

Barnet Youth

Summer 2024

FREE
activities
and ideas for
children and
young people



barnetyouth.uk

**Free Summer
Camps and
Activities**

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?

Caring for people, our places and the planet

BACE Holidays:
Fully funded by the Department for Education



Barnet Youth

Welcome to our Summer 2024 edition, you can find out about family-friendly activities, advice, support and information about services in the Borough of Barnet.

In this booklet you will find information about the following projects:



For children aged 4*-16 who are eligible for benefit-related free school meals. **Eligible** children will receive a Holiday Activity e-voucher by email to access an offer of camps, trips, enriching activities including multi-sport, arts 'n' crafts, performing arts and much more. For up to 16 days of the summer holidays. Each child will receive food/snacks.
*4-year-olds must be enrolled in reception at school.

BACE Holidays is fully funded by the Department for Education under the Holiday Activity Food (HAF) Programme and runs in the Summer, Winter and Spring Holidays. To see more about how to get your Holiday Activity e-voucher go to page 3.

Summer BACE 2024 - 29 Jul - 30 Aug 2024**



If you are not eligible for BACE Holidays, you can still access Positive Activities, which offers a range of sports & fitness, music & media to arts & cooking and so much more. The project 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 the London Borough of Barnet.

Summer Term Time: 15 Apr - 26 Jul 2024

Summer Positive Activities: 29 Jul - 30 Aug 2024**



Follow @BarnetYouth_ on Instagram
[barnetyouth.uk](https://www.barnetyouth.uk)



Partnership Working with the Duke of Edinburgh Award

Young People can access Duke of Edinburgh Award and complete their Bronze, Silver and Gold. All children aged 7+ can drop in to the Open Award Activity Nights in our young people's centres across the borough.

All Summer Activities will be live to book on the website on 10 June 2024.

****Bookings close one week before the activity takes place - so book early to avoid disappointment.**



Look out for Bring a friend Activities! Some of our 12+ activities you can bring a friend along, even if they are not eligible for BACE 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 this summer.



What's On	PAGE
Summer Activities and Courses	4
Shows and Events - Sublime Science, Magic Shows, Movie Screenings, Chickenshed	5
Important Summer Dates and Community Events	6
Trips - Flip Out, Laser Quest, Hollywood Bowl	9
Term Time Activities	9
Duke of Edinburgh - Open Award Drop In	10
Summer Reading Challenge	10

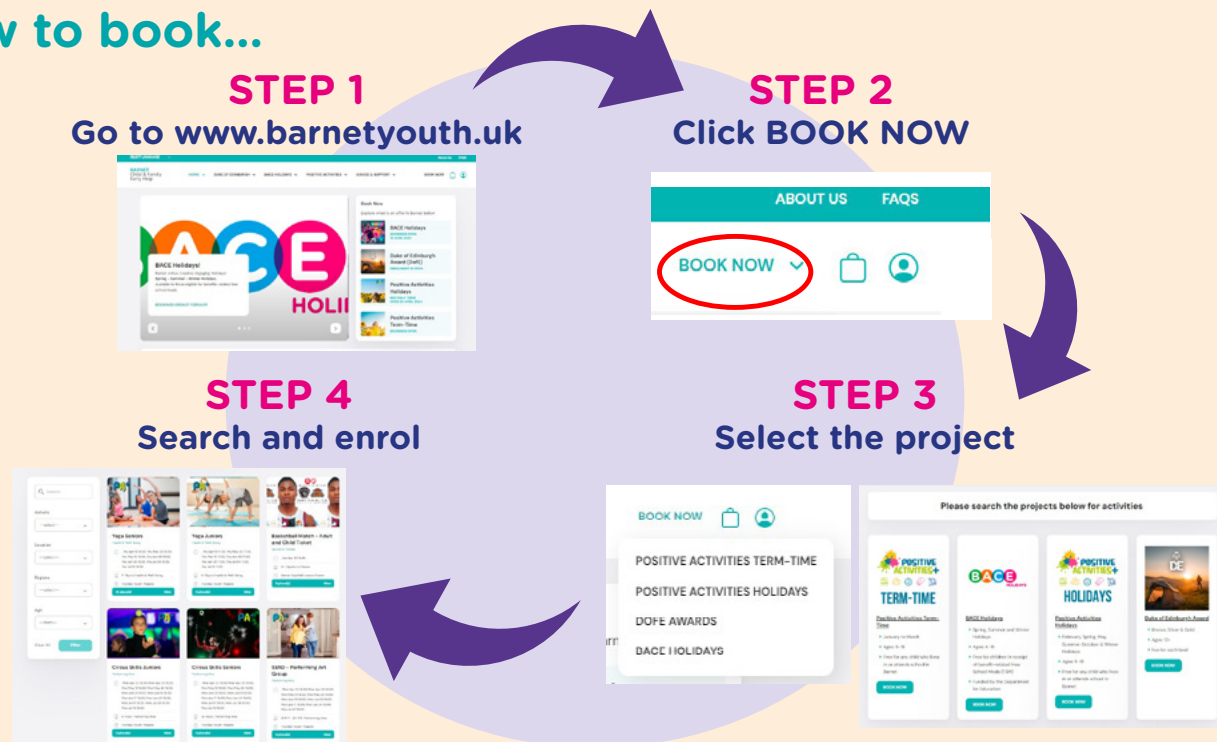
Get Active	PAGE
FAB Cards	11
Swimming	11
Parks	12

SEND Support and Offer	PAGE
How can www.BarnetYouth.uk support children with Special Educational Needs and Disabilities	13

Healthy Eating	PAGE
Recipes	14
Picnics	15
Cooking Sessions	15
Wellbeing section	19

Wellbeing, Welfare and Support	PAGE
Holiday Activities and Food Programme	16
Get healthy with Gro this Summer!	16
Staying Sun Safe	18
Money worries	18
Youth Centres	20

How to book...



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

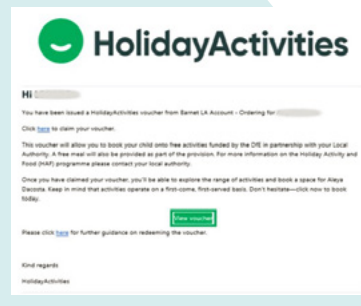


Here are the steps to finding your Holiday Activity eVoucher Codes:

STEP 1
Open your emails and search:
hello@holidayactivities.com
Check your Junk mail too!



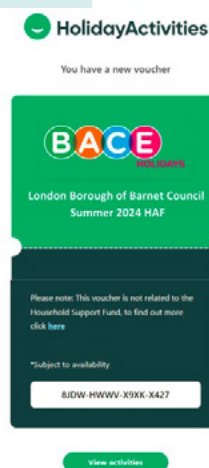
STEP 2
Open email and click the
View Voucher button:



STEP 5
Select the child and insert the
voucher code in the cart OR
login to your account and update
your voucher code.

STEP 3
Scroll to the
bottom and copy
your child's 16 Digit
eVoucher code

STEP 4
Go to www.barnetyouth.uk
or click View Activities and
search the BACE Holidays
Activities on offer.

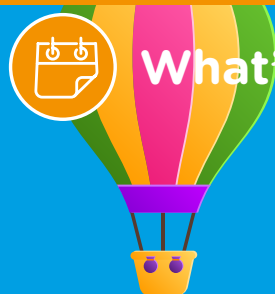


Additional Steps: Holiday Activity Vouchers (BACE Holidays ONLY)

To access BACE Holidays, you will need to be eligible for benefit-related Free School Meals. You MUST insert your 16 Digit Holiday Activity Voucher code sent to you via email in the cart on the barnetyouth.uk website.



Please note:
Each eligible child will have their own
voucher code. All codes will be sent on
10 June 2024 to the email you receive
correspondence from the schools.



What's on

A Summer to remember



Book your place today and bring the sunshine! Over the Summer, BACE Holidays children who are eligible for benefit-related free school meals (and received 16 digit Holiday Activity e-vouchers) can join in the fun with these fantastic organisations. Please note, each child can book up to 4 hours per day and up to 16 days across the summer, subject to availability. If you are not eligible for BACE Holidays read on and see what else you can get involved in. *There is so much on offer!*

PROVIDER NAME	ACTIVITY	VENUE	POSTCODE	AGES
East Central Hub Area				
Barnet Community Project	Multi-Activity Camp	Rainbow Centre, Dollis Valley Drive	EN5 2UN	6 to 16
Fixation Academy Performing Arts Camp	Arts & Crafts & Performing Arts	Whittings Hill Primary	EN5 2QY	4 to 11
Smart Play	Arts & Crafts, Football and Multisports	Underhill School,	EN5 2LZ	4 to 12
SBWA	Multi-Activity Camp	Tarling Road Community Centre, 20 Fallows Close	N2 8LG	4 to 16
YMCA	Multi-Activity Camp	Tarling Road Community Centre, 20 Fallows Close	N2 8LG	4 to 12
Non Stop Action	Multi-sports Camp	Moss Hall Junior School	N3 1NR	5 to 12
Active London	Multi-Activity Camp	Tudor Primary school	N3 2AG	4 to 11
Planet Youth Camp	Multi-Activity & Football Camp	Hollickwood Primary School	N10 2NL	4 to 11
Sport4Kids	Multisports	Coppetts Wood Primary	N10 1JS	4 to 11
Non Stop Action	Dance Camp	Summerside Primary School	N12 0QU	5 to 12
BEAT	Arts Programme	The Arts Depot, 5 Nether Street	N12 0GA	7 to 14
SOTO CIC	Multi-Activity Camp	Frith Manor Primary School, Lullington Garth	N12 7BN	4 to 12
Arts Depot	Arts Programme	The Arts Depot, 5 Nether Street	N12 0GA	7 to 16
Foundation Sports	Sports, Arts & Crafts	Osidge Primary School , Chase Side, Southgate	N14 5HD	4 to 16
Active London	Multi-Activity Camp	Brunswick Park Primary	N14 5DU	4 to 11
Foundation Sports	Sports, Arts & Crafts	Ashmole Primary	N14 7NP	4 to 16
Mindcatcher SportsTech	Sports Tech Camp	All Saints CofE Primary School	N20 9EZ	4 to 11
Lingotots Barnet	Language and Multi-Activity Camp	All Saints CofE Primary School	N20 9EZ	4 to 16
We Are Grow	Sustainable Food Growing/Outdoor Learning	Grow Farm, Totteridge Academy, Barnet Lane	N20 8AZ	9 to 13
South Hub Area				
Claremont Primary School	Multi-Activity Camp	Claremont Primary School	NW2 1AB	5 to 11
LIFt CIC	Football Camp	Whitefield School Claremont Road, London	NW2 1TR	12 to 16
Cricklewood Boxing Club	Multi-Activity Camp	Cricklewood ABC, Gladstone Park Parade, Edgware Road	NW2 6JR	6 to 16
Resources for Autism	Multi-Activity Camp/Specialist Scheme for Autistic Individuals	858 Finchley Road	NW11 6AB	8 to 16
Amplified Arts Academy	Performing Arts Camp	Hillsong Church North London: The Hippodrome	NW11 7RP	8 to 16
West Hub Area				
Bulldogs Basketball CIC	Basketball Camp	Barnet Copthall Leisure Centre, Champions Way	NW4 1PX	8 to 11
Pro Touch	Multisports Camp	Parkfield Primary School	NW4 3PJ	6 to 12
The Boys Clubhouse	Multi-Activity Camp	240 Hendon Way	NW4 3NL	15 to 16
Fixation Academy Performing Arts	Arts & Crafts & Performing Arts	Fairways School	NW7 3HS	4 to 11
Non Stop Action	Dance & Football Camps	Millbrook Park CE Primary School	NW7 1JF	5 to 12
Greentop Children's Centre	Multi-Activity Camp	Greentop Children's Activity Centre	NW9 4BR	4 to 11
Sport4Kids	Multisports Camp	Colindale School	NW9 6DT	4 to 11
FUSE CIC	Multi-Activity Camp	Old Library, The Concourse	NW9 5XA	8 to 16
Wuma Sports Ltd Basketball	Basketball Camp	Saracens High School	NW9 4AS	11 to 16
RAF	STEM	RAF, Grahame Park Way	NW9 5LL	8 to 14
LIFt CIC	Football Camp	Princes Park Youth Football Club, Cool Oak Lane	NW9 7ND	12 to 16
LIFt CIC	Football Camp	St James Catholic High School, Halifax Broadhead Strand, Colindale	NW9 5PE	12 to 16
FUSE CIC	Multi-Activity Camp	OneStonegrove, 5 Hayling Way	HA8 8EN	8 to 16
Superstar Sport	Multisports Camp	Watling Park Primary	HA8 9YA	4 to 11
Superstar Sport	Multisports Camp	Broadfields Primary School	HA8 8JP	4 to 11
Unitas Youth Zone	Multi-Activity Camp	Unitas Youth Zone, Montrose Avenue	HA8 0DT	8 to 12
Ebony Ambassadors	Creative/Upcycling Fabric Camp	Burnt Oak Resource Centre, 102A Watling Avenue	HA8 0LN	4 to 16

Please note: Many of the camps listed above offer paid places for children who are not in receipt of benefit-related free school meals. Some of the camps offer an early drop-off and late pick up for an additional fee to BACE families. Please contact the provider directly. All the camps are inclusive which means children with SEND support needs can attend, but if your child needs one-to-one additional support please refer to our SEND page in this booklet on page 13.



This Summer we have several shows and events for you to enjoy:



Believe in the Magic

Show performed by
London Magic School

Ages: 4 to 16
(children must be
accompanied by an adult)

Wednesday 21 August 2024 @ Canada Villa
Young People's Centre, NW7 2BU
(nearest station Mill Hill East)

Thursday 22 August 2024 @ Finchley Youth
Centre, N2 (nearest station East Finchley)

Show 1: 11:00 - 12:00 / **Show 2:** 13:00 - 14:00

**Please note it is the same show each time, therefore
please only book one to give others the opportunity.*



A live performance by The Sublime Science Show**

Ages: 4-16*

Tuesday 27 August 2024
@ Finchley Youth Centre, N2
(nearest station East Finchley)

Wednesday 28 August 2024
@ Canada Villa Youth and Community Centre
(nearest station: Mill Hill East)

Time: 11:00 - 12:00

The Sublime Science Workshop

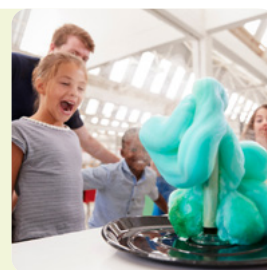
Ages: 7 - 16*

Tuesday 27 August 2024 @ Finchley Youth
Centre, N2 (nearest station East Finchley)

Wednesday 28 August 2024 @ Canada Villa
Youth and Community Centre (Nearest station:
Mill Hill East)

Time: 13:00-14:00

**Please note, children under 11 must be accompanied by an
adult and can only attend one of the shows or workshops.*



RAF Holiday Three Day Exclusive Camp

Date: 29 - 31 July 2024
(Children to attend all three days)

Time: 10:00-14:00

Ages: 8-14

Children will be working together on a group project to
design the place mats for the Hendon Kitchen Cafe (RAF).
The final designs will be printed and accessed by children
visiting the museum cafe. Once they have been printed
each child will receive an emailed copy final of their group
project placemat (issued on or around school Autumn term).

The children will be supported by two members of staff from
the museum to learn about the Royal Airforce, discovering
the history, science and technology developed - through
film, creative arts and exploration of the museum.

Children will be provided a hot lunch at the Hendon Kitchen
RAF Cafe. With a few options to choose from - funded as
part of the BACE project.



Unplug and rewind with a Classic Games' Night

Come along and play games
such as ping pong, giant
drafts, Jenga, Lego and a
range of board games.

Ages: 7 to 11 - 15:30 - 17:00

Ages: 12 to 16 - 17:30 - 19:00

Wednesday 14 August 2024
@ Finchley Youth Centre, N2
(nearest station: East Finchley)

Thursday 15 August 2024
@ Canada Villa Young People's Centre, NW7 2BU
(nearest station: Mill Hill East)



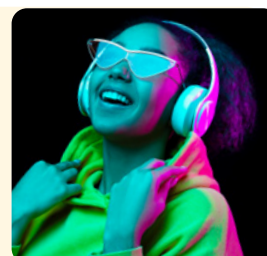
**Dance like
nobody is
watching at
the Silent Disco**



Ages: 7 to 12 - 17:00 - 18:30

Thursday 29 August 2024 @ Finchley Youth
Centre, N2 (nearest station East Finchley)

Friday 30 August 2024 @ Canada Villa Young
People's Centre, NW7 2BU
(nearest station Mill Hill East)





What's on

Family Movie Screening



Create family memories in our pop-up cinema experience, with a selection of healthy snacks and popcorn for children free of charge. Two age-appropriate films will be able to be chosen by vote on the day. Each date will have a different film.

For: 4 to 16 and parents/carers • Times: 11:00 – 14:00

Teens Showing (Bring a Friend)

A chance for teenagers to chill with their friends and enjoy our pop-up cinema experience, again with a selection of healthy snacks and of course popcorn. Bring a friend and watch a 12 age rated film. Teens will vote on the day between 2 films. Each date will have a different film.

For: 12 to 16 • Times: 15:00 – 17:00

Films will be shown on the following dates and venues:

Tuesday 06 & 20 August 2024 @ Canada Villa Youth Community Centre, NW7 2BU

Thursday 15 & 29 August 2024 @ Finchley Youth Centre, N2 9ED



Chickenshed Tales

The team are back this summer with a brand new Festival of Fun. Join us for nine days packed full of events for children aged from 0 to 11 years. With shows and activities, we have something for everyone. Chickenshed, N14 have partnered with BarnetYouth to offer fully funded tickets for some of their shows, booked via the barnetyouth.uk website.

Location: Chickenshed, 290 Chase Side, London, N14 4PE



Barnet's Stars Shine Bright!

Interactive Workshop – Children aged 6-12

An extraordinary two-hour adventure that combines dance, drama, music, art, interactive puppetry, and so much more! The grand finale will feature a captivating mini-performance showcasing the marvelous creations of our talented participants. Stars Shine Bright promises to be a amazing experience that will leave you energised, inspired, and full to the brim with creative ideas for the rest of the summer.



Date: Thursday 01 August

Workshop 1: 13:00-14:30

Workshop 2: 15:00-16:30



Big Day Out - Show Children aged 4-7 only

Immerse yourself in a whirlwind of music, dance, and action, taking over both indoor and outdoor spaces with performances and interactive workshops. Filled with bite-sized bursts of shows, offering a year's worth of entertainment in just a few hours.

Date: Sunday 28 July 2024

Show 1: 10:00 - 11:30 / Show 2: 13:00-14:30

Gulliver's Travels Family Show 3yr+

Step into the mesmerising realm of Gulliver's Travels, where the thrill of adventure knows no bounds in this captivating family musical extravaganza. Embark on a thrilling odyssey brimming with enchanting tales that whisk you away to every corner of the world. Based on the beloved classic, follow Gulliver's epic voyages. But hold onto your seats, because this timeless tale takes a whimsical turn with a delightful Tales from the Shed twist featuring an array of loveable puppets, great music and boundless fun!

Date: Wednesday 07 August

Show 1: 10:00-11:00 / Show 2: 11:30-12:30

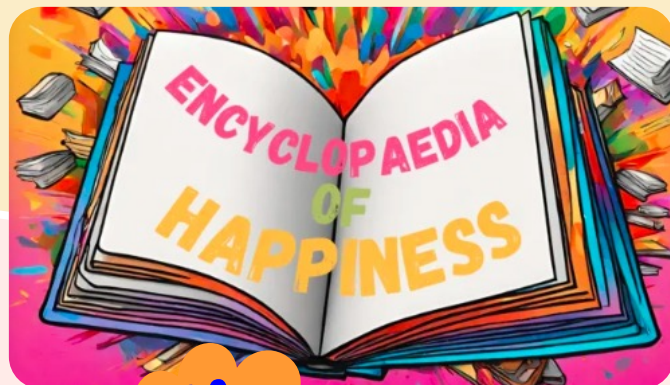


Opera Blurgh Tales Children aged 4-6 ONLY

Our infamous Blurgh character has been around for decades, but this time they're coming to Chickenshed in a new dramatic guise - opera-style! Building on workshops with renowned children's practitioner, Janet Robertson, the Tales Team will use operatic techniques to bring stories to life - filling them with colour, sound and, of course, our very own Blurgh.

Date: Thursday 08 August

Show 1: 13:30-14.30 / Show 2: 15:00-16:00



Encyclopedia of Happiness - Show Children aged 4-6 Only

In collaboration with children's author Keilly Swift, presents a brand new telling of the book Encyclopaedia of Happiness.

Get ready to explore the things that bring us the most joy in the world! Through a variety of storytelling styles, we'll engage both young and old audiences alike, inviting everyone to paint their words in vibrant colours, whilst celebrating a warm embrace of positivity.

Date: Friday 09 August

Show 1: 13:30-14:30 / Show 2: 15:00-16:00



What's on



SOTO is a proud partner of Young Barnet Foundation, and we love being a part of the BACE/HAF programme in Barnet.

Being given the opportunity to work with such a wide demographic of young people is such an important part of the inclusive environment we strive to achieve.

It is so important that young people have access to a wide range of activities and opportunities all whilst ensuring a healthy diet & lifestyle. SOTO provides a wide range of activities that as a by-product offers an education and insight into these healthy diets and lifestyles.

We offer cooking, multisport, arts & crafts, performing arts, specialist activities such as gymnastics & circus skills, day trips out to the zoo, flip out, Gulliver's land and so much more.

SOTO at its foundation is a collection of Playworkers, youth workers & a SEND bespoke team to tailor activities to every child, with child led planning at our core. A programme we are very proud to offer and an ethos we all believe in.

SOTO is Ofsted Registered and offers camps in the academic holidays at Frith Manor Primary.

To find out more about SOTO visit: Holiday Camps | SOTO | Powered by ClassForKids or Cannot Connect (<https://soto.classforkids.io/camps>)



DID YOU KNOW: Great Britain's Andy Murray became the first player to win back-to-back Olympic singles titles in tennis



Tennis Juniors



Get on court and enjoy this amazing racket sport. Learn how to play the game through fun drills and group games.

Dates: 12-15 Aug & 26-29 Aug 2024

Times: 10:00-12:00

Location: Victoria Park, Finchley - Tennis Courts

Graffiti Design



Come along on a day trip to a London graffiti site. Led by our skilled artist, this session is an immersive experience for the group to work as a collective on a mural and experience the fun creative energy of this subculture.

Check out the website for more details.

Wood Working



Learn the basics of traditional woodworking using hand tools and power tools to create a final piece you can take home. Using reclaimed materials our trained and experienced carpenters will teach you how to use various tools to cut and join wood.

Dates: 14-16 Aug & 28-30 Aug 2024

Times: 13:00-16:00

We Are Grow - Parent and Child



Enhance your mental well-being by spending time outside connected to nature. Participants will learn about sustainable and seasonal food growing, by digging, harvesting, and tasting fresh produce.

Canada Villa

Dates: Weds 31 July, 07/14/21/ 28 Aug 2024

Times: 13:00-1500



Young person's feedback:

"I am so sad that GROW club has ended I had the best time making friends and playing outdoors and cooking new things!"



All the trips below are for young people and they will be supervised by staff members.

Flip Out



Young people can enjoy everything that flip out has to offer. Only BACE children receive funded food and drink.

Ages: 11-13 & 14-16

09 August 2024

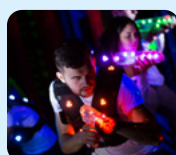
15:00 - 16:00

23 August 2024

16:00 - 17:30.



Laser Quest



BACE children will experience a 2-hour pizza party adventure, fully funded access to two 20-minute laser quest games, one 5D

VR cinema experience, with food. The session will conclude with 30 minutes in a dedicated room with team building games.

Positive Activities children will access the Laser Quest Adventure package (please note this does not include a funded food/drink offer).

Ages: 11-13 & 14-16

Laser Quest Adventure:

08 & 15 August 2024

Times: 15:00 - 16:00

Pizza Party Adventure:

22 & 29 August 2024

Times: 16:00 - 18:00



Hollywood Bowl



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

head-to-head with a fully funded game and food. All children will be offered food and drink from the Hollywood prebooked menu - free of charge.

Ages: 11-13

16 August 2024

Session 1 - 13:00 - 15:00

Session 2 - 16:00 - 18:00

Ages: 14 - 16s

30 August 2024

Session 1 - 13:00 - 15:00

Session 2 - 16:00 - 18:00



DID YOU KNOW: The Positive Activities Logo was designed by young people in Barnet. They wanted the design to be colourful and bright and they decided to keep the original name as it means exactly what it says on the tin. We love it!

Term Time Fun



We have lots of activities on offer during term-time across the borough. See below for some of the highlighted activities. Get involved this summer term or sign up for Autumn Term in September.

Step into the ring! Boxing



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.

Mondays Various Times

Age: 8-17

Canada Villa Young People's Centre, NW7 2BU

Learn a new skill



Community Gardening Project

Enhance your mental well-being by spending

time outside connected to nature. Participants will learn about sustainable and seasonal food growing, by digging, harvesting and tasting fresh produce.

Age: 4-11

Date: Tuesdays

Time: 16:30-18:30

Where: Canada Villa Young People's Centre, NW7 2BU

Yoga Sessions



Come and access our YOGA and mindfulness workshops. The sessions provide empowerment

through mindful movement.

Achieve connection between your own body and breath whilst exploring one's feelings and body. Practicing yoga is a great contribution to living a healthy lifestyle.

Age: 6-16

Date: Thursdays

Time: Times

Where: Finchley Youth Centre, N2 9ED

Film Making



Working towards an entry film for the Berlin Film Festival. Learn and experiment with

the multiple disciplines involved in creating a short film from filming, editing, producing, scripting, lighting and framing each scene to post production.

Age: 11-16

Date: Mondays

Times: 16:30-18:00

Where: Canada Villa Young People's Centre, NW7 2BU

Join us in this exciting journey at Positive Activities, where we turn leisure time into a building block for a promising future. Together, we are shaping a generation that is capable, creative, and connected.

Check out the dates for these activities in the Summer Holidays on the website

Young person's feedback: "I loved taking part in the arts and crafts activities and my favourite thing was spending time with my friends at Flip Out."



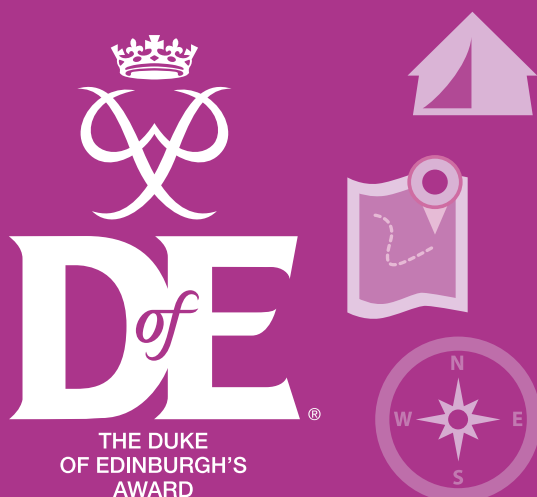
What's on

Duke of Edinburgh Open Award Centre is open to children and young people aged 7-19 years old. Drop in each week during term time at our two centres.



Every Thursday at Canada Villa Youth Centre, NW7 2BU from 4pm – 8pm

Every Friday at Finchley Youth Centre, N2 9ED from 3.30pm–8pm



On various nights we have a range of activities such as

Cooking

Expedition Training

Homework Club

Gym

Basic Life Support

Graffiti Art

Music

Dance

Boxing

Hair and Beauty

Table Tennis

Jewellery Making

plus many more



Everyone is welcome to join in the Fun and if you are 13+ (Year 9), you can participate and count all the activities towards your Bronze, Silver, and Gold Award.

Please log onto BarnetYouth.uk for more information.



Developed in partnership with 'Create', this year's Summer Reading challenge: **Marvellous Makers!** aims to fire up children's imaginations and unleash storytelling and creativity through the power of reading.

Children aged 4-12 can sign up at any Barnet library and discover stories, explore their creativity and join in with fun activities from Saturday 6 July and throughout the summer holidays (July-September). They will need to borrow and read 6 books from the library to participate in the challenge. Children can read any books they like. You can also read eBooks on our Libby app or listen to eAudiobooks on the BorrowBox app.

During staffed hours at the library, children can collect stickers on their reading journey. When they complete the challenge, they will receive a special certificate and medal.

An exciting programme of events, kicks off with our 'Sign-Up Saturday' event at the RAF Museum, Hendon. Highlights over the summer include a visit from children's author and illustrator Rob Biddulph, a comic book workshop with Beano and Marvel artist Kev F, a pigeon puppet show, The 'Packed Lunch' arts organisation, creating a story with robots and lots of fun craft activities in our libraries.



Illustrations by Natelle Quek and logo artwork by Lizzie Everard. All © The Reading Agency 2024.

Sign up for the libraries' newsletter for updates on activities and events: www.barnet.gov.uk/librarynewsletters.

Fit and Active Barnet | Card | Better



Being active is easy, fun and social. It can lift your mood, keep your heart healthy, and is a great way to meet friends. Through the FREE Fit and Active Barnet (FAB) card, juniors can have access to a range of physical activity opportunities, including 50% off leisure-based activities and FREE swimming for under 8s (Mon – Fri). Sign up now!



WEIGHT MANAGEMENT 	INCREASE ENERGY, RELIEVE STRESS 	TONE MUSCLES, IMPROVE FITNESS, STRENGTHEN BONES 	BENEFITS OF WALKING
HEALTHY HEART 	STRENGTHEN THE IMMUNE SYSTEM 	IMPROVE SLEEP 	



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

Swimming Sessions

This summer there will be a number of Family Swim4All Swimming sessions offered for free. If you're looking to build your confidence, work on your strokes, float away any stress, or want to enjoy a swim with your family and friends, try Swim for All. See website for further details on the safety rules.

Swim Safety Rules Apply - One competent adult swimmer may supervise up to 2 under 8's or non swimmers under 16 at a time. Competent swimmers must be able to swim 25m in a recognised stroke.



Barnet Copthall Leisure Centre, NW4 1PX

Swim for All sessions

Time: 14:00-15:00

Dates: Weds 31 Jul / 07 / 14 / 21 / 28 Aug 2024



New Barnet Leisure Centre, EN4 9BS

Best for: Casual swimmers

SEND Sensory Family Swims @ New Barnet

Time: 11.30 - 12.30

Dates: on Fridays 02 Aug / 09 / 16 / 23 / 30



New Barnet Leisure Centre



Skateboarding

Great for beginners to master the basics including standing up on their boards with confidence, ride along, and fall (with style). Mastering "The Drop In" is a key milestone.

Location:
Friary Park - Skate Park

Dates:
**06-08 Aug 2024
& 20-22 Aug 2024**

Times:
13:00 - 16:00



DID YOU KNOW: Skateboarding is a relatively new addition to the Olympics having made its debut appearance at the 2020 Summer Olympics in 2021 in Tokyo, Japan.

Healthy Heritage Walks

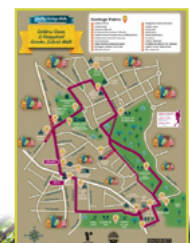
In Barnet there are many Healthy Heritage Walks for all to enjoy. The walks are designed to provide a gentle stroll of about 5 to 10 kilometres or 3 to 6 miles, approximately 5,000 to

10,000 steps, taking in a few buildings and sites of interest, and where possible using green spaces and footpaths. Audio guided heritage walks

Download our free audio guide walks and maps and listen to interesting stories about historical and natural points of interest in Barnet.



SCAN with smartphone to find out more.



BENEFITS OF WALKING



Get Active



Summer Fun Days in the Parks



Celebrate the Paris Olympics in Barnet this Summer. Get out of the house and away from the TV! Come 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 inspired by the Paris Olympics with a twist.

Learn from the best... BMX with world Number three – Tre Whyte, Multisport with Elite Leisure Sport, football, athletics, hockey, kwik cricket, athletics, lacrosse with a twist of Nerf Games and Inflatables

Sessions will include family and child SEND specific provision.

Across this summer holidays we will be offering several family fun days in various parks across Barnet – session times will be AM sessions 10:00 – 12:30 or PM Sessions 13:30 – 16:00.



DID YOU KNOW: Marcus Rashford founded the HAF (holiday activity and food programme – BACE) “It’s very important that children have activities to do during the holidays. I can only go back to my own experiences and what I would have been doing if I didn’t have places my friends and I could go in a safe environment.” Marcus Rashford MBE

Amplified Arts Academy BACE

Amplified Arts Academy (AMP) is a performing arts school for young people aged 4-17.

AMP’s aim is to inspire young people to reach their full potential. Their goal is to provide an inclusive and nurturing environment where students can develop in character, craft, and confidence.

AMP Holiday Camps are the perfect place to develop your performing arts skills. Whether you’re an aspiring dancer, actor, songwriter, musician - or simply have a passion for learning and performing - AMP holiday camps feature fun and energetic sessions. AMP coaches work professionally across TV, film, the music industry, and the West End.

To find out more about AMP and the programmes they offer, head to their website www.amplifiedartsacademy.com or get in touch on info@amplifiedartsacademy.com

All AMP Camps end with a fun performance to share with friends and family, on the stage of the world-famous Hippodrome in Golders Green.

“...I live in an area where a lot of people, including some friends my age, get pulled into gangs, start hanging around the wrong people. Dedicating

my Saturdays to Vocals and Dance at AMP has taught me lifelong lessons I shall carry forever: organization, teamwork, self-reflection, resilience and much more. Amplified Arts Academy turned a story, my story, from what was on its way to becoming ugly, into something beautiful.”

AMP Student, 17

“...a friend of mine kept telling me to get my son signed up to Amplified Arts Academy but as a single mum I thought I couldn’t afford it – AMP exceeded all my expectations. The youths are always so keen and happy to be at AMP because they make it such a happy, fun, and creative environment. Joining AMP is one of the best things he’s done in his life to-date”.

AMP Parent

Head over to the www.barnetyouth.uk website to book a fully funded space (paid for by the Department for Education) today. Spaces are limited so be quick!





How can www.BarnetYouth.uk support children with Special Educational Needs and Disabilities (SEND) to access activities?

Within our different projects, BACE Holidays, DoFe and Positive Activities term time and holidays we have various support offers.

The Barnet Youth offer is an inclusive provision with three different ways in which children with SEND needs can access the programmes activities.

The types of provision are:

- 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 where parent and child/siblings attend.

Often children with SEND don't require 1:1 support within the activities. However, we understand that every child is unique and their needs vary. Therefore, if your child does need specialist 1:1 support and qualifies for short breaks* or direct funding, you can provide a support worker for your child to access mainstream activities. You will need to notify us in advance of the session and support workers will need to supply their DBS information upon arrival.

Currently BACE Holidays is the only project that is able to fund a limited amount of 1:1 support workers. BACE Following the HAF guidance all eligible children are offered up to 4 hours a day of provisions up to 16 days in the Summer. SEND children accessing BACE in need of 1:1 support will receive the same amount of hours and days as above. If parents request extended hours either side of the 4 hours funded by BACE, SEND support arrangements for the agreed extended hours will need to be discussed with the provider direct. (BACE Holidays do not fund additional hours).

Please note:

- There is limited funding and subject to availability.
- If your child requires extra support/1:1 support parents/carers will need to contact BACEHolidays@barnet.gov.uk or byes@barnet.gov.uk at least 7 working days before the activity start date in writing. Any requests made after the 7 working days will mean we cannot guarantee support will be available.
- If you have funding but do not have access to 1:1 support staff you can contact the providers highlighted on this page.

TeachNow

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

Barnet Mencap

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

IPOP

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

Resources for Autism

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

Exclusive SEND Activities

Based on the needs of the children and families attending activities, 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 available as exclusive SEND activities under both BACE holidays and Positive Activities.



Please do contact the team to discuss your child's participation and contact BACEHolidays@barnet.gov.uk or byes@barnet.gov.uk at least 7 working days before the activity start date in writing.

Examples of activities are below:

- SEND Performing Arts
- Strength and Learning Through Horses Autism friendly days
- SEND silent disco
 - Resources for Autism
 - Community Focus

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 needs, their parent/carer and their siblings to join in the fun and have some family time together (families will be able to book up to 4 participants per session**).

- SEND Family Inflatables sessions
- SEND Family Cooking sessions
- SEND Multisport sessions
- Friendly Cinema Screenings
- and lots more



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

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

Please see below the links to Barnet's Local SEND support offers that families can access.

Barnet's Local Offer: <https://www.barnetlocaloffer.org.uk/>

SENDIASS: <https://www.barnet.gov.uk/children-and-families/barnet-send-information-advice-and-support-service-sendiass>

Barnet Parent Carer Forum: www.barnetpcf.org.uk



Why not try these healthy meal ideas?



Fish Fingers (1 fillet serves 2-4)

Ingredients

Fish Fillet e.g. cod or salmon
1 egg
Flour for dusting
Breadcrumbs to coat

Method

1. To make fresh breadcrumbs put a slice of bread into a blender and blitz. Place into a shallow bowl and season
2. Break the egg into a shallow bowl and whisk with a fork to mix.
3. Place some flour in another bowl.
4. Cut the fish fillet into strips then dust in the flour, dip in the egg and roll in the breadcrumbs until coated. Place on a clean chopping board
5. Heat a little oil in a frying pan and when hot enough to make a bit of bread sizzle, fry the fish fingers for approx. 3 minutes on each side (depending on thickness of fish).



Did you know?

- You can use stale bread to make breadcrumbs.
- The ends of the loaf (that no one eats) are perfect to make into breadcrumbs. Blitz them up and store in a bag in the freezer so you'll never need to buy shop bought breadcrumbs again!



Potato wedges (Serves 4-6)

Ingredients

4-5 medium potatoes
1 tbsp. olive or rapeseed oil
A pinch of seasoning

Method

Pre-heat oven to 180C

1. Wash and peel the potatoes (for extra vitamins and crunch leave the skins on)
2. Cut the potatoes into wedge size chunks ensuring that they are all a similar size (to get equal cooking)
3. Place them in a bowl and add the oil and seasoning – with your hands or a large spoon mix the ingredients together ensuring that the potatoes are all coated in the oil and seasoning
4. Place the potatoes evenly spread out on a baking tray and bake in the oven for 30-35 minutes. Half way through you could mix them up a little
5. Once ready remove from the oven and serve straight away.

For extra flavour try sprinkling thyme and/or chilli flakes onto the potatoes prior to baking.

Quick Aioli Dip

Mix together $\frac{3}{4}$ cup of mayonnaise, 3 garlic cloves (squeezed through a garlic press), $2\frac{1}{2}$ tbsp. of lemon juice and season with salt and pepper. Let the flavours infuse for 30 minutes before dipping



Tomato Risotto (serves 4-6)

Ingredients

1 carton of passata
1 litre of vegetable stock
1 tbsp of olive oil
2 garlic cloves finely chopped
1 onion finely chopped
 $\frac{1}{2}$ tsp of dried herbs
250g of risotto rice
300g of cherry tomatoes halved
4 tbsp of grated parmesan
fresh basil roughly chopped

Method

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

Top Tip: Before serving, add some fresh basil, if you have any.



Barnet has a network of food banks which are available to support families in need. Visit: <https://www.barnet.gov.uk/directories/food-banks>

Healthy Eating



Picnic fun



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.

1. PL option 1: Ham, pea and soft cheese pasta salad, a small slice of homemade sponge cake and an apple
2. PL option 2: Chickpea and sweetcorn pasta salad, a small handful of dried fruit and a tub of low-in sugar rice pudding.



Bread n Butter are a Barnet based social enterprise that teach cookery life skills whilst addressing health & social inequalities and barriers to healthy living.

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

Bread n Butter deliver classes and workshops to people of all ages and abilities throughout the borough of Barnet in schools and across community settings over the school holidays.

Why not join one of our free classes during the summer holidays. Bread n Butter will be making a selection of favourite summer holiday recipes from destinations across the world. Children, family and SEND classes will be on offer throughout the borough.

Various Dates: 29 Jul-01 Aug & 05-08 Aug 2024

Times: 10:00-12:00 & 13:00-15:00

**Locations: Community Focus • Friary Park • Canada Villa NW7
• Martins Primary School N2 • Child's Hill Primary School NW2**





Wellbeing, Welfare and Support

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.



**VOLUNTEERING
BARNET**

Inspiring and supporting volunteering



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

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

Get healthy with Gro this Summer!

The London Borough of Barnet and Gro Health are partnering to provide new weight management and healthy lifestyle support for young people in Barnet.

Young people aged 13-19 years (up to 25 years with SEND) and their families can get FREE support from Gro Health for 12 months!

What is Gro Health?

At Gro Health, we're all about holistic health, so our program includes support around nutrition, physical activity, mental and emotional health, and sleep to help you improve your overall health and wellbeing.

What's included in Gro?

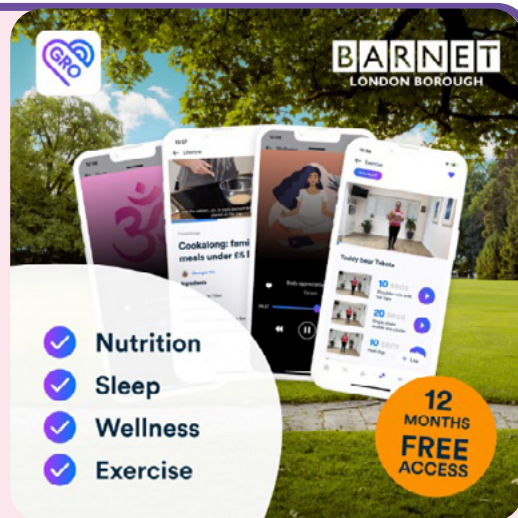
With Gro Health you'll get tailored age-appropriate health education, supporting resources and behaviour change activities that whole family can get involved with.

Register your interest by scanning the QR code or visiting <https://bit.ly/4dbwEbQ> [grohealth.com/barnet](https://bit.ly/4dbwEbQ) today!

Need help?

Call us on: 0330 133 0307 (08:00-18:00 weekdays)

Email: <mailto:support@grohealth.com> or support@grohealth.com





2econd Chance

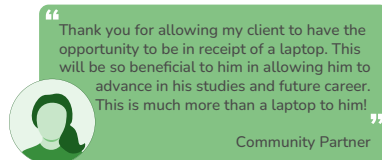
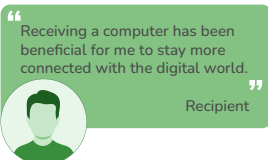
Empower People and Reduce E-Waste



Device Donation Scheme

2econd Chance seeks to bridge the digital divide through the provision of affordable refurbished technology. To support individuals who are at risk of digital exclusion, 1 in 4 of every device refurbished is donated through our network of community partners. In 2023, over 300 individuals were provided with devices to aid skill development, job search, and online training.

What people say about the scheme: -



Fully Subsidised Scheme (Eligibility Criteria)

- Resident of the London Borough of Barnet
- Organisation is not in receipt of Local Authority or Government funding
- Clear benefits to your service users
- You can report the impact of your digital inclusion work every 6 months
- Individual receiving a device must attend 6 digital workshops or phone support
- Cap of two referrals a month per organisation

Partially Subsidised Scheme

Our subsidised scheme offers refurbished technology, tailored to budget and needs, for organisations in Barnet receiving Government or Local Authority funding or those beyond the borough.

More details and the online application form are available on our website

2econdchance.co.uk



Do you need help to get online?

Would you like support to use your digital devices? We can help!

With guidance from our accredited Digital Champions we offer **FREE digital support drop-in sessions** to help you gain the confidence and skills to get the most out of your tech. Sessions are open to all residents of Barnet, **no need to book, just turn up.**

**Every Tuesday
12:00pm – 2:00pm**

**Every Saturday
10:00 am–12:00 pm**



If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. Money will be added to this card every 4 weeks.

You'll get:

- £4.25 each week of your pregnancy from the 10th week
- £8.50 each week for children from birth to 1
- £4.25 each week for children between 1 and 4

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding.
- Vitamin drops for babies and young children – these are suitable from 4-weeks to 4 years old.

For more information and to access the online application form please visit: <https://www.healthystart.nhs.uk/>





Staying Sun Safe

We look forward to the warm summer weather but as temperatures rise, it is important to stay sun safe.



Some key points to remember are that children aged under 6 months should be kept out of direct strong sunlight and that from March to October in the UK, children should:

- cover up with suitable clothing.
- spend time in the shade, particularly from 11 am to 3 pm.
- wear at least SPF50 sunscreen.
- stay well hydrated.
- Make sure the sunscreen is not past its expiry date.

Please note that the NHS recommends reapplying sunscreen every 2 hours, as the sun can dry it off your skin. Therefore, sunscreen applied before the start of school will not be sufficient for the entire school day. The symptoms of heat exhaustion are often the same in adults and children, although children may become irritable too.

Below are some handy resources to look at to keep children safe in the sun this summer:

Sunscreen and sun safety - NHS (www.nhs.uk)
<https://www.gov.uk/government/publications/beat-the-heat-hot-weather-advice>



Beat the heat

Plan ahead



Check the weather forecast and the news



Plan ahead to avoid the heat



Schedule activities to cooler times of the day

Keep yourself cool



Drink plenty of fluids and avoid excess alcohol



Wear sunscreen, a hat, and sunglasses



Cool your skin with water and slow down

Find somewhere cool



Close blinds and curtains during the day



Go indoors or outdoors, whichever feels cooler



Avoid closed spaces like stationary cars

Be safe



Be on the lookout for signs of heat related illness



Look after yourself and check in with others



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to: gov.uk/ukhsa/beat-the-heat

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?

MONEY WORRIES?

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.



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.

It's OK to talk

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



Both youth centres have a number of spaces available for hire, such as Halls, Meeting Rooms and spaces for activities to take place.

Spaces in the building are available for hire are a Theatre with up to 70 audience seats, Dance Studio (Mirrored and Sprung Floor), Meeting Rooms, Foyer/Café area and Kitchen

Canada Villa, Mill Hill, NW7 2BU has a Hall, garden, fully equipped music studio, gym, and meeting rooms with accessible internet access.

Spaces in the building are available for hire are:
Hall with Stage , Music Studio, Gym, Kitchen Hall, Meeting Rooms, Garden,
Summer House, car park on site.

Hire per hour charges start from
£15.07-£30.00 depending on size of room.

For lettings enquiries contact us on:
0-19programmeslettings@barnet.gov.uk



DID YOU KNOW: You can hire spaces in Canada Villa and Finchley Youth centre?



BARNET
LONDON BOROUGH

