

Spring 2024

Barnet Active Creative Engaging holidays



HOLIDAYS



Healthy Eating
FREE recipes and top tips

What's on

Free trips to
Laser Quest, Bowling
and Flip Out for the Teens

Fun Days
Sublime science, magic shows
and movie screenings

Volunteering
Could you be a
Holiday Activity Volunteer?

FREE
activities
and ideas for
ages 4-16



barnetyouth.uk/BACEHolidays

2 April – 12 April 2024

Caring for people, our places and the planet



Department
for Education

**YOUNG
BARNET**
FOUNDATION

Fully funded by the
Department for Education

BARNET
LONDON BOROUGH



Contents



Welcome to our new Spring 2024 edition. You can find out about family-friendly activities, advice, support and information about the activities available leading up to, during and after Spring Holidays.

Read 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 on:
2 - 5 April 2024 and
8 - 12 April 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 in Barnet. 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.

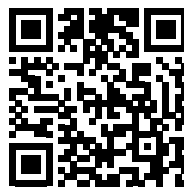
How to sign up and book BACE activities:

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.

Holidays Activity e-vouchers:

Each eligible child should receive a 16 digit e-voucher code from their school - please check your junk for an email from: Holiday Activities <hello@holidayactivities.com> this will be sent to the email address you have provided. You will receive a separate code for each child. Please go to page 15 for more details about applying for the voucher and how to book your space on <https://barnetyouth.uk> Please note: Positive Activities does not require a Holiday Activity Voucher.



Scan the QR code to sign up now

Sign up today!



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Check out page 16 of this edition for Positive Activities from February - May 2024.



Activities for children and young people all year

If you are not eligible for the BACE programme, you can still access the Positive Activities Programme which runs during the school term times and through the school holidays. Positive Activities is FREE to all children and young people who attend school or live in Barnet.

Our holiday activities will include multisport camps, musical theatre, laser quest, family swimming and film screenings at Finchley Youth centre as well as family fun days.

Book your activities at <https://barnetyouth.uk/Positive-Activities>

When enrolling on any activity you (parent/carer) will receive an automated email with the status of your booking. You can view this on your dashboard when you log into your account on, <https://barnetyouth.uk/login>

Please note some enrolments are automatic and first come, first served. Other activities you will be added to a waiting list and your status will be pending. The team will go through the list and approve young people, this is to offer a fair opportunity for young people who may have not had a chance to attend an activity previously. Please read the small print of each activity to understand the booking process.



Follow @BarnetYouth_ on Instagram



What's on

Finchley Youth Centre

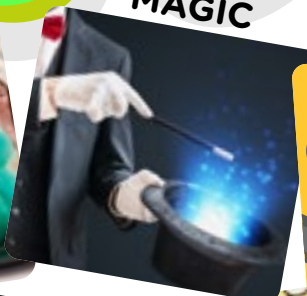
This spring Finchley Youth Centre, N2 will come alive with children and families having access to the following:

- A live performance by **The Sublime Science team: Monday 8 April**
- Magic show performed by **London Magic School: Tuesday 9 April**
- Unplug and rewind with a **classic games' night: Wednesday 10 April**
- Dance like nobody is watching at the **silent disco: Thursday 11 April**
- After the successful pilot in winter, the week will end with **Film Friday 12 April** with families having access to a cinema experience (snack provided).

SCIENCE



MAGIC



FILM



GAMES



SILENT DISCO



Chickenshed

Easter Bunny Tales Shows @Chickenshed, N14

Show 1: Tuesday 2 April 2024 @ 10am

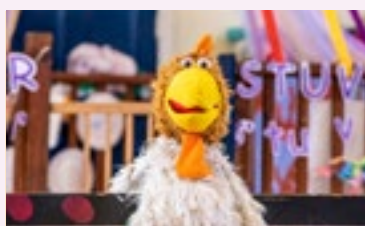
Show 2: Wednesday 3 April 2024 @ 10am

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

Get ready to experience a magical journey filled with enchanting stories, educational songs, and plenty of movement. Our lively Tales from the Shed team invites you to join us this April for an egg-tra special Easter-themed performance that promises fun for all ages!

Get ready for an egg-citing adventure that's not just for the little ones! Our carefully planned show is brimming with educational songs, oodles of movement, and enchanting Easter stories. It's all about turbocharging brain development and early learning in young children aged 0-6yrs. And the best part? Siblings and grown-ups can join the fun too!

To receive Free tickets via the BACE programme visit barnetyouth.uk



Spring Fun Days

Get out of the house and join us for either a morning or afternoon of fun at our one-off events where children and young people can take part in a series of fun activities.

Monday 8 April:

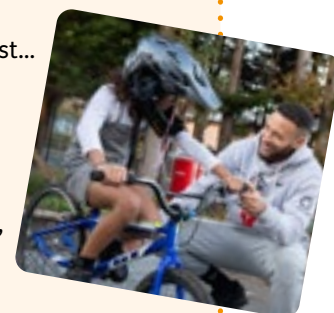
**St James Catholic High School,
Great Strand, Colindale, NW9 5PE**

Tuesday 9 April:

**East Barnet, Chestnut Grove, East
Barnet, EN4 8PU**

Learn from the best...

BMX with world Number three – Tre Whyte, Multisport with Elite Leisure Sport, football, athletics, hockey, kwik cricket, athletics, lacrosse, and other sports! As well as access to inflatables for all ages. Sessions will include family and child SEN specific provision.



**Sign up
today!**



What's on

BACE Trips

For the sessions below, 12-16 year olds can bring a friend along for free, even if their friend is not eligible for benefit-related free school meals.

Flip Out – Wednesday 10 April

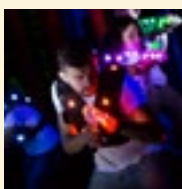
Location: Brent Cross



Young people can enjoy everything that Flip out has to offer with a range of food and drink.

Laser Quest – Wednesday 11 April

Location: Brent Cross



Laser Quest is a 2 hour adventure: two 20 minute laser quest games, one 5D VR cinema experience and access to food

and drink. The session will conclude with 30 minutes of team building games.

Hollywood Bowl – Friday 12 April

Location: North Finchley



Dine and bowl, starting with an icebreaker to get to know one another, young people will split into two teams to go

head-to-head with a game and access to a hot meal after the session.

All the above sessions children and young people will be supervised by staff members.

Royal Air Force (RAF) Museum SEND

Wednesday 10 April at 10:30-12:30

Location: Colindale

A session for SEND children aged 8-12



to attend along with a parent/adult. The session includes a behind the scenes

look at the museum and an opportunity to take part in activities provided by museum staff. Healthy snack bags will be on offer, the snack bags are suitable for vegetarians and Kosher bags are accessible.

LiFT CIC delivering BACE football sessions

LiFT CIC is a youth and community led organisation using the power of football to create opportunities for children and young people in Barnet.

We deliver accessible community-based football sessions with the objective of supporting and developing positive lifestyles, building good physical and emotional health and wellbeing whilst strengthening resilience. Our sessions cater for children of all abilities. The staff are FA qualified, First Aid trained, and DBS checked.

During the Spring Holidays, we will be at Woodhouse College (N12 9EY) and St. James' High School (NW9 5PE). You can check the exact time and date of our sessions at <https://barnetyouth.uk/baceholidays>



BACE Activity Camps Across the Barnet borough,



eligible children can take part in up to 4 days of camp activities across the holidays. We have a number of BACE activity camps.

Here are a few of the provisions in Barnet running BACE Camps. There are lots more so please check out the website and search for a camp near you.

Provider Name	Venue	Age of YP
East Central Hub Area		
Active London Activity Camp	Tudor Primary school, N3 2AG	under 11
Active London Activity Camp	Brunswick Park Primary, N14 5DU	under 11
Fixation Academy Performing Arts Camp	Whitings Hill Primary, EN5 2QY	under 11
Foundation Sports Activity Camp	Ashmole Primary, N14 7NP	4 to 16
Mindcatcher SportsTech Activity Camp	All Saints CofE Primary School, N20 9EZ	under 11
Non Stop Action Moss Hall Camp	Moss Hall Junior School, N3 1NR	5 to 12
Non Stop Action Summerside Camp	Summerside Primary School, N12 0QU	5 to 12
Planet Youth Camp	Hollickwood, N10 2NL	under 11
Smart Play Creativity, Football Camp	Underhill School, EN5 2LZ	4 to 12
Sport4Kids Coppetts Wood Camp	Coppetts Wood, N10 1JS	under 11
South Hub Area		
Amplified Arts Academy	Hillsong Church NW11 7RP	over 12
Claremont Primary School	Claremont Primary School, NW2 1AB	under 11
West Hub Area		
Fixation Academy Performing Arts	Fairways School, NW7 3HS	under 11
Greentop Activity Camp	Greentop Children's, NW9 4BR	under 11
Non Stop Action Millbrook Camp	Millbrook Park CE Primary, NW7 1JF	5 to 12
Pro Touch Sports Camp	Parkfield Primary School, NW4 3PJ	6 to 12
Sport4Kids Colindale Camp	Colindale School, NW9 6DT	under 11
Superstar Sport Camp	Watling Park Primary, HA8 9YA	under 11
Superstar Sport Camp	Broadfields Primary School, HA8 8JP	under 11
Wuma Sports Ltd Basketball Camp	Saracens High School, NW9 4AS	over 12



To book any of these trips visit: <https://barnetyouth.uk/bace>



2024 Spring Event dates across the borough:



Zero discrimination day
1 March



International Women's Day
8 March

Nutrition and Hydration Week
11-17 March



World Down Syndrome Day
21 March

National Autism Acceptance Week
1-7 April



On Your Feet Britain Day
25 April

Take to your Feet National Walking Day
7 April



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

Would you like to help deliver Holiday activities for children and young people across Barnet?

The Holiday Activities and Food Programme (HAF) runs throughout the school holidays (Spring, Summer, Winter) and provides children in the community with healthy meals and enriching activities.

This London Borough of Barnet and Young Barnet Foundation programme needs motivated individuals with a genuine dedication to the people of Barnet.

Working directly for the community, you have the empathy and commitment we need to make a difference in a child's life during the school holidays.

This wonderful initiative benefits families who are struggling financially: and allows children to stay active, learn about nutrition and participate in fun experiences.

This role is ideal for volunteers with childcare, youth or classroom experience; or for those looking to gain experience in this area. It takes place in schools and community venues across the Borough of Barnet, and you will be supporting a variety of Holiday Activity and Food Programme providers.



Inspiring and supporting volunteering



Additional training opportunities are available, and an enhanced DBS check will be provided.

Volunteering Opportunities available from 02-05 April & 08-12 April 2024

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



Get Active

Parent of Child A: I think It's great for the children. If it wasn't for this the children would be at home. Because of this they have multiple activities to do during the half term.

BENEFITS OF WALKING



WEIGHT
MANAGEMENT



INCREASE ENERGY,
RELIEVE STRESS



HEALTHY
HEART



STRENGTHEN
THE IMMUNE
SYSTEM



TONE MUSCLES,
IMPROVE FITNESS,
STRENGTHEN BONES



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>

You Said We Did:

For Teens

Our teens stated they wanted more opportunities to attend sessions with friends and therefore our Teen Trips include bring a friend option.

For Parents

Parents asked for activities which include more opportunities for children to have access to education focused fun – hence the introduction of sublime science shows/workshops, guitar lessons and musical theatre workshops.

Feedback on previous camps:

"Really enjoyed the camp and got to play football against older boys which does not happen at school. Nice food and nice people."

Mum - "I knew he enjoyed himself because I had to wait for him on a couple of days to finish the match he was playing in. This camp was great for him and he made new friends during the week."

"I love day camp because it gives me opportunities to do fun things I don't do at home or in school."

"We never dreamed that L would love day camp, we begged her to go! She came home with a spring in her step and looked forward to going back to school when the term begins."

"Thank you for helping my child gain the confidence - this will give her an easier time with physical exercise in the long run!"





Why not try these healthy meal ideas?



Sweet Potato & Spring Onion Fritter (Serves 4-6 - approx 12-14 fritters)

Ingredients

300g sweet potato, peeled and grated
75g plain flour
2 tbsp cornflour
2 spring onions
½ tsp salt
Oil for frying
Dipping sauce
6 tbsp mayonnaise
2 tsp of sriracha

Method

1. Place all the ingredients for the fritters in a mixing bowl and mix well.
2. Make the patties using a heaped dessert spoon and shaping into balls then flattening them.
3. Heat the oil in a large non-stick frying pan, add the patties and cook for 2-3 minutes on each side. Place on a kitchen towel to drain off the excess oil.
4. Serve with the dipping sauce.



Easy kedgeree (Serves 6)

Ingredients

1 tbsp olive oil
1 onion, peeled and finely chopped
2 cloves garlic, peeled and finely chopped
1 small piece fresh root ginger, peeled and finely chopped
1 tbsp medium curry powder
250g basmati rice
300g (approx.) smoked haddock fillets, skin removed
2 handfuls frozen peas
3 eggs
Handful fresh chopped parsley or coriander (optional)

Method

1. Heat the oil in a heavy based saucepan, add the onion, garlic and ginger and cook gently for 10 minutes.
2. Add the curry powder and cook for a minute or two then add the rice and 500ml water, cover and cook for 10 minutes.
3. Cut the fish into chunks and add to the rice with the peas and cook for another 5 minutes. Leave to stand, covered, for 5 minutes.
4. Meanwhile hard-boil the eggs. Divide the rice mixture between 4 bowls.
5. Cut the eggs into quarters and scatter over the rice and serve.



Fruity peach pots (makes 6 pots)

Ingredients

140g cream cheese
200g Greek-style yogurt
3 tbsp icing sugar, sifted
few drops of vanilla extract
300ml double cream
300ml raspberry jam (or use any jam you have)
10 slices of tinned peaches

Method

1. Put the cream cheese, yogurt, sugar and vanilla extract in a large bowl. Using a balloon whisk, beat until smooth
2. Pour in the cream and whisk again until the mixture just holds its shape – you want it to be soft and light, so be careful not to over whisk
3. Put a little jam in the bottom of 6 small glasses or pots, top with some of the cream mixture, then 4 peach slices and more jam
4. Follow this with another layer of the cream, a drizzle of jam and finish off with some chopped peach. Chill in the fridge for up to 5 hours





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. Please email BACEHolidays@barnet.gov.uk

NEW! So we can support more SEND children and following the DfE guidance. Each child can **ONLY** receive up to 4 hours of 1:1 support under the BACE Holidays programme – subject to availability.

NEW

NEW! If your child requires 1:1 support parents will need to contact BACEHolidays@barnet.gov.uk by Sunday 17 March 2024 in writing. Any requests after this date may not receive support.

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 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.



First of its kind 'Fair Play' playground opened by Mayor of Barnet



The Mayor of Barnet opened a new inclusive and accessible playground on Tuesday 13 February at Victoria Recreation Ground in East Barnet enabling people of all ages and abilities to play together.

The Fair Play playground directly addresses the challenges faced by the disability community and empowers disabled and non-disabled people of all ages to play together without exclusion or bias. Local residents with disabilities, parents, carers and accessibility experts have been involved in shaping the project from the outset, putting the disability community at the heart of its design.

Deborah Gundle, co-founder of Fair Play, said: "As a mother with a disabled son, I know how difficult it is for families like ours to be able to play together. A lot of hard work has gone into this project, and seeing the equipment being used by disabled and non-disabled children side-by-side is incredibly rewarding. I'd love for every playground to allow people of all ages and abilities to play in this way and we hope Fair Play will act as the blueprint for new playgrounds up and down the country.

As a mother of three, Nathalie has always valued the importance of play for physical, social, cognitive and emotional development, and believes playgrounds are a space where there should be no exclusion.

Nathalie Esfandi, co-founder of Fair Play, said: "Playgrounds should be wholly accessible and inclusive, allowing those with learning and physical disabilities to play alongside their siblings and friends. Local governments across the country should take note of this, providing community spaces that serve all ages and abilities."

Solid safety surfacing across the whole play area ensures it is wheelchair accessible, and the picnic area allows wheelchair users and non-wheelchair users to sit together. There are also communication boards for non-verbal people to use, along with a textured path surface to support visually impaired users to navigate and only one entrance and exit to ensure users won't leave without their carer's knowledge.



"Inclusive play will reduce stigma through positive experiences in a society where social integration and physical fitness are important to all of us."



Photography by: Channele Joseph

MONEY WORRIES?

COST OF LIVING SUPPORT

Barnet, here to help

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.

Take control of your finances - Barnet Council's Financial Calculator helps you work out if there are any benefits, grants or other payments that you are entitled to but are not currently claiming. Complete your self-assessment by scanning the QR code.

You can access other support services online at **www.barnet.gov.uk/costofliving**. If you would like to talk to someone about these services, please call us on **020 8359 2000**.



In the UK every year, billions of pounds of benefits go unclaimed.



Caring for **people**, our **places** and the **planet**

We are here to help.
Find everything you need at
www.barnet.gov.uk/costofliving

BARNET
LONDON BOROUGH

ARE YOU STRUGGLING WITH DEBT?



Are the bills mounting up and you're not sure where to turn? Barnet Council can help thanks to our innovative new partnership with the Money Adviser Network, provided by the Money and Pensions Service.

We can put you in touch with professional debt advisers who can provide confidential and free debt advice and personalised solutions. Contact the Money Adviser Network today for free, confidential, and expert help.

Specialist debt advisers can help you:

- understand your financial situation
- create a personalised budget
- develop a practical action plan to get out of debt in a sustainable manner.



Contact the **Money Adviser Network** today by visiting **www.barnet.gov.uk/costofliving** and choosing '**Money and Debt**'. Or scan this QR code.

This service is provided as part of MoneyHelper. MoneyHelper is a government sponsored organisation that provides free, confidential, and independent debt advice. All debt advice services within the network meet MoneyHelper's standards and are regulated by the Financial Conduct Authority.

Your information is secure and private.



PROTECTING YOUR CHILD'S HEALTH STARTS WITH VACCINATION

Is your child protected against measles, flu, and other infectious diseases?

Cases of measles are rising in London. Make sure your child is up to date with their MMR vaccine. Protect your child against measles and prevent potentially serious illness by contacting their GP practice to book their first or second MMR vaccine appointment.



Measles is more than just a rash, with one in five 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 73% 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**



"I was scared to get vaccinated but since learning about the benefits, I got my kids vaccinated as well as myself"

– **Nasra, parent and Barnet resident**

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/>





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

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



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.



kooth **BARNET**
LONDON BOROUGH

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.

It's OK to talk
bics

Supporting Children and Young People's Wellbeing and Mental Health

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

BICS@barnet.gov.uk

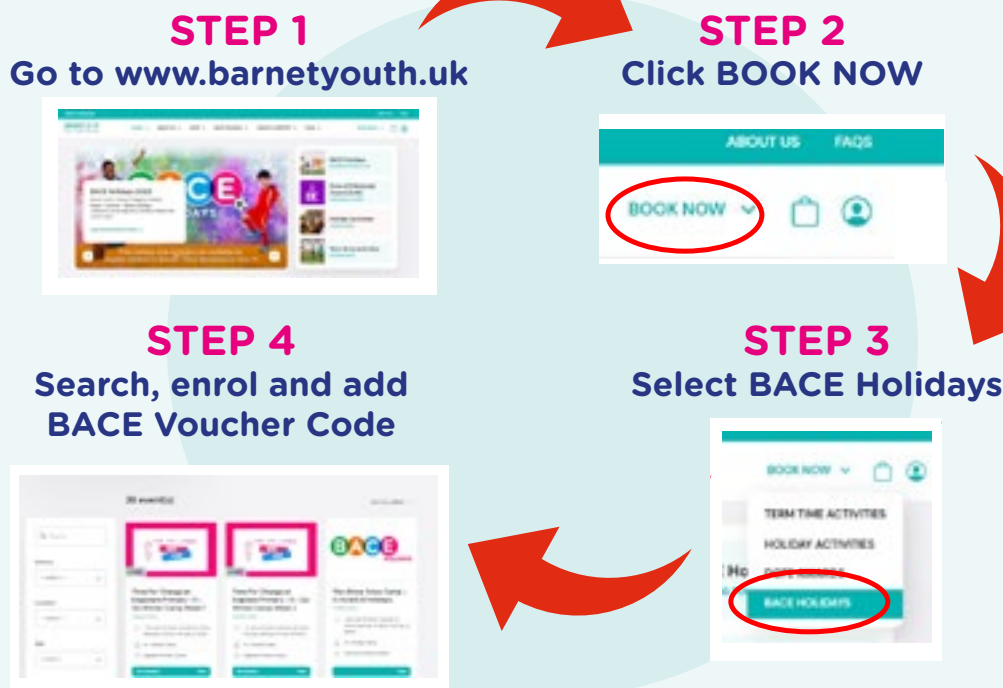
020 8359 3130

Caring for people, our places and the planet

FAMILY FRIENDLY BARNET **BARNET**
LONDON BOROUGH



How to book...



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

Activity Sign Up Surgeries

NEW

For parents/carers who need support with registering and enrolling their child(ren) to a BACE, Positive Activities or Duke of Edinburgh activity this Spring, drop by to one of our sign-up surgeries and meet the team. We have internet access and devices that you can use on site to support you.

East Central Hub Area

Newstead Children's Centre,
East Central Hub, 1 Fallows Close
(off Tarling Road) East Finchley, N2 8LG
Monday 11 March 2024 - 2pm-5pm
Tuesday 12 March 2024 - 2pm-5pm

Finchley Youth Centre,
142 High Road, East Finchley, N2 9ED
Friday 08 March 2024 - 5pm-6pm
Friday 15 March 2024 - 5pm-6pm

West Hub Area

Barnet and Southgate College,
Colindale, 7 Bristol Avenue
(formerly Lanacre Avenue) London NW9 4BR
Tuesday 05 March 2024 - 4pm-6pm
Thursday 07 March 2024 - 4pm-6pm
Tuesday 12 March 2024 - 4pm-6pm
Thursday 15 March 2024 - 4pm-6pm

Canada Villa Young People's Centre,
Pursley Road, Mill Hill, NW7 2BU
Thursday 07 March 2024 - 5pm-6pm
Thursday 14 March 2024 - 5pm-6pm

Child A: I think camp is good.
My favourite room is the games room
because I can play with my friends.

I have seen my niece blossom
into a confident young child, it
has been a real benefit to her



POSITIVE ACTIVITIES+

Activities for children and
young people all year



Caring for people, our places and the planet



Barnetyouth.uk/positive-activities

BARNET
LONDON BOROUGH



Activities for children and young people all year



A universal and free service

Positive Activities is part of the Child and Family Early Help Services. A fully funded provision free of charge at point of access for all children and young people living or studying in Barnet.

Positive Activities runs all year offering programmes during the school term and all holidays.

Positive Activities takes place over the following dates:

Spring Term

15 January 2024 to 28 March 2024

Spring Holidays

02 April 2024 to 05 April 2024 and
08 April 2024 to 12 April 2024

Summer Term

15 April 2024 to 19 July 2024

May Half Term

28 May 2024 to 31 May 2024

How to sign up and book Positive Activities:

If your child lives or schools in the Borough of Barnet you can register for Positive Activities online at <https://barnetyouth.uk/login>.

You can then choose which activities you would like to enroll your child onto. Look out for the verification email in your junk email - you can not login until you verify.

Look out for our Bring a friend Activities!

You can bring a friend along to our Positive Activities Trips. Please go to page 19 to find out more.



What's On

Page 18-22

Get Active

Page 19, 20, and 21

Learn a new skill

Page 19 and 22

Book your activities at <https://barnetyouth.uk>

When enrolling on any activity you (parent/carer) will receive an automated email with the status of your booking. You can view this on your dashboard when you log into your account on the BarnetYouth website. Please note some enrolments are automatic and first come, first served. Other activities you will be added to a waiting list and your status will be pending. The team will go through the list and approve young people, this is to offer a fair opportunity for young people who may have not had a chance to attend an activity previously. Please read the small print of each activity to understand the booking process.

Partnership Working with the Duke of Edinburgh Award

In partnership with Positive Activities the Duke of Edinburgh Award runs a series of Open Award nights accessible to children across the borough. For more information relating to the Open Award please see pages 23-24.

The DofE Award is available to children age 13+. As a programme there is a charge to complete the Award, however, we can support you to access funding pots when available, subject to availability and criteria: email DofE@barnet.gov.uk to see if there are any funding grants available via the Duke of Edinburgh.





Activities for children and young people all year



Introducing Our New Look: Positive Activities Reimagined

We are thrilled to unveil the fresh face of Positive Activities – a dynamic new logo that captures the spirit of our mission. Our new logo embodies the energy and creativity at the heart of our programmes. The name 'Positive Activities', outlines our commitment to delivering engaging and enriching experiences for all children and young people in Barnet throughout the year.

A slogan that speaks volumes and created by young people in Barnet

Beneath our logo, the slogan 'Activities for Children and Young People All Year' is more than just a tagline. It's our promise to parents, guardians, and the children and young people we serve. It outlines our dedication to providing a diverse range of activities that engage and educate all year. Positive Activities is about learning, growth, and fun.

What's on Spring Holidays – 02-05 April & 08-12 April 2024

Fun for little ones – Under 11s

CHOCOLATE EASTER EGG MAKING
Canada Villa
08/04, 09/04 and 10/04



Get creative with your little ones as they experiment with yummy Easter eggs

LEGO CREATIONS
Canada Villa
03/04, 04/04, 05/04, 10/04, 11/04, 12/04



Stimulate those tiny fingers and allow them to construct Lego masterpieces

EASTER EGG HUNT
Canada Villa
05/04 and 12/04

Ready, set, hunt! A traditional Easter game that the young ones enjoy too.

EASTER ART FUN
Chipping Barnet Library
02/04



More creative Easter fun, brushes out & colours ready.

Teen Focused Activities

FASHION DESIGN
Chipping Library
02/04, 03/04, 04/04



Design threads that make statements, celebrating empowerment with every stitch

WOOD CRAFTING
Canada Villa
10/04, 11/04, 12/04

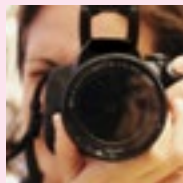
Let sawdust and creativity fly as our young people form their green thumb dreams, crafting plant pots for our GROW gardening project

GRAFFITI
02/04, 03/04, 04/04 05/04



Unleash the inner rebel artist where vibrant visions come to life

PHOTOGRAPHY
Chipping Library – 03/04
Colindale library – 04/04
Hendon Library – 05/04



Capture Barnet's city soul through the lens and look at your area in a whole new light

FOOTBALL



Teen spirit, fun and fitness. Come & play the universal language of football

COOKING – Canada Villa
Young people will be learning key skills & getting creative with new flavours

Family Fun Sessions

EASTER EGG DECORATING
Canada villa
08/04, 09/04, 10/04

Bond with your little one over the magic of Easter Egg making

FAMILY MOVIE SCREENING
Finchley Youth Centre 02/04
Canada Villa 12/04



Grab the popcorn, lights, camera & family bonding time. In our very own movie screenings playing family movies everyone loves



Did you know? Canada Villa Youth Centre in Mill Hill has a fully equipped Gym and Recording Studio young people can access weekly!

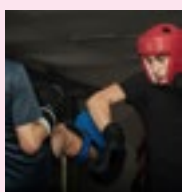
Term Time Activities - Get Active

During each academic school term Positive Activities host a range of activities out of school hours across the borough. Below are just a few you can join. To see the full offer please visit: <https://barnetyouth.uk/Positive-Activities>



STEP INTO THE BOXING RING!

Canada Villa, Mondays



Our weekly boxing sessions teach young people the basics of boxing like jabs and hooks. It also teaches discipline, confidence and is a great way to maintain fitness. We aim to teach our young people to face life head on.

POP, LOCK & DROP! STREET DANCE

Canada Villa, Wednesdays



Our electrifying street dance sessions have an amazing choice of beats to dance to whilst learning the coolest moves. This activity helps young people transform energy into expression.

ITS GAME TIME! Football sessions

St James High Sch, Saturdays



Our football sessions are where teamwork and talent collide. Football sessions allow young people to build fitness, learn skills and most importantly, sportsmanship.

Learn a new skill

FIRST AID SESSIONS

Young people will learn vital skills that will benefit them for their entire life. Learning how to deal with common life threatening accidents like choking with great tips on how to remember and recall what they have been taught.

LEARN PHOTOGRAPHY

Master how to use a DSLR camera to capture amazing pictures. Learn the different skill sets needed for different genres including sports and landscape photography.

JEWELLERY MAKING

Starting with the creative design process, take your ideas from the page and create a piece of jewellery unique to yourself that you can wear and cherish.

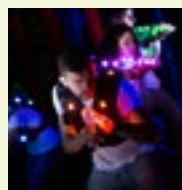
Positive Activities Trips



FLIP OUT, Brent Cross

Wednesday 03 April

Try out the many trampolines, a stunt zone, soft play plus three attractions - a Donut Slide, a huge Inflatable and a Battle Cannon Arena.



LASER QUEST, Brent Cross

Thursday 04 April 2024

Take part in timed laser quest games. Zap your way through the Laser Quest labyrinth, with catwalks, mazes and swirling fog. Will you emerge victorious.



HOLLYWOOD BOWL, East Finchley

Friday 05 April

The session will start with an icebreaker before the group is split into two teams that will go head to head in a friendly game.

Commitment to Growth and Progress

At Positive Activities, we are committed to offering an environment that is safe, supportive, and enriching. Through our wide array of programmes, young people can discover their passions, develop critical life skills, and build confidence. We are dedicated to guiding them in their journey to adulthood, equipped with the tools and experiences that make a difference

Did you know? Over 1500 children took part in Positive Activities across 2023.

Term Time Activities - Get Active

During each academic school term Positive Activities hosts a range of activities out of school hours across the borough. Below are just a few you can join. To see the full offer please visit: <https://barnetyouth.uk/Positive-Activities>



STREET DANCE

Canada Villa, 5:30 - 6:30pm

Learn a number of dance styles including hip hop, break dance and commercial street. This Dance class will focus on having fun, building confidence and developing skills such as musicality, discipline, movement, agility, expression and flexibility, as well as physical fitness, strength and stamina.

RITHMIK MUSIC PRODUCTION

Monday, Drop In 6:30pm - 7:30pm

Use our studio to make your own beats, write your own lyrics, record your own songs, or create and collaborate with other artists.



Teen Activities: Teen Positive Activities

SEN PERFORMANCE

FYC Mondays 4:00 - 5:30pm Term Time

Love to sing, dance & act? Then come and attend this weekly performing arts session for SEND (Special Educational Needs, Disability & Autism) Young People. At the end of each term, there will be a short performance/sharing of work which you can invite your family and friends to.

You'll be supported by knowledgeable producers to help you build your own sound using professional music software. No previous musical experience is needed.



**Community
Fibre**

BOOST
www.boostbarnet.org

Barnet Council is working
in partnership with
Community Fibre to
provide 12 months of free
broadband to eligible
residents.

NEED TO KNOW

Applicants will be
required to
provide Direct
Debit details as
security for the
broadband
router to
Community
Fibre.

This scheme has been set
up to support residents
who can not access
broadband at home, to
help bridge the digital
divide.

Before applying, please
check that Community
Fibre is available in your
area, by visiting here:

communityfibre.co.uk

**The Barnet
Group**
PERSON CENTRED

BARNET
LONDON BOROUGH

Circus Skills

A term time and school holiday provision

**Join tutors from
Nearly There Yet
to learn and develop
Circus Skills.**

From juggling to stilt walking, to acrobatics and unicycling, learn new skills and tricks to impress your friends and family while having fun and staying active. Improve your balance, coordination, concentration and fitness through a mixture of games and skills while having fun in a friendly and inclusive environment.

No experience is necessary, and parents are always invited to see what has been going on in the last session of each term!

Nearly There Yet - Ed Stephen

"We love delivering circus sessions for Barnet Youth. Over the time I've taught here I have seen so much growth in the young people's confidence, skill and coordination both through learning different techniques but also through the games we play. It's been great to see our juniors progress into our senior sessions and we are super proud that some of our seniors are now going on to take circus further in their lives by joining programmes at the National Centre for Circus Arts in Shoreditch. We are lucky to have a regular home at the Finchley Youth Centre to Pass skills on to the young people of Barnet."

**nearly
there
yet**



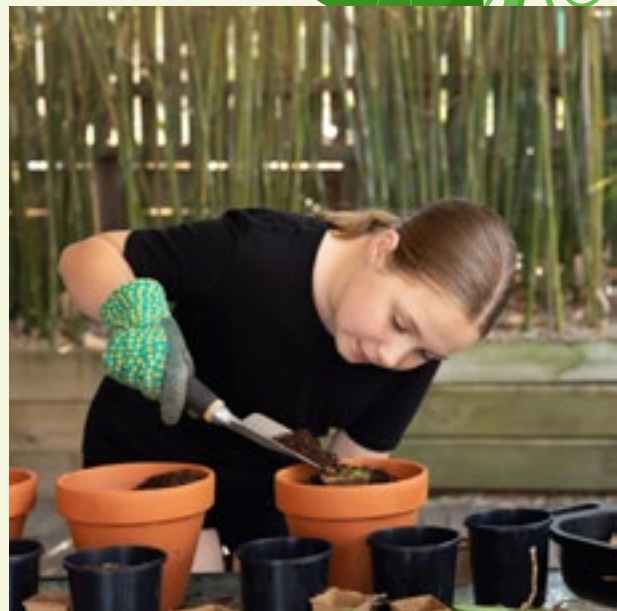
Parent A "My son has been going to the circus class on Mondays for over two years, he doesn't miss a single class and enjoys it every time. In recent times there has been a significant improvement in his circus skills. He is full of confidence when he performs, he brings his talent home and to school and is very proud of himself. We are also very proud of him."



Giving young people the knowledge and confidence to...

We offer the skills, knowledge, and confidence to make positive choices and changes in their lives and in the world around them.

At **We Are Grow**, all our programmes teach sustainable food growing skills and knowledge with the aim to support well-being and connection to the world around us. At Canada Villa Youth Centre, we ran children and parent sessions teaching the children how to grow different foods using the centres garden. Utilising their new skills and knowledge they got to see and taste the results of their hard efforts. **We Are Grow**



Strength & Learning Through Horses offers therapy services and alternative education / skills training programmes.

All our services utilise horses to engage young people and adults in building skills and confidence to make positive changes in their lives. Skills learnt on programmes include self-reflection, communication, teamwork, time management and leadership skills.



Caring for **people**, our **places** and the **planet**

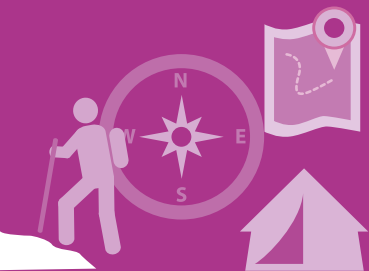
Finchley Youth Centre, 142 High Road,
East Finchley, N2 9ED

Every Friday 3:30 – 8pm
(Open Day 3 November 2024, 3:30– 6:30pm)



Lots of activities available that are
accredited through the DofE Award

- **Barnet Youth Champions**
- **Dance**
- **Fitness/Boxing**
- **DofE Support and Volunteering Opportunities**
- **Games including Table Tennis**
- **Arts and Craft**



Scan here for **FREE** activities Barnetyouth.uk
Email: DofE@barnet.gov.uk • Tel: 020 8359 5281



Caring for **people**, our **places** and the **planet**

Drop-in, take part and have fun.

Every Thursday 4 - 8pm



ACTIVITIES AVAILABLE:

- Cooking
- Arts and Craft
- Graffiti
- Fitness (Boxing/ Gym)
- Expedition Training
- Certified First Aid Training (subject availability)
- Games including Pool and Table Tennis
- Rithmik Music Production
- Digital Photography
- DofE Support Volunteering Opportunities
- Hair & Beauty
- Homework club

All activities are accredited through the DofE Award



Scan here for FREE activities Barnetyouth.uk

Email: DofE@barnet.gov.uk • Tel: 020 8359 5281

