are plenty of recipes to try out on the healthier families/ change4life website. **BBQ and picnic recipes - Healthier Families - NHS (www.nhs.uk)**





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.

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

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.



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.

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.



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

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

Visit www.barnet.gov.uk/costofliving

for help and advice on financial worries and more mental health and wellbeing support.



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)



It's **SO** ok to
talk about
periods
that we're
dedicating an
entire day to it.

And we want
YOU to join
the movement.



POSITIVE ABOUT PERIODS

Tuesday 11 July, 10.30am – 2pm

at Saracens Stone X Stadium

A conference for pupils and teachers in Years 6 to 9.

- ☒ Hear from experts and join workshops delivered by the **Natural Cycle Development Programme**, **Bloody Good Period** and **Freedom4Girls**, among others.
- ☒ Learn from each other and join discussions to help understand periods better and how we can all challenge period stigma
- ☒ Co-produce our plan to create a world that is positive about periods.

**Register
today for
your FREE
place:**



www.eventbrite.co.uk/e/positive-about-periods-conference-tickets-526380958617

**Teachers: please bring your pupils.
Pupils: please bring your teachers!**

Caring for people, our places and the planet



freedom4girls



www.barnet.gov.uk





Protecting your child's health starts with vaccination 

Is your child up to date with their vaccinations?

Give your child a healthy start in life by following the childhood vaccination schedule.

Vaccinations protect children against many serious illnesses caused by childhood diseases such as:

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

Which vaccinations do over 12s need, and when?

At 12-13 years	HPV vaccine 1st dose (human papillomavirus vaccine)
At 12-13 years	HPV vaccine 2nd dose (human papillomavirus vaccine)
At 14/15 years	3 in 1 teenage booster (tetanus, diphtheria, polio booster)
At 14/15 years	Meningitis vaccine (meningococcal ACWY)

Which vaccinations do under 5s need, and when?

At 8 weeks old	6-in-1 vaccine • MenB vaccine • Rotavirus vaccine
At 12 weeks old	6-in-1 vaccine (second dose) • Rotavirus vaccine (second dose) • Pneumococcal (PVC) vaccine
At 16 weeks old	6-in-1 vaccine (third dose) • MenB vaccine (second dose)
At 1 year	Hib / MenC vaccine • MMR vaccine (first dose) • Pneumococcal vaccine (second dose) • MenB vaccine (third dose)
At 2 years (from 2 – 11 years old)	Flu vaccine
At 3 years and 4 months	MMR vaccine (second dose) • 4-in-1 pre-school booster

How to get your child vaccinated

Contact your child's doctor (GP surgery) to book an appointment and to check which vaccines your child has had. You can also check their personal child health record, the 'Red Book'.

If your child has missed any vaccines, contact your doctor as soon as possible to catch up.

Visit bit.ly/vaccination-tips-for-parents for more information and advice, or can scan the QR code.



Measles is circulating, it is serious, very infectious and can cause complications.

If you or your child have not had both doses of your MMR jab you can contact your GP practice to make an appointment. You need two doses to be protected.

Find out more about the MMR vaccine at:
www.nhs.uk/conditions/vaccinations/mmr-vaccine



How do we know vaccines are safe and effective?

- They undergo rigorous safety testing before being introduced – they're also constantly monitored for side effects after being introduced.
- They may sometimes cause mild side effects but that will not last long – some children may feel a bit unwell and have a sore arm for 2 or 3 days.
- They reduce or even get rid of some diseases – if enough people are vaccinated.



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

🌐 <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://rainbowcentrebar.net.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

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

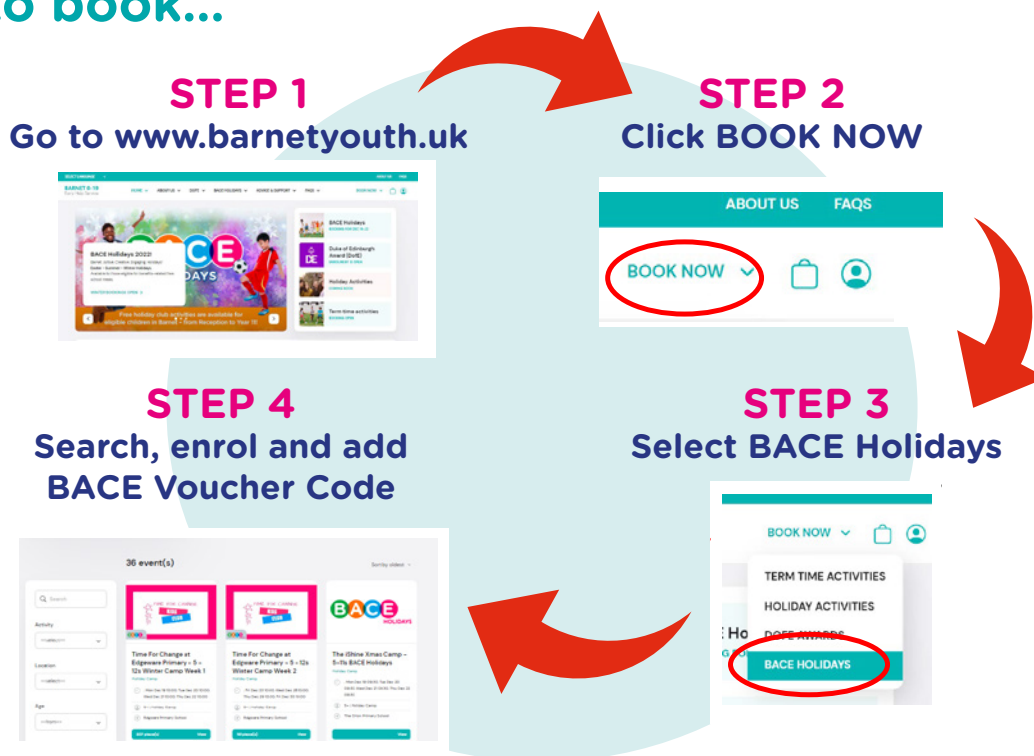
☎ 020 8440 2451 / 07505 203 260

✉ freemeals.barnet@gmail.com

✉ thewildscafe@gmail.com



How to book...



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

RAF Trip: "I wanted to say a huge thank you again for offering the opportunity to come and visit BACE at the RAF museum yesterday. It was wonderful to see the dedication of museum staff (please pass on my thanks to them too) and how the children became increasingly engaged and sociable with each other as the day went on and they were able to try on uniforms and other interactive activities. It is great to know that HAF is providing some truly new and memorable experiences for children and young people." - DfE Official

Amplified Arts: My child "loves to engage in performing arts but also finds it difficult settling in with a new group of people. At AMP cannon quickly found himself and was singing and dancing in no time!" My child "spoke very fondly of Julia and Jerry and thanks you all for a great experience."

Fixation Academy of Performance Arts: "Such a lovely environment. You walk in and there's all the sounds of the classes. we've just loved it... we'll have to come back next year." - Child's Parent

Work Works Training Solutions: "Thank you, Work Works, for providing such amazing activities for my child, I will be sending him back in the Summer."



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 csn@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

