

Barnet Youth

Winter 2025



**Free Winter
Camps and
Activities**

Free trips to
Laser Quest, InflataNation
& Theatre

Family Winter Fest
Activities, Food,
Entertainment & Stalls

Volunteering
Become a Parent Volunteer
& sign up today



barnetyouth.uk

Caring for people, our places and the planet

BACE Holidays:
Fully funded by the Department for Education





Contents

Welcome to the Winter 2025 edition of our Barnet Youth Magazine!

As the days grow shorter and the air turns crisp, it's the perfect season to come together, reflect, and celebrate. This winter, we're hosting opportunities for young people and families across the borough. From festive workshops and winter wellbeing activities to exciting trips during the school holidays, there's something for everyone.

We are also working in partnership with the Early Help Hubs and Barnet Parent Champions to bring you a Family Winter Fest - find out more on page 11. And of course, we're proud to continue supporting opportunities within Ofsted registered holiday camps across the borough.



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 and crafts, performing arts and much more, for up to 4 days of the Winter holidays. Each child will receive meals or 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 2025:

19 / 20 / 22 / 23 / 29 & 30 December 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:

08 September - 14 December 2025

Winter Holidays:

19 / 20 / 22 / 23 / 29 & 30 December 2025

Spring Term: 12 January - 27 March 2026

February Half Term: 16 February - 20 February 2026



Follow @BarnetYouth_ on Instagram • [barnetyouth.uk](https://www.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. Children aged 7+ can drop-in to the Open Award Activity Nights in Finchley Youth Centre, East Finchley on Thursdays during the term.

All winter holiday activities go live on [Barnetyouth.uk](https://www.barnetyouth.uk) on 07 November 2025 at 9am.

Bookings close 12 December 2025 so to guarantee your child's place 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!



What's On

PAGE

How to Book	3
Winter Holiday Camps	4
Shows & Events	5
Activities and Courses	6-8
Teen Trips	9
Become a Parent Champion	9
Term Time Fun	10
Barnet Christmas Winter Wonderland	11
Give. Help. Share	11



Get Active

PAGE

FAB Cards	12
Autism Hub	12
Duke of Edinburgh - Open Award Drop In	12



SEND Support and Offer

PAGE

SEND Offer & Support	13
----------------------	----



Healthy Eating

PAGE

Recipe Ideas	14
Healthy Eating Tips & Food Banks	15
Cooking Sessions	15



Wellbeing, Welfare and Support

PAGE

Volunteering Barnet	16
Children Centres	16
Free Sim Cards, Employment Support & Healthy Start BOOST, Healthy Start	17
Connecting Communities	18
Mental Health Support	19

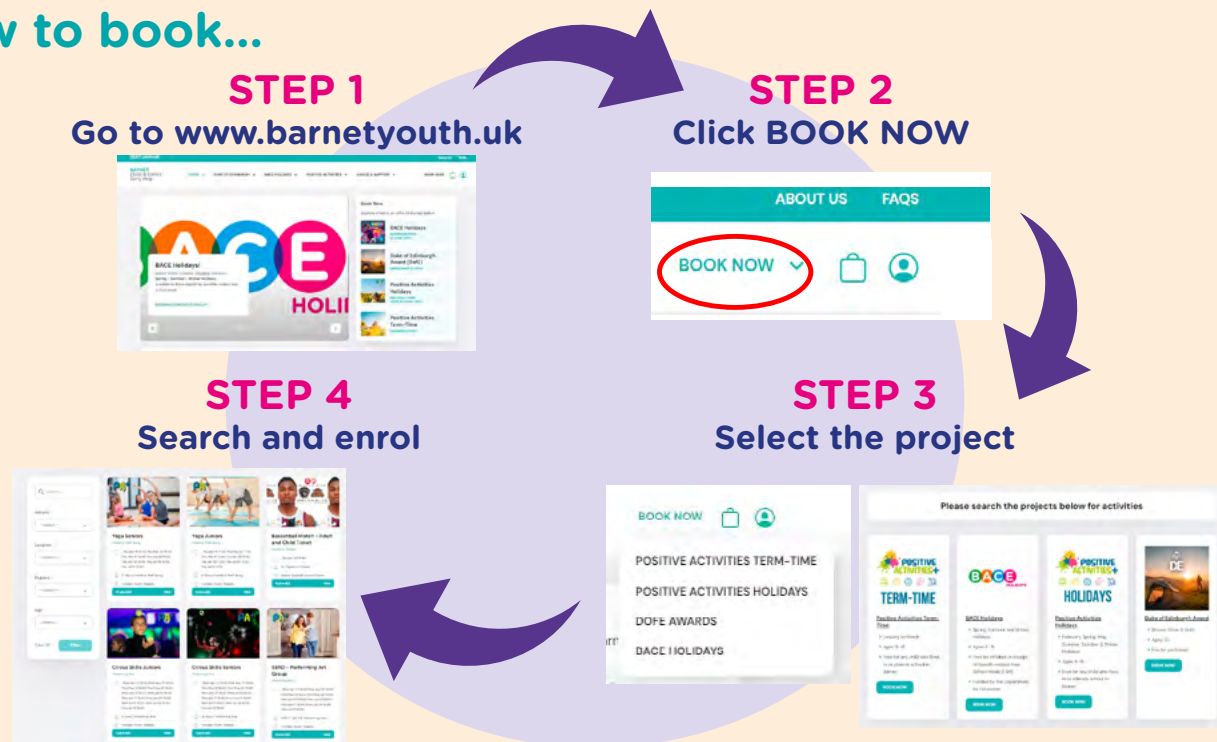


Did you know?

PAGE

Youth Centre Hire, Barnet Fostering	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.

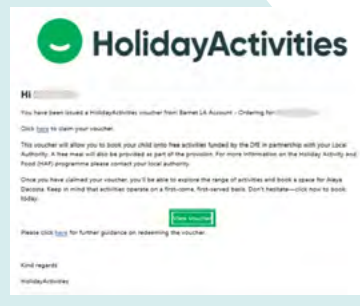


Here are the steps to finding your Holiday Activity eVoucher Codes:

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



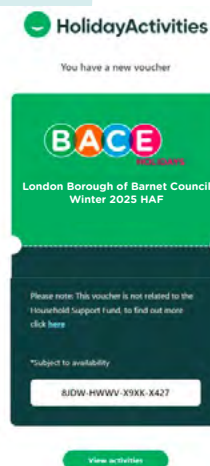
STEP 2
Open email and click the
View Voucher button:



STEP 5
Select the child and insert the
voucher code in the cart. You
MUST enter your holiday code in
when booking. No bookings will be
accepted without a valid 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
03 November 2025 to the email you receive
correspondence from the schools.



Winter Camps

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 take part in an exciting programme of seasonal activities with our amazing partner organisations. Each child can book up to 4 hours per day and up to 4 days throughout the winter break, subject to availability. If you're not eligible for BACE Holidays, you can still join the fun by paying for a place directly with the camps listed below or Positive Activities. Many of our Ofsted registered providers accept Tax-Free Childcare vouchers and can provide a proof letter to support Universal Credit claims.

From festive events to creative workshops, there's something for everyone to make the most of the season!

PROVIDER NAME	ACTIVITY	VENUE	POSTCODE	AGES
East Central Hub Area				
Level Up Sports	Multisports Camp	Church Hill Primary School, Burlington Rise, East Barnet, Barnet	EN4 8NN	4 to 13
Smart Play*	Arts & Crafts, Football and Multisports	Underhill School, Mays Lane, Barnet	EN5 2LZ	4 to 11
SBWA	Multi-Activity Camp	Tarling Road Community Hub, 20 Fallows Close, London	N2 8LG	4 to 16
Non Stop Action*	Multi-sports Camp	Moss Hall Junior School, Nether Street, Finchley	N3 1NR	5 to 11
Complete Sports*	Multi-Activity Camp	Cromer Road Primary School, Cromer Road, Barnet	EN5 5HT	5 to 12
Joy Sports Academy	Multisports Camp	Hollickwood Primary School, Sydney Road, Muswell Hill, London	N10 2NL	4 to 16
Non Stop Action*	Dance Camp	Summerside Primary School, Crossway, London	N12 0QU	5 to 12
Active London*	Multi-Activity Camp	Brunswick Park Primary School, Osidge Lane, Southgate, London	N14 5DU	4 to 11
Foundation Sports*	Sports, Arts & Crafts	Ashmole Primary School, Summit Way, Southgate, London	N14 7NP	4 to 16
Barnet Community Projects	Multi-Activity Camp	Rainbow Centre, Dollis Valley Drive, High Barnet	EN5 2UN	8 to 16
Community Focus	Special Educational Needs Multi-Activity Camp	Friary House, Friary Park, Friary Road, North Finchley, London	N20 0NR	10 to 16
South Hub Area				
Claremont Primary School*	Multi-Activity Camp	Claremont Primary School, Claremont Road, Cricklewood	NW2 1AB	5 to 10
Claremont Primary School*	SEN Multi-Activity Camp	Claremont Primary School, Claremont Road, Cricklewood	NW2 1AB	5 to 10
THOCH	Multi-Activity Camp	Basing Hill Park, Childs Way, Golders Green	NW11 8TJ	5 to 14
Lift CIC	Football Tournament	Clarion School, Claremont Road, London	NW2 1TR	12 to 16
Cricklewood ABC	Multi-sports Camp	Cricklewood Boxing Club, Gladstone Park Gardens, Edgware Road	NW2 6JP	8 to 16
Resources for Autism	Multi-Activity Camp/Specialist Scheme for Children with Autism	858 Finchley Road, Temple Fortune, London	NW11 6AB	8 to 16
West Hub Area				
Bulldogs Basketball CIC	Basketball Camp	Barnet Copthall Leisure Centre, Champions Way, Hendon	NW4 1PX	8 to 11
Wuma Sports Ltd Basketball	Basketball Camp	Barnet Copthall Leisure Centre, Champions Way, Hendon	NW4 1PX	12 to 16
Non Stop Action*	Dance, Multisports & Football Camps	Millbrook Park CE Primary School, Mill Hill	NW7 1JF	5 to 12
Superstar Sport*	Multi-Activity Camp	Deansbrook Infant School, Edgware	NW7 3ED	4 to 11
Greentop Children's Centre*	Multi-Activity Camp	Greentop Children's Activity Centre, Colindale	NW9 4BR	4 to 11
Sport4Kids*	Multisports Camp	Colindale Primary School, Colindale	NW9 6DT	4 to 11
Superstar Sport*	Multisports Camp	Broadfields Primary School, Edgware	HA8 8JP	4 to 11
Barnfield Primary School*	Multi-Activity Camp	Barnfield Primary School, 18 Silkstream Road, Burnt Oak	HA8 0DA	4 to 11
Unitas Youth Zone	Multi-Activity Camp	Unitas Youth Zone, 76 Montrose Avenue, Colindale	HA8 0DT	8 to 12

* Ofsted Registered



Please note: Some of the camps listed above offer paid places for children who are not eligible for benefit-related free school meals. Some camps also offer early drop-off and late pick-up for an extra fee to BACE families. Please contact the provider directly for more details. All camps are inclusive, meaning children with SEND needs can attend. If your child requires one-to-one support, please see the SEND page on page 13.



Shows and Events



Disco with DJ Groovy G

Ages: 7-12

Date: Friday 19 December 2025

Time: 16:30-18:30

Venue: Finchley Youth Centre, N2 9ED

Dance, play, and party at our festive Winter Disco! With great music, fun games, and a safe space to celebrate, it's the perfect way to groove into the season. Pop, dance, or party classics - there's something for everyone!

Dress to impress in your festive best and join us for a night of music, movement, and memories!



Science Show

Ages: 4-16

(children must be accompanied by an adult)

Date: Monday 29 December 2025

Time: 16:00-17:00

Venue: Finchley Youth Centre, N2 9ED

Exciting science experiments which will involve the children and make science fun, with an experienced Boffin as your presenter. Perfect for curious minds, this interactive show brings science to life with laughter and learning! No lab coats required, just bring your curiosity.



Non Stop Kids Entertainment Magic Show

Ages: 4-16

(children must be accompanied by an adult)

Date: Monday 22 December 2025

Time: 16:00-17:15

Venue: Finchley Youth Centre, N2 9ED

Prepare to be amazed, delighted, and thoroughly entertained at our Family Magic Show Experience - the perfect festive treat for all ages! Step into a world of wonder as our talented magician brings you a show packed with mind-blowing tricks, and plenty of laughs.



Chickenshed - Christmas Tales

A magical adventure that takes you around the world, into outer space, and back again - all to make sure the Christmas tree is ready in time for the big day.

Ages: 4-7

Time: 10:00-11am (Run Time: 60 Minutes)

Dates: Friday 19 December

Saturday 20 December

Sunday 28 December

Monday 29 December 10am

Venue: Rayne Theatre, Chickenshed

Chase Side Southgate London N14 4PE



Winter Princess Story Time

Ages: 4-7

Date: Monday 22 December 2025

Time: 15:00-16:00

Venue: Finchley Youth Centre, N2 9ED

Step into a winter wonderland with our Frozen-themed Princess Story Time! Children aged 4-7 will enjoy magical tales, sing along to well-loved songs, and join in fun games with a real-life snow queen. A gentle, interactive session filled with sparkle, imagination, and Frozen magic. Perfect for little princes and princesses!





What's on

Activities and Courses



Nerf Battles

Ready... Aim... FUN!

Get your adrenaline pumping with our Nerf Battles – the ultimate team game experience for pre-teens and teens this summer!

Join us for high-energy action as players team up, strategize, and dodge foam darts in a safe, supervised environment. With exciting game modes, and loads of laughs, it's the perfect way to stay active, make new friends, and enjoy some friendly competition.

Ages: 7-11

Date: Tuesday 30 December 2025

Time: 12:30-14:00

Ages: 12-16

Date: Tuesday 30 December 2025

Time: 14:30-16:00

Venue: Finchley Youth Centre, N2 9ED



BRING
A FRIEND!



The Polar Express (U) Free Family Pop-Up Cinema!

All aboard! Step into the magic of Christmas with our Pop-Up Cinema screening of The Polar Express. Snuggle up in your PJs, bring your blankets and pillows, sip on hot chocolate, and enjoy festive treats as we bring this Christmas classic to life on the big screen. A magical experience the whole family will love!

Film: The Polar Express (Rating: U)

Date: Tuesday 23 December 2025

Time: 15:30-17:30

Venue: Finchley Youth Centre, N2 9ED

Free snacks for children

Children under the age of 12 must be accompanied by an adult.



Chess Club

Our Junior Chess Club Session is the perfect place for you to sharpen your skills, make new friends, and have a blast!



Challenge Yourself: Compete in fun and friendly matches with others.

Ages: 7-16

Dates: Monday 29 & 30 December 2025

Time: 10:00-11:30

Venue: Finchley Youth Theatre (FYT), 142 High Street, East Finchley, N2 9ED



Video Game Design 2-Day Workshop

Level Up Your Creativity at Our Video Game Design Workshop!

Calling all gamers and aspiring game designers! Get ready to dive into the thrilling world of video game creation at our Video Game Design Workshop.

Whether you're a newbie or a seasoned player, this workshop is your chance to turn your gaming passion into reality.

Ages: 8-11 **Time:** 10:00-12:15

12-16 Time: 12:45-15:00

Dates: Monday 29 & Tuesday 30 December 2025

Venue: 24 Hendon Lane, Finchley Central, N3 1TR



Family Games Afternoon

Step back in time and enjoy a day full of classic fun at our Family Games Afternoon, perfect for the whole family who love to play, compete, and connect! Join us for a fantastic mix of games designed to bring everyone together. Whether you're a board game whiz or a ping pong pro, there's something for everyone to enjoy.



Ages: 4-16

Date: Monday 29 December 2025

Time: 14:00-15:30

Venue: Finchley Youth Centre, N2 9ED

BRING
A FRIEND!





Edible Festive Decorations Workshop



Add sparkle (and sweetness!) to the season with our Edible Festive Decorations Workshop. Children will roll, shape, and decorate festive treats that can be hung on the tree, shared with family, or enjoyed as a holiday snack. With plenty of sprinkles, icing, and creative flair, it's the perfect mix of cooking, crafting, and Festive fun – and they'll take home their own handmade decorations to show off (or eat!).

Ages: 9-13

Date: Tuesday 23 December 2025

Time: 14:30-15:30

Venue: Finchley Youth Centre, N2 9ED



2-Day Learn to Play Guitar Workshop



Pick up, play, and perform! In just 2 days, your child will learn guitar basics, play real songs, and gain the confidence to keep strumming. No experience needed – we provide the guitars, the fun and the music!

Ages: 8-11 **Time:** 10:30-12:30

12-16 **Time:** 13:00-15:00

Dates: Monday 22 & Tuesday 23 December 2025

Venue: Finchley Youth Centre, N2 9ED



2-Day Songwriting Workshop

In this inspiring two-day workshop, children will explore the art of songwriting – from shaping lyrics and rhythms to discovering their own musical voice. Through fun creative exercises and guided support, they'll build confidence, express themselves, and develop key musical skills while crafting an original song to share. A wonderful blend of creativity, self-expression, and musical growth.

Ages: 8-11 **Time:** 12:00-14:00

12-16 **Time:** 14:30-16:30

Dates: Monday 29 & Tuesday 30 December 2025

Venue: 24 Hendon Lane, N3 1TR



K-Pop Dance Class



Get ready to dance like a star! In this one-off K-Pop Dance Class, children will learn a dynamic routine inspired by their favourite K-Pop hits. Along the way, they'll develop rhythm, coordination, and performance skills – all while having fun, boosting confidence, and shining on the dance floor!

Dates: Monday 29 & Tuesday 30 December 2025

Ages: 6-10 **Time:** 10:00-10:50

11-16 **Time:** 11:00-11:50

Venue: Finchley Youth Centre, N2 9ED



2-Day Stop Motion Animation

Bring stories to life, brick by brick! In this creative 2-day stop motion animation workshop, young people will use Lego and figures to design characters, build sets, and learn how to animate their own stories, frame by frame. With plenty of hands-on fun, they'll explore storytelling, teamwork, and digital skills while creating a mini-movie to take home and share. A brilliant blend of imagination, technology, and play!

Ages: 12-16

Dates: Monday 29 & Tuesday 30 December 2025

Time: 16:30

Venue: Finchley Youth Centre, N2 9ED

BRING A FRIEND!



Yoga



Stretch, breathe, and relax! Our fun kids' yoga session helps children build strength, balance, and focus while learning calming techniques they can use every day. With playful poses and mindful moments, it's the perfect mix of movement, relaxation, and wellbeing.

Dates: Monday 29 & Tuesday 30 December 2025

Ages: 7-11 **Time:** 12:00-12:50

12-16 **Time:** 13:00-13:50

Venue: Finchley Youth Centre, N2 9ED



What's on



Krav Maga - Self Defence

Join our Krav Maga Self-Defence Workshops – specially designed for children to get moving, stay safe, and have fun!



Led by expert instructors, these dynamic sessions introduce kids to the fundamentals of Krav Maga – a practical and empowering self-defence system – in a safe, supportive and high-energy environment.

No prior experience needed – just bring energy, curiosity, and a can-do attitude!

Ages: 6-11 **Time:** 12:00-13:00

Ages: 12-16 **Time:** 13:00-14:00

Dates: Monday 22 & Tuesday 23 December 2025

Venue: Finchley Youth Centre, N2 9ED



App Design 2-Day Workshop



Unleash Your Creativity and Build Amazing Apps!

Dive into the world of mobile app development and create interactive, useful apps for both iOS and Android devices. Share your innovative creations with friends and family, and watch their faces light up with amazement!

Join our App Design Course and master the essentials of mobile app development.

Ages: Juniors 8-11
Seniors 12-16

Dates: Monday 22 & 23 December 2025

Times: 10:00-12:15 Juniors
12:45-15:00 Seniors

Venue: 24 Hendon Lane, Finchley Central, N3 1TR



Festive Arts & Crafts

Get into the holiday spirit with our Festive Arts & Crafts sessions! Young people will create their own seasonal decorations, gifts, and sparkly keepsakes to take home – a perfect blend of creativity, fun, and festive cheer.

This is your chance to try new skills and have a blast while making new friends.

Ages: 7-11

Dates: Monday 22 & 23 December 2025

Time: 10:00-11:30

Venue: Finchley Youth Centre, N2 9ED

Graffiti Jam: Express Yourself!



Get creative with bold letters, bright colours, and street-art vibes. This teen workshop is all about making your mark and showing your style – no experience needed!

Ages: 13-16

Dates: Monday 23, Tuesday 24,
Monday 29 & Tuesday 30 December 2025

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

Venue: Tarling Road Community Hub, N2 8LG



First Aid: Make a difference



We're offering a fantastic opportunity for young people aged 13-16 to gain hands-on first aid training and volunteer with local youth providers during the school holidays. This course will help you build confidence, learn life-saving skills, and make a real difference in your community. By completing the training, you'll be ready to support Holiday Activities and become a valued part of the team!

Ages: 13-16

Date: Tuesday 25 November 2025

Time: 16:00-20:00

Venue: 24 Hendon Lane, N3 1TR

BRING A FRIEND!



Lego Fun



Let your child's imagination build and soar! From creative challenges to team builds, our holiday Lego sessions are packed with hands-on activities that keep kids busy, learning, and having fun. Book now for a holiday full of colour, creativity, and play!

Ages: Lego Minis 5-8 yrs

Lego Juniors 9-11 yrs

Come and join us at either venue:

Finchley Youth Centre, N2 9ED
22 & 23 December 2025 - 09:30-11:00

24 Hendon Lane, N3 1TR
29 & 30 December 2025 - 09:30-11:00



POSITIVE ACTIVITIES+
BACE **DE**

BRING A FRIEND!

Fitness: Move, Sweat, Grow

Get active, feel stronger, and have fun while building healthy habits. Whether you're into sports or just want to feel good, this session is all about energy and empowerment.

Ages: 13-16
Dates: Monday 23, Tuesday 24, Monday 29 & Tuesday 30 December 2025
Times: 11:00-12:00 or 12:00-13:00
Venue: Tarling Road Community Hub, N2 8LG

POSITIVE ACTIVITIES+
BACE **DE**

BRING A FRIEND!

Hairdressing: Style It Up

Love experimenting with hair? Learn the basics of styling and hair care while building confidence and creativity. Perfect for future stylists – or anyone who want great hair skills!

Ages: 13-16
Dates: Monday 29 & Tuesday 30 December 2025
Times: 10:00-12:00 or 13:00-15:00
Venue: Tarling Road Community Hub, N2 8LG

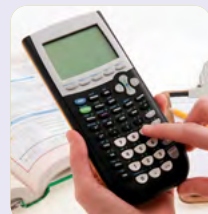
POSITIVE ACTIVITIES+
BACE **DE**

BRING A FRIEND!

NatWest Thrive: Own Your Future

Get smart with money, boost your confidence, and plan for what's next. NatWest Thrive helps you take control of your future with real-life skills and positive vibes.

Ages: 13-16
Dates: Monday 29 & Tuesday 30 December 2025
Time: 19:00-20:00
Venue: Online (ZOOM)



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

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: 12-16 (guests must also be 12-16)
Date: Monday 22 December 2025



BRING A FRIEND!

InflataNation

Get ready for giant inflatable slides, the thrilling helter-skelter, our epic inflatable obstacle course, the exciting tipping slide, and so much more.

Plus, your brand-new Colindale arena features an absolutely enormous ball pit – it's seriously huge! Fun for everyone awaits!

Ages: 12-16 (guests must also be 12-16)
Date: Tuesday 23 December 2025



BRING A FRIEND!

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.

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





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 and spring term.

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: 16:00-17:30

Venue: Finchley Youth Centre, N2 9ED

Yoga

Through imaginative movement, playful poses, and calming breathing exercises, children will build strength, balance, and confidence in a fun environment. Each class is filled with music and games that help kids stay active, focused, and centred.

Ages: 6-10 & 11-16

Dates: TBC*

Venue: Finchley Youth Centre, N2 9ED



Basketball

Step onto the court and start building your basketball skills from the ground up! This beginner-friendly club is designed to help players learn the fundamentals of the game in a fun, active, and encouraging environment.

Ages: 9-14

Dates: Mondays

Time: 18:00-19:00

Venue: Barnet Copthall Leisure Centre, NW4 1PX



Krav Maga Self-Defence

A high-energy way for children to build confidence, focus, and physical fitness. Through age-appropriate techniques and games, your child will learn respect, self-defense, and the value of hard work.

Ages: 6-16

Dates: Mondays

Times: 17:00-18:00 (6-11s) & 18:00-19:00 (12-16)

Venue: Finchley Youth Centre, N2 9ED

Creative Artists

Designed for aspiring and experienced artists alike, this programme will focus on collaborative and individual projects across a range of artistic disciplines throughout the term. The programme will touch on painting, design and mixed media. You will be given the tools and support to grow your artistic expression.

Ages: 7-10 Times: 16:30-17:30
11-16 Times: 17:30-19:00

Dates: Tuesdays

Venue: Finchley Youth Centre, N2 9ED

E2E Football by LIFT CIC

Ready to level up your game? Join us for FREE football sessions delivered by FA coaches, designed just for you! Whether you're looking to improve your skills, meet new friends, or just have some fun.

Time: 18:00-19:30

Ages: 8-14

Dates: Mondays

Venue: Clarion School (Formerly Whitefield), NW2 1TR Astro turf

Ages: 12-18

Dates: Thursdays

Venue: St James School, NW9 5PE Astro turf



Youth Theatre Productions

Our Youth Theatre Productions class is designed for secondary school students who are passionate about theatre – whether that's performing on stage or working behind the scenes. This class offers young people a safe and inspiring space to explore their creativity, collaborate with others, and develop practical theatre-making skills under the guidance of industry professionals.

Ages: 12-18

Dates: Wednesdays

Time: 18:30-19:30

Venue: Finchley Youth Centre, N2 9ED



Special Educational Needs and Disabilities Basketball

Inclusive basketball for young people with Special Educational Needs and Disabilities. Sessions are designed to be fun, supportive, and engaging, with a focus on developing coordination, teamwork, and confidence through sport.

Ages: 11-19

Dates: Tuesdays

Time: 17:00-18:00

Venue: Barnet Copthall Leisure Centre, NW4 1PX

Contemporary Dance

A creative and expressive class blending the strength of contemporary with the flowing style of lyrical. Teens will build technique, flexibility, and confidence while learning emotive routines and developing their own unique style.

Ages: 11-16

Dates: Wednesdays

Time: 19:00-20:00

Venue: Finchley Youth Theatre, N2 9ED



Family Winter Fest

This special day is designed for the whole family and packed with fun, laughter, and festive cheer!

Enjoy a wide range of activities, including:

- **Santa's Grotto** – Meet Santa and share your Christmas wishes
- **Inflatables & soft play** – Bounce, climb, and have endless fun
- **Animal encounters** – Greet reptiles and furry friends up close
- **Arts & crafts** – Make decorations, cards, and clay bead creations

• **Magic shows & balloon modelling** – Delight in wonder and laughter

• **Live entertainment** – Enjoy music, singing, and festive performances

• **Festive food & treats** – Warm snacks, sweet treats, and seasonal favourites



BACE

This free event is the perfect way to bring families together, celebrate the season, and create magical memories. Come along and join in the fun, creativity, and festive cheer!

Date: **Saturday
20 December 2025**

Time: **12:00-16:00**

Venue: **Tarling Road
Community Hub,
20 Fallows Cl,
London N2 8LG**

Give. Help. Share – Nourishing Children, Empowering Futures

Give. Help. Share is a registered charity which tackles food insecurity and promotes healthy lifestyles among children and families. Our mission is simple: **GIVE** nutritious food parcels, **HELP** families in crisis, and **SHARE** food knowledge through fun, hands-on education.

Since 2021, we have delivered thousands of nourishing food bags to families across London and Hertfordshire, while also running engaging food education programmes in schools. Children learn to prepare simple, affordable and healthy recipes in their classrooms, becoming “food change champions” who take these skills and knowledge back to their families.

Our journey with BACE Holidays has been an inspiring partnership. Working together, we've reached children who may otherwise go without access to nutritious food and snacks during the holidays. By combining BACE's commitment



to providing enriching holiday experiences with our expertise in food education and nutrition, we have been able to provide children with both the tools and confidence to make positive choices about what they eat.

“Together with BACE Holidays, we are helping children discover that healthy food can be tasty, fun and affordable. Seeing their excitement as they try new foods or proudly take home their snack parcels is what motivates us to keep going.” – Give. Help. Share



Contact details:

www.givehelpshare.org.uk
info@givehelpshare.org.uk



Get Active

Free Activities for Young People

Thursday Nights during term-times



The Duke of Edinburgh Award & Youth Nights



The Duke of Edinburgh Open Award Centre is open to all children and young people aged 8-19 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

Digital Photography

DofE Support Volunteering Opportunities

Expedition Training

Table Tennis

Graffiti

Hair & Beauty

Homework club



Scan here for FREE activities Barnetyouth.uk

Email: DofE@barnet.gov.uk • Tel: 020 8359 3100



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



The Barnet Children & Families Autism Hub offers a wealth of opportunities for families to enjoy together. Our expert team lead a variety of groups, activities, workshops and more. Gain access to a range of professionals and be a part of the community.



Creatives Club

For 8-12 year olds to explore their creativity.



Outings Group

For teens to engage in the community.



Stay & Play

For families to engage in play within the Hub.



Autism Drop Ins

Meet the Hub team, ask questions, get advice.



Sessions with Professionals

Access a variety of professional support.



Parent & Carer Workshops

Be a part of a community & learn more.

Scan the code to find out more and complete a referral!



Caring for people, our places and the planet





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 for up to 4 days during the spring and winter holidays and 16 days during 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 (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 7 days prior to activity start date 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.

Examples of activities are below:

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

Family Fun SEND Sessions

Family Fun Sessions that will last between 45mins - 2 hours 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?



Spiced carrot and potato soup (Serves 4-6)

Ingredients

- 1 tbsp oil
- 1 onion finely chopped
- 2 large carrots, peeled and roughly chopped into chunks
- 2 sticks celery, roughly chopped
- 2 large baking size potatoes, peeled and chopped into chunks
- 1 tsp of curry powder
- 800ml veg stock (made up with 2 stock cubes)
- pinch of salt and black pepper

Method

1. Prepare all the vegetables. Heat the oil in a large saucepan on a low heat
2. Fry the chopped raw vegetables gently on a medium heat for about 5 minutes until slightly softened
3. Sprinkle over the curry powder and stir into the veg, cook gently for another minute. Season with salt and pepper
4. Pour in the vegetable stock and bring up to the boil and then simmer for 20 minutes until the veg is tender
5. Use a stick blender in the pan to blend the soup or transfer to a food processor and blend to a smooth consistency. You may need to add more hot water at this point if too thick.



Sausage and bean stew

Ingredients

- 1 tbsp olive oil
- 1 onion, peeled and finely chopped
- 2 cloves garlic peeled and finely chopped
- 2 carrots, diced
- 4 sausages (meat or vegetarian), sliced
- 500ml fresh chicken or veg stock
- 400g tin of chopped tomatoes
- 400g tin cannellini or butter beans, drained and rinsed
- 1 tsp of dried herbs
- 200g kale or greens leaves roughly chopped

Method

1. Heat the oil in a large pan over a medium heat. Add the onion and lightly fry for 3 minutes, until beginning to soften
2. Finely chop the garlic and add to the onions along with the carrots; cook for 2 minutes.
3. Add the sausage and cook for 5 minutes, stirring occasionally, until just turning golden
4. Tip in the stock, tomatoes, beans, herbs, season with salt and pepper and add 500ml water
5. Bring to the boil, then simmer gently for 15 minutes. Add the kale/greens and simmer for another 5 minutes.
6. Serve with rice, couscous, mash or crusty bread



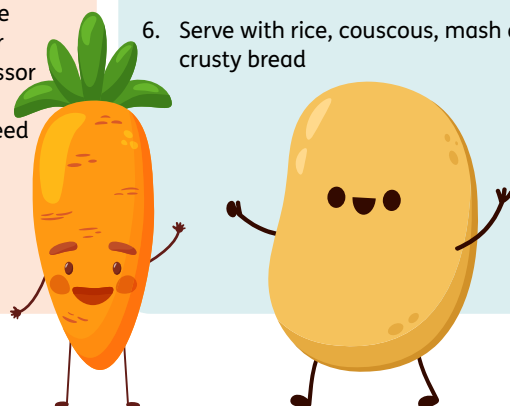
Chocolate mug cake with chocolate sauce (serves 2)

Ingredients

- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable or sunflower oil or melted butter
- a few drops of vanilla extract
- For the chocolate sauce**
- 50g cocoa powder
- 50g sugar
- 50ml milk

Method

1. To make the chocolate sauce add the cocoa powder, sugar and milk into a saucepan and on a low heat, whisk the ingredients together to make the sauce
2. Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.
3. Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.
4. Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth.
5. Centre your mug in the middle of the microwave oven and cook on High for 1½ -2 mins, or until it has stopped rising and is firm to the touch.
6. Cut the cake in half and serve with the chocolate sauce.





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

Avoiding food waste at home

1. Smarter Shopping

- **Plan meals ahead** – Write a weekly meal plan and only buy what you need.
- **Check your cupboards first and always make a shopping list** – Avoid buying duplicates of things you already have that get forgotten about at the back of the cupboard
- **Don't shop when hungry** – It makes impulse buying more likely.

2. Smarter Storage

- **Understand date labels:**
 - “Use by” = food safety (don't eat past this date).
 - “Best before” = quality (safe to eat after, may just not be perfect).
- **Keep fruit & veg fresher** – Store apples and potatoes separately (apples release gas that spoils potatoes).
- **Use the freezer** – Bread, milk, cheese, and even cooked meals can be frozen.



3. Family-Friendly Habits

- **Smaller portions first** – Kids can always ask for seconds, which reduces plate waste.
- **Save leftovers for lunches** – Pack them into lunchboxes or use as quick dinners.
- **Get creative** – Turn overripe bananas into smoothies or muffins. Use up all the veg – keep skins on for extra fibre and use the broccoli stalks in soups/stir fry's.
- Have a “**Leftover Challenge Night**” – once a week, create a meal only from things in the fridge or cupboard before they go off.

Bread
n Butter
nourishing skills

Discover the Joy of Cooking with Our Free Festive Workshops!

Young Chefs: Festive Treats (Week 1)

Perfect for aspiring cooks, these sessions feature simple recipes that children can easily follow.

From gingerbread biscuits and festive cupcakes to warming winter soups, your child will learn to create tasty treats while having fun in the kitchen.

North Road Community Centre,
230 Burnt Oak Broadway, Burnt Oak,
Edgware HA8 0AP - Week 1

Monday 22 December 2025

Session 1: 10:00–12:00 – Age 7–11

Session 2: 13:00–15:00 – Age 11–16

Tuesday 23 Dec 2025

Session 3: 10:00–12:00 – Age 7–11

Session 4: 13:00–15:00 – Family SEND
Session

Young Chefs: Seasonal Party Food (Week 2)

These sessions bring the flavours of celebration straight to the table. They'll make dishes like savoury party platters, mocktail mixes, and sweet seasonal favourites – perfect for sharing with friends and family during the holidays.

Martin Primary School, Plane Tree
Walk, London N2 9JP - Week 2

Monday 29 December 2025

Session 5: 10:00–12:00 – Age 7–11

Session 6: 13:00–15:00 – Age 11–16

Tuesday 30 December 2025

Session 7: 10:00–12:00 – Age 7–11

Session 8: 13:00–15:00 – Family SEND
Session



Don't miss this fantastic opportunity to bond with your child, build confidence in the kitchen, and celebrate the season with food, fun, and creativity.

Book your spot today via the website and let the festive culinary adventures begin!

Our workshops include children-only sessions, parent-and-child activities, and SEND-friendly sessions – ensuring an inclusive and enjoyable experience.



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>

"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

Barnet Children's Centres

The Children's Centres provide a range of FREE Fun Activities for families with children under 5.

Children's Centres also offer a range of services delivered by partners:

- maternity services, antenatal and postnatal
- breastfeeding support
- baby weighing
- childminding groups
- adult learning
- benefit support
- employment support
- support with school applications
- free early years' education eligibility checks and support to find a suitable setting
- health promotion workshops
- Healthy Start vitamins
- food bank vouchers
- child health reviews
- access to specialist support including speech and language
- bespoke support, advice and guidance

For more information, locations, and access to the activity timetables: Children's Centres in Barnet | Barnet Council



**BEST
START
IN LIFE**



FREE SIM CARDS

BOOST has partnered with the Good Things Foundation, a digital inclusion charity, to provide free data to our community members via the National Databank. The National Databank, which was developed in collaboration with Virgin Media and O2, offers free mobile data vouchers to people who are unable to afford an internet connection.

Eligibility:

- you must be a Barnet resident
- have no or insufficient access to the internet at home.
- have no or insufficient access to the internet when away from the home
- cannot afford your existing monthly contract or top up

You can collect a free SIM* from:

Burnt Oak

or

Cricklewood

Burnt Oak Library
99 Watling Avenue
HA8 0UB

BOOST@184
184 Cricklewood Lane
NW2 2DX

*SIM cards include unlimited UK calls/text messages

www.boostbarnet.org



Funded by
UK Government

SUPPORTED BY
MAYOR OF LONDON

UK SHARED PROSPERITY FUND
EMPLOYMENT SUPPORT
PROGRAMME

Are you unemployed and looking for support?

We can help you
get into work!

Open now for registrations



SCAN THE QR CODE
TO REGISTER YOUR
INTEREST

- ☒ Unemployed
- ☒ Resident in Barnet
- ☒ Aged 16 Years or over



UKSPFBoost@Barnet.gov.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/>





WHAT DOES COMMUNITY MEAN TO YOU?

Join us in connecting
Barnet's communities



Watch our short films, find
out more and get involved at:
www.barnet.gov.uk/connecting-communities

Created by
and with
local
communities



Caring for people, our places and the planet



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.

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

? Did you know?

HIRE **Finchley Youth Centre, N2**

Finchley Youth Centre has a number of spaces available for hire, such as Meeting Rooms and activity spaces.

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

Spaces in the building that 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 a Kitchen.

Hire charges per hour start from £16.14 - £32.14

For enquiries, contact us on:

0-19programmeslettings@barnet.gov.uk



DID YOU KNOW: You will find two Barnet Legends plaques dedicated to Amy Winehouse 1983–2011 and George Michael 1963–2016 on the front of the building. Be sure to check it out!



20 Amy Winehouse
1983–2011. Critically-acclaimed singer and songwriter who wrote her first album 'Frank' while living in East Finchley. **Finchley Youth Theatre**

21 George Michael
1963–2016. Born in East Finchley and became a global pop music icon, philanthropist and LGBTQ+ rights campaigner. **Finchley Youth Theatre**

BARNET Fostering

Our offer to you:

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



020 8359 6274

The difference is you!



Caring for people, our places and the planet



WWW.BARNET.GOV.UK/FOSTERING

BARNET
LONDON BOROUGH