

Barnet Youth

Winter 2024



**Free Winter Camps
and Activities**

**Free trips to
Laser Quest, Flip Out and theatre**

Fun Days

Sublime science, magic shows and Christmas Tales

Volunteering

Could you be a Holiday Activity Volunteer?



barnetyouth.uk

Caring for people, our places and the planet

BACE Holidays:
Fully funded by the Department for Education



Barnet Youth

Welcome to the Winter 2024 edition of our Barnet Youth Magazine! As the days get shorter and the air turns crisp, we celebrate the vibrant spirit of our youth community. Winter is a time for reflection, creativity, and connection. In this edition, we encourage you to embrace the season with open arms - join in local festivities, explore new hobbies, and support one another through the colder months. Let's make this winter one to remember! Read on to find out about family friendly activities, advice, support, and information about services in the London Borough of Barnet.



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 and enriching activities, including multi-sports, arts 'n' crafts, performing arts and much more. For up to 4 days of the Winter 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.

Winter BACE 2024 - 20 Dec 2024 - 05 Jan 2025



If you are not eligible for BACE Holidays, you can still access Positive Activities, which offers a range of activities, from sports

and fitness to music and media, and even arts and cooking. There is so much on offer! The project runs during the school term-times and throughout the school holidays.

Positive Activities is FREE to all children and young people who live in or attend school in the London Borough of Barnet.

Autumn Term Time: 09 Sept - 13 Dec 2024

Winter Positive Activities: 20 Dec 2024 - 05 Jan 2025

Spring Term Time: 06 Jan - 04 April 2025



Follow @BarnetYouth_ on Instagram

barnetyouth.uk



Partnership Working with the Duke of Edinburgh Award

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

All Winter Activities will be live and available to book on the website on 11 November 2024.

Bookings close Friday 13 December 2024 - so book early to avoid disappointment.



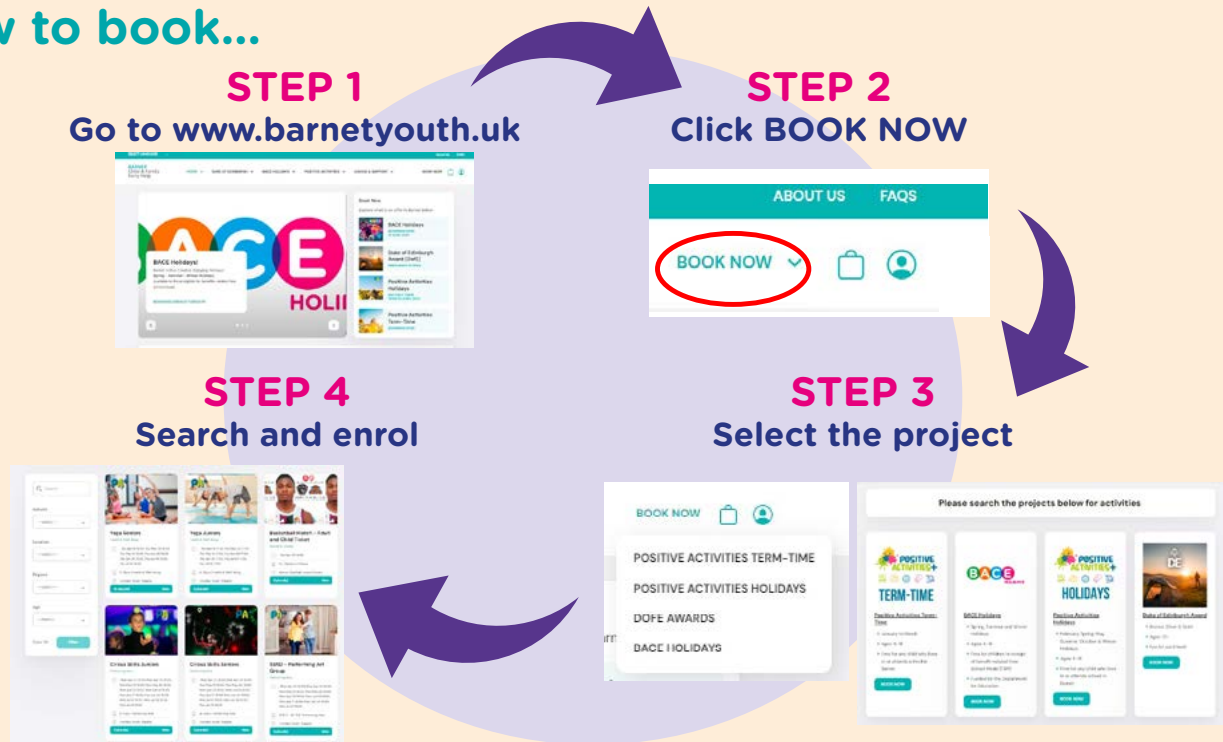
Look out for Bring a friend Activities! Some of our 12+ activities you can bring a friend along, even if they are not eligible for BACE Holidays!

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



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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.

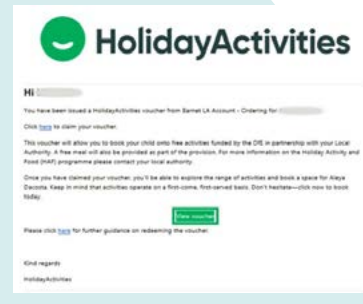


Here are the steps to finding your Holiday Activity eVoucher Codes:

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



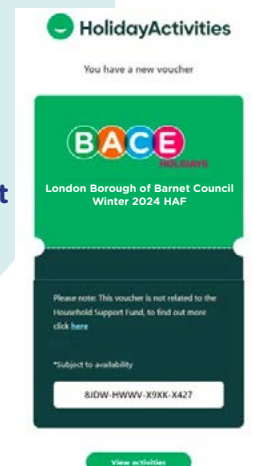
STEP 2
Open email and click the
View Voucher button:



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](http://www.barnetyouth.uk) website.



Please note:
Each eligible child will have their own voucher code. All codes will be sent on 11 November 2024 to the email you receive correspondence from the schools.



Winter Camps

Book your place today and bring the holiday spirit! This winter, BACE Holidays invites children eligible for benefit-related free school meals (and who have received a 16-digit Holiday Activity e-voucher) to join in on the festive fun with these fantastic organisations. Each child can book up to 4 hours per day and up to 4 days throughout the winter holiday season, subject to availability. If you're not eligible for BACE Holidays, read on and find out how to discover other exciting activities available. There's so much joy to share this winter!

PROVIDER NAME	ACTIVITY	VENUE	POSTCODE	AGES
East Central Hub Area				
Active London	Multi-Activity Camp	Brunswick Park Primary	N14 5DU	4 to 11
Active London	Multi-Activity Camp	Tudor Primary school	N3 2AG	4 to 11
Barnet Community Project	Multi-Activity Camp	Rainbow Centre, Dollis Valley Drive	EN5 2UN	6 to 16
Complete Sport	Multi-Activity Camp	Cromer Road Primary School, Cromer Road, Barnet	EN5 5HT	4 to 11
Foundation Sports	Sports, Arts & Crafts	Osidge Primary School, Chase Side, Southgate	N14 5HD	4 to 16
Foundation Sports	Sports, Arts & Crafts	Ashmole Primary	N14 7NP	4 to 16
Non Stop Action	Multi-sports Camp	Moss Hall Junior School	N3 1NR	5 to 12
Non Stop Action	Dance Camp	Summerside Primary School	N12 0QU	5 to 12
SBWA	Multi-Activity Camp	Tarling Road Community Centre, 20 Fallows Close	N2 8LG	4 to 16
Smart Play	Arts & Crafts, Football and Multisports	Underhill School, Mays Lane	EN5 2LZ	4 to 12
South Hub Area				
Claremont Primary School	Multi-Activity Camp	Claremont Primary School	NW2 1AB	5 to 11
Claremont Primary School	SEND Multi-Activity Camp	Claremont Primary School	NW2 1AB	5 to 11
Resources for Autism	Multi-Activity Camp/ Specialist Scheme for Autistic Children and Young people	858 Finchley Road	NW11 6AB	8 to 16
THOCH	Multi-Activity Camp	Basing Hill Park	NW11 8TJ	5 to 14
West Hub Area				
Bulldogs Basketball CIC	Basketball Camp	Barnet Copthall Leisure Centre, Champions Way	NW4 1PX	8 to 11
Center of Excellence	Multi-Activity Camp	4/5 The Concourse	NW9 5XB	5 to 16
Greentop Children's Centre	Multi-Activity Camp	Greentop Children's Activity Centre	NW9 4BR	4 to 11
Motion4Kids	Multisports Camp	Princes Park Youth FC	NW9 7ND	8 to 16
Non Stop Action	Dance & Football Camps	Millbrook Park CE Primary School	NW7 1JF	5 to 12
Pro Touch	Multisports Camp	Parkfield Primary School	NW4 3PJ	6 to 12
RAF	STEM	RAF, Grahame Park Way	NW9 5LL	8 to 14
Sport4Kids	Multisports Camp	Colindale School	NW9 6DT	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
Wuma Sports Ltd Basketball	Basketball Camp	Barnet Copthall Leisure Centre, Champions Way	NW4 1PX	12 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 camps are fully 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.



Shows and events for you to enjoy this winter

BACE POSITIVE ACTIVITIES+

Winter Celebration Disco




Ages: 8-16
Date: Friday 20 December
Time: 16:00-18:00
Venue: Canada Villa Youth Centre, NW7 2BU

Winter break is finally here and to kick start the holidays, join in with the winter celebrations at one of our youth centres, expect a range of activities from arts and crafts, cookie decorating, team games and a disco for young people to take part in. Bring your friends, dress up in all things glitter and festive – a prize for the best dressed!

BRING A FRIEND

BACE POSITIVE ACTIVITIES+

A live performance by Sublime Science*



Ages: 4-16*
 (children must be accompanied by an adult)
Date: Thursday 02 January 2025
Show 1: 10:30-11:30
 Finchley Youth Centre, N2 9ED
Show 2: 13:00-14:00
 Canada Villa Young People's Centre, NW7 2BU

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

BACE POSITIVE ACTIVITIES+

Believe in the Magic



Show performed by **London Magic School**

Ages: 4-16
 (children must be accompanied by an adult)
Date: Monday 23 December 2024
Show 1: 10:30-11:30
 Finchley Youth Centre, N2 9ED
Show 2: 13:30-15:00
 Canada Villa Young People's Centre, NW7 2BU

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

BACE POSITIVE ACTIVITIES+

Unplug and rewind with a Classic Games' Night



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

Ages: 7-16
Date: Friday 03 January 2025
Games Workshop 1: 10:00-12:00
 Canada Villa Young People's Centre, NW7 2BU
Games Workshop 2: 13:30-15:30
 Finchley Youth Centre, N2 9ED

BRING A FRIEND



Step into the story of Christmas! **Chickenshed**

Ages: Recommended Under 7s

Times & Dates*:

- 11:30-12:20 - Saturday 21 December 2024
- 10:00-10:50 - Sunday 22 December 2024
- 10:00-10:50 - Monday 23 December 2024
- 11:30-12:20 - Friday 27 December 2024
- 11:30-12:20 - Saturday 28 December 2024

Where: Chickenshed, Chase Side, Southgate, N14 4PE

**Limited tickets available.
 Must book via www.barnetyouth.uk website.*

Once upon a time, in a land where Christmas magic shimmered, the Shed became a place of wonder and joy. Step into this enchanting world this holiday season, where classic fairy tales come to life with all your favourite Tales characters and festive music.

Watch as the jungle is magically transformed by a whimsical snowfall and covers Lion Down in a scene of pure magic. Follow the lovable Blurgh on his heartfelt quest to make amends after accidentally eating the Christmas tree, a journey filled with humour and magic. Delight in the festive fun as the Three Pigs, Three Bears, and Three Billy Goats Gruff share their snow-kissed stories through song and dance.



What's on

BACE

**POSITIVE
ACTIVITIES+**

Dance like nobody is watching at the Silent Disco



Ages: 7-12
Time: 17:00-18:30
Date: Thursday 02 January 2025
Where: Finchley Youth Centre, N2 9ED



BACE

**POSITIVE
ACTIVITIES+**

Nerf Battles



Gather your friends and unleash your inner warrior with an action-packed Nerf Battle! It's the perfect way to have fun, get active, and create unforgettable memories - Let the games begin!

Ages: Juniors 8-11 / Seniors 12-16

Date: Friday 03 January 2025

Time & Where:

10:00-11:00 - Juniors

11:30-12:30 - Seniors

Finchley Youth Centre, N2 9ED

14:00-15:00 - Juniors

15:30-16:30 - Seniors

Canada Villa Young People's Centre, NW7 2BU

BACE

**POSITIVE
ACTIVITIES+**

Pop-Up Festive Cinema

Create family memories in our pop-up cinema experience, with a selection of healthy snacks and popcorn for children free of charge.

Films:

- **Monday 23 December 2024 - 13:30**
Home Alone 1
- **Tuesday 24 December 2024 - 10:00**
Elf
- **Thursday 02 January 2025 - 13:30**
Homeward Bound

We welcome you to come along in festive Jumpers or dressed inspired by the theme of the film. Festive treats will be available for all on the day.

Ages: 4-16 and parents/carers

Where: Finchley Youth Centre, N2 9ED



PA+





Mosaic Making

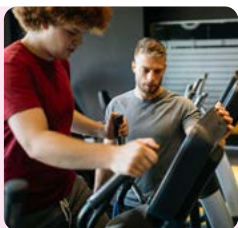
Discover the vibrant world of mosaic art in our hands-on workshop! Whether you're a complete beginner or an experienced artist, this activity invites you to explore your creativity while learning techniques to create stunning mosaic pieces. You'll work with colourful tiles, glass, and other materials to craft unique designs that reflect your personal style.



Age: 10-14
Dates: Thursday 02 & Friday 03 January 2025
Times: 10:30-12:30
Where: Canada Villa Young People's Centre, NW7 2BU

Gym Drop-In

Whether you're a fitness newbie or a seasoned athlete, these sessions provide a supportive environment to explore various workouts, from strength training to cardio and everything in between. Meet new friends, learn from experienced trainers, and discover fun ways to stay active and healthy. Teens are welcome to drop-in at any time between 10:00-15:00 on the dates below.



Ages: 12-18
Dates: Monday 23 & Tuesday 24 December 2024
 Thursday 02 & Friday 03 January 2025
Time: 10:00-15:00
Where: Canada Villa Young People's Centre, NW7 2BU

Circuit Training for Teens

Get ready to sweat with our Circuit Training sessions designed just for teens! This high-energy workout combines strength, cardio, and agility exercises to keep you engaged and fit. Perfect for all fitness levels, each session features a variety of stations that target different muscle groups, ensuring a fun and effective workout.

Ages: 12-18
Dates: 10:00-12:00 - Monday 23 & Tuesday 24 December 2024
 10:00-12:00 & 15:00-17:00 - Thursday 02 January 2025
Where: Canada Villa Young People's Centre, NW7 2BU



DID YOU KNOW: The word winter comes from the Germanic winter which in turn is derived from the root wed meaning 'wet' or 'water', and so signifies a wet season.

Upcycling Fashion Course - Inspired by World Book Day

Get ready for World Book Day with our Upcycling Costumes Workshop! Join us to transform everyday clothing and materials into imaginative costumes inspired by your favourite book characters. This hands-on session will guide you through creative techniques for repurposing fabric, accessories, and more, allowing you to design a unique outfit that stands out. Perfect for all ages and skill levels, this workshop encourages sustainability while celebrating literature. Come share your ideas, get inspired, and leave with a one-of-a-kind costume! Sign up now to unleash your creativity!



Age: 9-13
Date: Thursday 02 & Friday 03 January 2025
Time: Workshop 1: 10:00-12:00 or Workshop 2: 13:00-15:00
Where: Canada Villa Young People's Centre, NW7 2BU





What's on

Princess Story Telling

Step into a magical world with our Princess Storytelling Workshops! Designed for young dreamers, these enchanting sessions invite children to meet a Princess, explore classic fairy tales, play games and enjoy the magic and fun. Parents and carers will need to accompany their child throughout this workshop.



Date: Friday 03 January 2025
Workshop 1: 10:00-11:00 - Under 7s
Workshop 2: 11:30-12:30 - SEND children under 12s
Where: Finchley Youth Centre, N2 9ED

Video Gaming and App Design Course

Unleash your creativity with our Video Gaming or our App Design Course for teenagers! Learn the fundamentals of coding, design, and storytelling. Over the course, you'll work on real projects, collaborate with fellow aspiring developers, and bring your unique ideas to life. Whether you're interested in creating games or innovative apps, this hands-on course provides the skills and knowledge to help you succeed.



Ages: 12-16
Date: Monday 23 & Tuesday 24 December 2024
Video Gaming: 09:00-12:00
App Design: 12:30-15:30
Where: Canada Villa Young People's Centre, NW7 2BU
Where: Finchley Youth Centre, N2 9ED

Arts & Crafts

Get into the holiday spirit with our Festive Arts and Crafts Workshops! Join us for a series of fun, hands-on sessions where you can create beautiful decorations, gifts, and keepsakes for the season. From festive Acrylic Key Ring Designs, Hama Beads, Tree Ornaments to Gingerbread Houses. Gather with friends and make memorable treasures to celebrate the festivities.



Ages: 5-11
Date: Monday 23 December 2024
Workshop 1: 10:00-11:30
Workshop 2: 12:00-13:30
Where: Canada Villa Young People's Centre, NW7 2BU
Date: Tuesday 24 December 2024
Workshop 1: 10:00-11:30
Workshop 2: 12:00-13:30
Where: Canada Villa Young People's Centre, NW7 2BU & Finchley Youth Centre, N2 9ED

Learn Guitar Course

This engaging workshop is perfect if you are picking up a guitar for the first time or looking to enhance your skills. Join us as we explore popular festive songs, learn new techniques, and create joyful melodies to share with friends and family. Enjoy a supportive atmosphere, connect with fellow music lovers, and celebrate the season through the gift of music. Guitars are provided.



Ages: 12-16
Date: Monday 23 & Tuesday 24 December 2024
Times: 12:30-15:30
Where: Finchley Youth Centre, N2 9ED



SHORT BREAKS EVENTS NOVEMBER 2024 - MARCH 2025

Creative activities and trips for young people ages 10-18 with additional needs.
For enquiries or to enrol phone: 0203 743 2326 / 07712244651
email: ben@communityfocus.co.uk
Visit us at Friary House, Friary Park, Friary Road, London N20 0NR
www.communityfocus.co.uk





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

**Saturday 21 December 2024
15:30-16:30**

**Saturday 04 January 2025
15:00-16:00**



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

**Saturday 21 December 2024
16:30-18:00**

**Saturday 04 January 2024
16:00-17:30**

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 Autumn term or sign up for Spring Term in January 2025.

Spotlight SEND Performing Arts Group

Love to sing, dance & act? Come along 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.

Ages: 11-25 for children with disabilities

Dates: Mondays

Time: 16:00-17:15

**Where: Finchley Youth Centre,
N2 9ED**

Circus Skills

This course is a chance for you to explore circus skills. Develop physical, mental and social skills including balance, flexibility and teamwork. Sessions will include juggling, diabolo, spinning plates, hula hooping, tight-wire walking and acro-balance.

Ages: 8-16

Dates: Mondays

Time: 17:15-18:15 (8-11s)

18:15-19:45 (12-16s)

**Where: Finchley Youth Centre,
N2 9ED**

Basketball She Can Hoop

She Can Hoop is a girl only basketball session for girls aged 9-16. This session will consist of skills development and small games and is aimed at girls of all levels of ability.

Ages: 9-16

Dates: Mondays

Time: 18:00-19:00

**Where: Barnet Copthall
Leisure Centre, NW4 1PX**

Indoor Tennis

An introductory course into the great sport of tennis. Children will learn and develop essential racket ball skills and movement that they can transfer onto the court and begin to enjoy this fun racket sport.

Ages: 6-11

Dates: Tuesdays

**Time: 16:30-17:30 (6-8 yr olds)
& 17:30-18:30 (8-11 yr olds)**

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

Arts & Crafts

Explore your creative side in our Arts & Crafts sessions, experiment using various mediums to develop a style that best expresses your artistic personality. Create art projects that can be exhibited to friends and family.

Ages: 7-11

Dates: Wednesdays

Time: 16:30-17:45

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

Boys Group

The aim of the group is to explore and have open discussions about health, identity, relationships and friendships, sexual health, consent and personal safety.

Sessions will include guest speakers and a cookery class. The group will provide a safe space for opportunities to develop your knowledge, build your confidence and have some fun along the way. Please note: These workshops are for boys only.

Ages: 13-16

Dates: Thursdays

Time: 14:00-18:00

**Where: Barnet & Southgate
College, NW9 4BR**



What's on

Free Activities for Young People

Drop in, during the term-time to have fun!



The Duke of Edinburgh Open Award Centre

Canada Villa Youth Centre, Pursley Road, Mill Hill, London NW7 2BU



The Duke of Edinburgh Open Award Centre is open to all children and young people aged 7-19 in the Borough of Barnet.

For young people aged 13+ (Year 9), all activities contribute to achieving Bronze, Silver & Gold Awards.

ACTIVITIES AVAILABLE

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



Scan here for FREE activities Barnetyouth.uk
Email: DofE@barnet.gov.uk • Tel: 020 8359 3100



Barnet Parent Champions

Parent Champions are committed volunteers who dedicate a few hours a week to support parent/carers, providing guidance on accessing support organisations.

'BACE has been a lifeline for my family and I. The structured, well-planned, thoughtful, and meaningful activities have really boosted confidence in my children and provided them with positive and useful ways to keep occupied'
Parent Champion Summer 2024

'My two lovely boys, aged 4 and 7, enjoyed every day in BACE Holidays Camp during last summer. They engaged in a wide range of physical and creative activities such as football, multi sports, arts, crafts, cookery, etc. They have developed new skills and made new friends as they engaged in a lot of team games. They have become more confident. The most crucial aspect to me is that my kids have entertainment in a safe and well-structured environment and supervised by qualified staff. I highly recommend BACE Holidays for inspiring children'
Parent Champion Summer 2024

If you would like to become a Parent Champion and make a difference in Barnet contact:
Email: parent.champions@barnet.gov.uk
Telephone: 07501 005323

Volunteer Opportunity



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**
- HEALTHY HEART**
- INCREASE ENERGY, RELIEVE STRESS**

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

Elsa's Blizzard Blitz

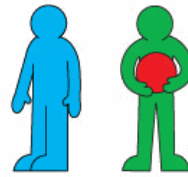


Are you quick enough to catch Elsa's speedy snowballs?

Players: 2 or more
Where to play?
Outdoors

HOW TO PLAY

1



Grab a "snowball" – any bouncy ball will do – and pick 1 player to pretend to be Elsa.

2



When Elsa shouts "Go!", the other players run away.

3



Elsa counts to 5 out loud, then throws the snowball up into the air. Everyone rushes back to catch it.

4



Whoever catches it plays as Elsa for the next round. Keep going for 10 minutes!

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.



BENEFITS OF WALKING



SCAN with smartphone to find out more.



Get Active



Libraries have a huge choice of free books and CDs to borrow. You can browse and borrow up to 20 books or CDs with a library card and use the Select and Collect service to request specific items you'd like to borrow. You can also use a computer for 3 hours a day or use the unlimited Wi-Fi with your library card. That's free too!

The digital library is available 24/7. You can borrow ebooks, eAudiobooks and digital newspapers and magazines by downloading the free apps. Online resources, like Encyclopedia Britannica will also help with homework or study.

Libraries have a great choice of free activities too. Take part in a Lego or Board Game Club or join one of the Creative Communities events, including crafts, improvisational theatre shows or learn to play chess. You can even meet an author!

It's free to join the library. You can join online or visit your local library in staffed opening times to sign up.

Find out more at www.barnet.gov.uk/libraries or keep up to date with the latest news by signing up to the library newsletter for children and families at www.barnet.gov.uk/librarynewsletters

Non Stop Action this winter

Non Stop Action has been delivering PE in primary schools and specialising in Football, Dance & Acro-gymnastics in the Barnet community for 19 years. All our activities are inclusive, providing a safe and happy environment in which children can succeed.

We are highly experienced at running holiday camps with staff who are specialists in working with children. Our camps are registered on the OFSTED Childcare register. We are immensely proud of the collaboration we have with the BACE programme with an ethos that fits perfectly with our own and widens our offer to more children.

Children can choose one of the Dance, Football or Multi-sports camps.

- **Dance camp** provides a variety of different dance styles building to a performance each day.
- **Football camp** develops different skills with lots of matches to practise in.
- **Multi-sports camp** gives children lots of different sports and activities: basketball, cricket, dodgeball, archery, tug-of-war, model-making, Olympic tournaments and many many more...



This winter we are excited to invite children to come and take part in our "New Year New Activity" theme at our camps on Thursday 02 and Friday 03 January 2025.

To book a place via BACE Holidays visit the www.barnetyouth.uk website.

For non eligible Free School Meal children, parents can pay for a place at one of Non Stop Action Camps which operates during every school holiday in Finchley and Mill Hill. For more information and to book your child into our camps, visit <https://nonstopaction.co.uk/holiday-camps/>



"It's really playful, I got to dance a lot, it was great to get my body moving and performing our new routines everyday!" - Dance Camp Child



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 where 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. Following the HAF guidance all eligible children are offered up to 4 hours a day of provisions up to 4 days in the Winter. 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 (including a 1:1 if needed) 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 by 13 December 2024 in writing. We are not able to provide and confirm any support after this date is in place.
- 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 SEND 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 or if it is Winter BACE provision by Friday 13 December 2024.

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?



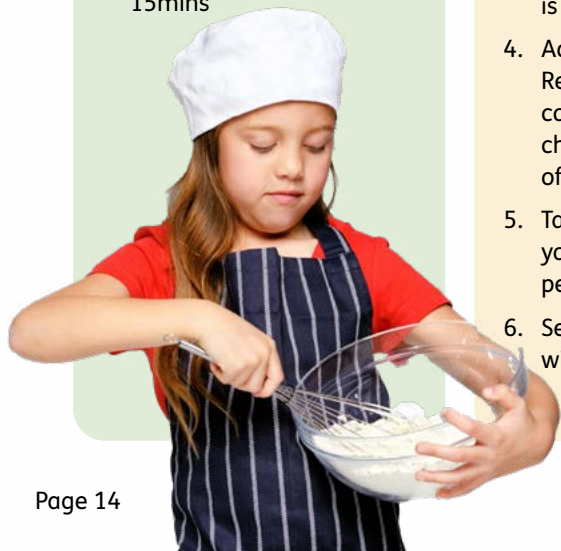
Apple Scones

Ingredients

- 230g of self raising flour
- 30g of caster sugar
- 1tsp of baking powder
- 1/2 tsp of cinnamon
- 60g of butter
- 1 small apple grated
- 1 handful of raisins
- A few splashes of milk

Method

1. Preheat oven to 200 C
2. Add the flour and baking powder to a bowl and rub in the butter
3. Stir in the grated apple and raisins
4. Add the milk to make a dough and roll it out
5. Use a cutter to make scone shapes and place on a lined tray
6. Pop in the oven for 10-15mins



Easy chicken curry

(Serves 4)

Ingredients

- 1 onion finely chopped
- 3 garlic cloves, finely chopped
- 2 tbsp vegetable oil
- half a 400g tin chopped tomatoes
- 2 tbsp curry powder
- 1 tsp ground ginger
- 400g boneless skinless chicken thigh, cut into 2.5cm/1in pieces
- 100ml Greek-style natural yoghurt, plus extra to serve
- salt and pepper

Method

1. Add the oil and onion to a large saucepan and fry for 2 minutes until the onions start to soften, then add the garlic and cook for another minute.
2. Add the tomatoes, curry powder and ground ginger and cook for 3-4 minutes. If the pan gets dry add a splash of water and make sure the spices don't burn.
3. Add the chicken and cook for 5 minutes. Make sure all the chicken is coated and is beginning to brown on the sides.
4. Add 250ml water and bring to the boil. Reduce to a medium to low heat and cook for 10-15 minutes, or until the chicken is cooked through with no sign of pink juices in the middle of the pieces
5. Take the curry off the heat, stir in the yoghurt then season with salt and pepper
6. Serve the curry with the rice and garnish with a drizzle of yoghurt



Apple & Parsnip Soup

(serves 6)

Contributed by Ellie a volunteer at The Loop in Grahame Park 'It tastes great and is easy to make'

Ingredients

- 1 tbsp sunflower oil
- 2 medium onions, chopped
- 1/2 tsp of mixed spice
- 600g parsnips, cut into 2cm/1in pieces
- 2 garlic cloves, crushed
- 600g apples, peeled, quartered and cut into chunks
- 1 litre vegetable or vegetable stock
- 150ml milk
- salt and pepper to taste

Method

1. Add the oil in a large saucepan. Gently fry the onions and parsnips on a medium heat, for 15 minutes or until the onions are softened
2. Add the garlic, mixed spice and apples and cook for a further two minutes, stirring regularly.
3. Pour over the stock and bring to the boil. Reduce the heat to a simmer and cook for about 20 minutes, or until the parsnips are very soft
4. Remove from the heat and season with salt and black pepper. Blend the mixture until smooth in a food processor or using a stick blender
5. Stir in the milk, adding a little extra if required
6. Check seasoning and if needed add more salt and black pepper.



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

Nutrition Tips for Cold Weather

Seasonal vegetables

There are plenty of tasty seasonal vegetables like broccoli, carrots, and cauliflower—they are versatile and can be added to everything from stir-fries to roasted dishes. Need some inspiration?

- Check out Veg Power's **'Simply Veg'** which offers free recipes, resources and advice to get children and families eating more vegetables. There are also fun vegetable related activities that you can download from the **Eat Them to Defeat Them** campaign.
- To support families with cooking healthier meals, Change4life have created a free cooking subscription package called **'Cook Together'**.
- Why not give some of the amazing veg-full recipes on the **Jamie Oliver website** a try?

Boost your immunity

Consuming fruits and vegetables high in vitamin C such as bell peppers and citrus fruits like grapefruit, kiwi, mandarins, and oranges are not only delicious but also packed with vitamin C to boost immunity. Also, during winter when sunlight exposure is limited, consider giving your child a vitamin D supplement.

Stay hydrated

Even though we might not feel as thirsty, staying hydrated is crucial. Cold weather doesn't exempt us from needing water! Water and lower-fat plain milks are always the best choices for drinks for kids. Water and plain milk are not harmful to teeth because they both do not contain added sugar. Also, milk contains a variety of vitamins and minerals that we need as part of a healthy balanced diet to keep our bodies healthy. For example, calcium is a mineral found in milk, which is needed need for healthy bones and teeth.

Better Health newsletter sign up

Why not sign up to the Better Health Newsletter? By signing up, you will be gaining tips on how to eat better and move more, along with recipes and tools. To sign up, click on this [link](#).



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

Love a challenge? Join in the latest trend and try your hands at recreating your favourite 'Fakeaways'; a cooking class that you will not only learn to cook your favourite takeaway, but it will be healthier and will also save you money at the same time! Staying in, is the new going out! Children, family and SEND classes will be on offer for all to have a try.

Date: Monday 23 December 2024
10:00-12:00 - 7-11
Finchley Youth Centre, N2 9ED
10:00-12:00 - 7-11
13:00-15:00 - 12-16
Canada Villa Young People's Centre, NW7 2BU

Date: Thursday 02 January 2025
10:00-12:00 - 7-11
13:00-15:00 - 12-16
Where: Canada Villa Young People's Centre, NW7 2BU



Date: Monday 30 December 2024
10:00-12:00 & 13:00-15:00 - 4-16
Parent & Child SEND Family sessions
Where: St James High School, NW9 5PE

Unleash your creativity as you learn new techniques, work with vibrant icing, and design deliciously beautiful cookies. Take home your edible masterpieces. A sweet experience you won't want to miss.

Date: Friday 03 January 2025
10:00-12:00 - 7-11
13:00-15:00 - 12-16
Where: Canada Villa Young People's Centre, NW7 2BU





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.



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>

"I liked everything about the experience, especially being with the children. It was a very positive and inclusive experience; all of us joining in together." - BACE Holidays HAF Volunteer

Get healthy with Gro this Winter!

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 to 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 today!

Need help?

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

Email: support@grohealth.com





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: -

“Receiving a computer has been beneficial for me to stay more connected with the digital world.”
Recipient

“Thank you for allowing my client to have the opportunity to be in receipt of a laptop. This will be so beneficial to him in allowing him to advance in his studies and future career. This is much more than a laptop to him!”
Community Partner

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](https://www.2econdchance.co.uk)



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/>





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







TOP TEN TIPS TO SAVING ENERGY IN THE HOME

1. **Using energy saving LED lightbulbs can save money in the long-run.** This uses 90% less energy than traditional bulbs and can pay for themselves through energy savings in just a couple of months.
2. **Switching off electrical appliances when you're not using them, saves money.** Switching everything off at the wall could **save £120 a year.**
3. **Using a slow cooker can be a cheaper alternative to an electric cooker.** An electric cooker costs on average 87p per day to run. **A slow cooker costs just 16p a day.**
4. **Turning your thermostat down as little as one degree can reduce your heating bills.** This could **save as much as £75 per year.**
5. **Keep the heat in - use draft excluders at the bottom of doors and fit letterbox brushes.** The reduction in heat loss can **save up to £20 a year.**
6. **Only fill and boil the kettle with as much water as you need.** This can **save you up to £36 a year.**
7. **Set your dishwasher and washing machine to a lower temperature / use the 'Eco' mode.** This can **save you up to £28 per year.**
8. **Save water and money - taking a 4-minute shower can save you up to £70 per year.**

9. **Put a lid on it – pans with lids on them trap in the heat, cooking food quicker.** Saves half the time to heat a pan of boiling water, saving on energy costs.

10. **Working from home?** Laptops typically use 65% less electricity over a year than desktop PCs. Choosing a laptop over a desktop and not leaving the laptop in standby could **save up to £45 per year.**



HERE ARE SOME SIMPLE THINGS YOU CAN DO TO KEEP WARM, STAY HEALTHY AND MAKE THE BEST USE OF YOUR HEATING AT HOME.

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

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

MONEY WORRIES?

COST OF LIVING SUPPORT

Barnet, here to help

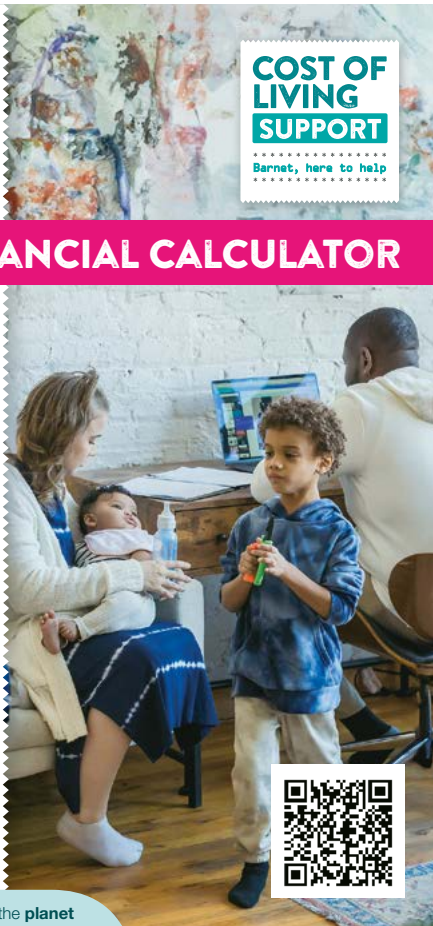
BARNET'S FINANCIAL CALCULATOR

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 csm@rephaelhouse.org.uk	
Resources for Autism www.resourcesforautism.org.uk • 020 8458 3259	
Young Minds Crisis Text message YM to 85258 for free support.	

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

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

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

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



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

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

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

Supporting Children and Young People's Wellbeing and Mental Health

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

BICS@barnet.gov.uk

020 8359 3130

Caring for people, our places and the planet



Finchley Youth Centre and Canada Villa

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

Finchley Youth Centre, East Finchley, N2 9ED has its own theatre space, fully equipped dance studio and internet access.

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 Fostering

Our offer to you:

The difference is you!

- **24/7 SUPPORT**
- **EXTENSIVE TRAINING**
- **SUPPORTIVE LOCAL NETWORKS**



020 8359 6274



Caring for people, our places and the planet

