

Barnet's Active Creative and Engaging holidays **BACE**

# BACE

HOLIDAYS



Register at [barnetyouth.uk](http://barnetyouth.uk)

\*More dates will be added to the website

Winter 2021

\*Mon 20 - Thurs 23 December



Department  
for Education

YOUNG  
BARNET  
FOUNDATION



BARNET  
LONDON BOROUGH

# Welcome to Winter



HOLIDAYS



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The school holidays are a time for children and young people to relax and have fun. We believe that every family across Barnet deserves a healthy and fulfilling holiday.

**Barnet's Active, Creative and Engaging Holidays (BACE Holidays) was named by Barnet's young people and highlights exactly what our holiday programme is all about!**

Inside our family-friendly booklet you'll find facts and tips for maintaining a healthy lifestyle, welfare and free mental health support, and discover a line-up of festive community events open for all this season.

## Get your young ones involved!

Our BACE Holiday camp (20 - 23 Dec) is for children and young people aged 5-16 who receive free school meals. We have a wide range of free, enriching activities on offer including multisport, arts 'n' crafts and performing arts!



Follow @BarnetYouth\_ on Instagram

*"It is wonderful to have these opportunities to reconnect with local communities, meet other children and young people and escape into creative activities and sports 😊"* – Young person

## How to sign up:

1. Visit: [barnetyouth.uk](http://barnetyouth.uk)
2. Go to: "Book Now"
3. Select project: BACE Holidays
4. Select an activity and enrol by creating a parent profile - you can then register your child
5. Wait for a confirmation email
6. Attend and have fun!

Sign up today!



Scan the QR code to sign up now

*"Staff were very welcoming and helpful, and my son felt included and was encouraged to participate. He loved it!"*

– Parent

*"BACE holidays has really helped out during these difficult times and has given my children a chance to be active and creative with their peers. Thank you!"*

– Parent

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We're excited to celebrate the festive season with our beautiful and diverse faith community. Barnet is home to residents from all different backgrounds, cultures, faiths and religions and below we've provided a summary of the key holidays to look out for in the faith calendar, as well as information on the fantastic seasonal events we have in store for you!



### Hanukkah, Sun 28 Nov - Fri 6 Dec

Hanukkah (also spelt as Chanukah or Chanukkah) is the Jewish festival of lights. The word Hanukkah comes from the Hebrew word meaning "to dedicate". The festival involves lighting an eight-branched candlestick called the menorah every night, and blessings are said. The lighting of the menorah reminds Jews of a miracle in which the Menorah in the Temple of Jerusalem, the sacred city of Jews, kept burning for eight days when there was only oil for one.



### Human Rights Day, Fri 10 Dec

Human Rights Day is an international celebration of the Universal Declaration of Human Rights, adopted by the United Nations (UN). The document describes the basic rights of every human, such as the right to live freely and safely.

Follow @BarnetCouncil on Twitter, Facebook and Instagram for news on upcoming faith events and celebrations.



### Christmas Day, Thurs 25 Dec

Christmas is a holiday to celebrate the birth of Jesus Christ who is known as the son of God in the Christian religion. The name is a joining of "Christ" and "mass" which means the holy mass (supper, celebration or festival) of Christ. Celebrations include exchanging presents, cooking yummy treats, decorating a tree and singing Christmas carols.



### New Year's Day, Sat 1 Jan

On the night before, called New Year's Eve, people often host or attend parties, fireworks displays and grand feasts where they stay up late and count down the seconds until midnight. Many people make New Year's resolutions as they see New Year's Day as a chance to make a fresh start. In most western cultures people celebrate New Year's Day on January 1 while other cultures observe the new year at different times and celebrate it in different ways (see below).



### Buddhist New Year, Tues 18 Jan

For Buddhists, the new year is a time for meditation and self-reflection. The goal is to find ways to improve and learn from past mistakes. Buddhists also believe that buying new items, cleaning and redecorating the home and giving gifts can bring good luck.



### Chinese New Year, Tues 1 Feb

Also called Lunar New Year and celebrated as the Spring Festival. During the festivities ancestors are honoured and traditional ceremonies are held to bring good luck, good fortune, wealth, prosperity and happiness. Spring Festival celebrations often include dragon dances, lion dances, gift exchanging and fireworks.



## Discover Barnet Presents Winter Festival

The Discover Barnet Presents Winter Festival and Barnet's Winter Faiths Festival are celebrating the winter season with a diverse and family-friendly programme of seasonal events taking place throughout the borough. From festive markets and firework displays, to pantomimes, carol services, and menorah lighting, everyone is invited to join the community celebrations!

### Frost Fair

at Stephen House, N3 3QE • 28 Nov, 11.30am – 4.30pm

### High Barnet Christmas Fair

Barnet High Street • 5 December

### Edgware Winter Market

A5100 Edgware, opposite Edgware tube station  
18 – 23 December

Find out what more wintery treats are in store for the whole family at: [www.engage.barnet.gov.uk/discoverbarnetpresents](http://www.engage.barnet.gov.uk/discoverbarnetpresents)

Keep checking the website as more events will be added.



## BARNET LIBRARIES

As we spend more time indoors now is the perfect opportunity to indulge in some stimulating literature and **Barnet Libraries has a huge selection for you, including fiction, and non-fiction genres covering current affairs, health, hobbies and more!**



It's free to join a library in Barnet. If you haven't already, you can join online or visit your local library in staffed opening times. Once you have a library card, you can access free Wi-Fi and borrow up to 20 books, CDs or DVDs. You can also use the Select and Collect service to request items you'd like to borrow.



The digital library is available 24/7. Visit [barnet.gov.uk/libraries](http://barnet.gov.uk/libraries) or download the Borrow Box app on your smart device where you can access the following for free:

- eBooks and AudioBooks
- Digital magazines
- Digital newspapers (e.g. The Daily Telegraph, The Guardian, The Jewish Chronicle and more)
- Graphic novels
- Comic books

If you're stuck on where to start, the Libraries team are regularly providing reading recommendations on [facebook.com/BarnetLibraries](https://www.facebook.com/BarnetLibraries) and [twitter.com/BarnetLibraries](https://twitter.com/BarnetLibraries) so make sure you give them a follow.



Help for young people pursuing their interests is available at [barnet.gov.uk/libraries/online-resources](http://barnet.gov.uk/libraries/online-resources) where you can access resources such as Encyclopaedia Britannica for research or even trace back your ancestors via Ancestry Library Edition!

Does your child need help with their homework? Email [librariesonlinehelp@barnet.gov.uk](mailto:librariesonlinehelp@barnet.gov.uk) with your questions and they'll respond with some useful recommendations.

Libraries also run an exciting activity programme for children and young people. Check out their STEM Club or Lego Club events to get started.

We hope you take advantage of the wide range of resources on offer and that you feel more entertained, educated and informed during and beyond the winter months!

## Chickenshed

Chickenshed is a charity and an inclusive theatre company primarily based at their venue in North London. They create theatre for all ages and run successful outreach projects, education courses and membership programmes throughout the year. They have been providing successful and incredibly well-received workshops for Barnet Youth for over three years.



### ★ ★ ★ ★ ★ UPCOMING EVENTS ★ ★ ★ ★ ★

#### Christmas Tales from the Shed (0-7 year olds)

Tales from the Shed is a vibrant, interactive show where children are encouraged to make a lot of noise and help make the story happen. You can expect even more fun, silliness and singing-dancing puppets from this year's Christmas show.

#### Barnet Youth Takeover

Following on from this year's hugely successful summer takeover, Chickenshed is back this winter to provide unique theatre workshops that will include unseen stage material tailored to help train Barnet Youth in performance art.



#### The Go Show

Another theatre workshop but with a healthy twist, The Go Show promotes the importance of healthy living as a key ingredient to positive wellbeing, which they sing about in one of their shows: "You've gotta get up to get down!"



Visit [barnetyouth.uk](http://barnetyouth.uk) to register onto the workshops mentioned above. (Booking instructions on page 2.) For Chickenshed show timings and for more on their events on offer, visit [chickenshed.org.uk](http://chickenshed.org.uk)



### FUN INDOOR WORKOUTS

It sure is cold outside, but it's hottin' up at BACE holidays! To access the virtual workouts provided below, scan the QR codes using the camera on your smart device – make sure that you're connected to Wi-Fi or that your internet data is turned on.



#### Barnet Youth, Dance Fit

A high energy aerobics class suitable for all ages and abilities. You'll need comfortable clothing and footwear and have a glass/ bottle of water to hand.



#### Barnet Libraries, Juggling

Exercise your arms, core and your mind with Keith as he teaches Harry and viewers how to 3-ball cascade. This is a super-impressive circus skill that you can show off to your mates! You'll need 3 juggling balls and a lot of focus!



#### The Body Coach, Feel Good Fit Flow Yoga

Relieve stress and nurture your mind, body and soul with this energising yoga session. You'll need comfortable clothing and a mat or soft carpet/rug floor surface.



#### The Body Coach, 10-minute Ultimate Beginners HIIT

Join Joe Wicks for a low-impact workout where he takes you through 10 simple exercises. You'll need comfortable clothing and footwear.



### CHANGE 4 LYF ACTIVITIES

Exercise is essential for improving and maintaining your mental and physical health. Research shows that when you lead an active lifestyle, you feel stronger, more confident and energetic and you sleep better!



Sign up to Change4lyf today to find ideas for activities and recipes and to learn about nutrition: [www.nhs.uk/change4life/activities/sports-and-activities](http://www.nhs.uk/change4life/activities/sports-and-activities)

### WINTER SPORT AROUND THE WORLD

Did you know?

The upcoming 2022 Games in Beijing, China is set to feature 80 nations participating in 109 events!

Seven types of winter sport will be included: Biathlon, Bobsleigh, Curling, Ice Hockey, Luge, Skating and Skiing.



### FAMILY MOVIE NIGHT: COOL RUNNINGS



Cool Runnings is a comedy sports film loosely based on the true story of Jamaica's bobsleigh team who made their debut in the 1988 Winter Olympic Games. A feel-good, cult classic for the whole family to enjoy!

### OLYMPIAN ASHLEIGH NELSON CHAMPIONS BACE HOLIDAYS!



ashleighnelson



#Verified!

*"I've heard so many positive comments about the previous BACE holiday camps. Eating a balanced diet and keeping healthy is something that has always really helped me in my athletics career. Remember, it's the taking part that counts so make sure you really enjoy yourselves!"*

Ashleigh Nelson is an international sprinter, born and raised in Stoke-on-Trent and currently resides in London. Her achievements are impressive and include representing Team GB in the 4 x 100 metre relay at the 2021 Tokyo Olympics and achieving 2 World Championship and 2 European Championship medals.



Watch Ashleigh's video message for BACE holidays by visiting [@BarnetYouth\\_](https://www.instagram.com/BarnetYouth_) on Instagram, or scan the QR Code on the camera of your smart device.



Winter marks the arrival of tasty root vegetables from our earth's soils, planted by harvesters in summer and autumn. Root vegetables are plants grown for food, so think beetroots, carrots, potatoes, yams, parsnips and celery.

Vegetables provide a rich source of nutrients that are essential for good health and development. The more vegetables you eat,

the better! You'll help build a healthy immune system which means you can fight off infections and improve your ability to focus more clearly for longer periods of time. The benefits are also long term, so you'll help protect yourself against nasty diseases such as cancer.

Here are some interesting facts about two very versatile veggies, that can be prepared and eaten in a variety of ways.



## CARROTS

Did you know?

The green leaves of a carrot are also edible, and can be used for nutritious recipes such as carrot top pesto!

- Carrot is usually orange in colour, but you can get purple, red, white, and yellow versions as well.
- Carrots are usually made up of about 88% water.
- The natural sugars and sweetness of carrots allow them to be used in carrot cakes of western countries, in India they are used as desserts, while countries such as Portugal use carrots in jam.
- Carrots contain Vitamin A is important for the health of our vision (including our night vision) as well as our bones, teeth and skin. One large carrot offers 67% of the daily value for vitamin A.
- Carrots are a good source of fibre, with a large carrot offering more than two grams of fibre.
- Carrots are cooked and eaten in various ways. They can be pulped, mashed, boiled, puréed, grated, fried, dried, steamed, stewed, baked, juiced, or eaten raw.
- For something new, why not try this carrot and courgette recipe? [www.nhs.uk/change4life/recipes/carrot-and-courgette-muffins](http://www.nhs.uk/change4life/recipes/carrot-and-courgette-muffins)



## POTATOES



### White potato

is a good source of energy and is a staple ingredient to many well-balanced meals. It mainly contributes starch to our diet. Starch is a carbohydrate also found in rice, pasta, and bread.



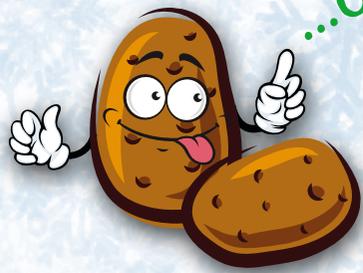
### Sweet potato

contains more vitamins and minerals than white potato and can count towards your 5 a day.



**YAM!** Not a potato, but a another starchy vegetable, provides similar nutrients to a white potato, except it is larger, heavier and contains more starch.





...one potato, two potato, three potato, four...



## 5 HEALTHY WAYS TO COOK POTATOES

### Tips

### VERSATILE VEG RECIPES

For tips on incorporating more veg into your diet, check out the following websites:

[www.nourishmentforlife.org/vegetables/vegetables-for-kids](http://www.nourishmentforlife.org/vegetables/vegetables-for-kids)  
[www.nhs.uk/change4life](http://www.nhs.uk/change4life) • [vegpower.org.uk/](http://vegpower.org.uk/)



**1. Roast potatoes** are a staple ingredient to a Sunday roast. Cook with less oil by using a cooking spray oil. You'll also save money as it will last you a very long time.



**2. Shallow or air-fry** sweet potato or white potato wedges. To make these healthier, cut them into chunkier pieces and use less oil.



**3. Boiled potatoes** make a hearty addition to a soup, curry, or hot pot. Try out this Caribbean-inspired sweet potato curry recipe: [www.nhs.uk/change4life/recipes/caribbean-tofu-and-sweet-potato-curry-with-rice-and-peas](http://www.nhs.uk/change4life/recipes/caribbean-tofu-and-sweet-potato-curry-with-rice-and-peas)



**4. Mashed potatoes** are delicious with shepherd's pie. Why not use lentils as a replacement to the traditional meat filling? [www.foodafactoflife.org.uk/recipes/11-14-12c/shepherd-s-pie/Adding half lentils and meat](http://www.foodafactoflife.org.uk/recipes/11-14-12c/shepherd-s-pie/Adding%20half%20lentils%20and%20meat)



**5. Jacket potatoes** are hassle-free and great for lunch or dinner.

**Oven bake:** Wash, prick and place the potatoes in an oven-proof dish for 1 and ½ hours on 200 degrees Celsius.

**Microwave:** Pop them in the microwave for 10 minutes, turning them over half-way through cooking. Sweet potatoes are safe to microwave too.

**Toppings:** You could try tuna mayonnaise with sweetcorn, reduced salt and sugar baked beans with cheese, mixed bean chilli, vegetable medley in tomato sauce or chickpea curry. For more ideas, visit: [www.bbcgoodfood.com/howto/guide/top-10-healthy-jacket-potato-fillings](http://www.bbcgoodfood.com/howto/guide/top-10-healthy-jacket-potato-fillings)



## HOT 'N' HEALTHY DRINKS

During the cold winter months, there's nothing cosier or more comforting than sipping on a scrumptious hot drink. Unfortunately, many pre-prepared drinks available in supermarkets, restaurants and cafés contain a lot of added sugar, which when consumed regularly, are not good for your health.

We've provided some alternative hot drink recipes. Try them out for equal amount of festive spirit as your favourite go-tos, without the excess sugar!

**Winter spiced milk:** Add cinnamon, cardamom, turmeric, nutmeg, and ginger to plain milk and gently simmer.

**Cocoa tea:** Add 1-2 squares of dark chocolate or a heaped tablespoon of unsweetened cocoa powder to milk and heat.

**Homemade ginger ale:** Peel raw ginger (1 inch piece) and add to cold water. Let it simmer for 3-4 minutes and then cool. For sweetness (and as an occasional treat!), add 1 teaspoon of honey or sugar.



# Free mental health support and financial support is available to families in Barnet



## Wellbeing, Welfare and Support

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.



FOR CHILDREN AND YOUNG PEOPLE
<p><b>Barnet Integrated Clinical Services (BICS)</b> Mild to moderate mental health support for children, young people and families. 07926 085495</p>
<p><b>Kooth</b> Access free, safe and anonymous support. kooth.com</p>
<p><b>Rephael House</b> 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</p>
<p><b>Resources for Autism</b> www.resourcesforautism.org.uk • 020 8458 3259</p>
<p><b>Young Minds Crisis</b> Text message YM to 85258 for free support. </p>

FOR PARENTS AND CARERS
<p><b>Barnet Mencap</b> For parents of children with ADHD. School or professional referral required. 020 8349 3842 • projectsupport@barnetmencap.org.uk</p>
<p><b>Child and Adolescent Mental Health Service (CAMHS)</b> 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. </p>
<p><b>Homestart</b> Perinatal health coaching for parents. Self-referral or professional referral. www.homestartbarnet.org • 020 8371 0674 • admin@homestartbarnet.org</p>
<p><b>New Parent Zone</b> – <a href="https://www.barnetlocaloffer.org.uk/parent_zone">https://www.barnetlocaloffer.org.uk/parent_zone</a></p>
<p><b>NSPCC</b> For adults concerned about a child or young person • 0808 800 5000</p>
<p><b>Qwell</b> Free, safe and anonymous online support and counselling.– <a href="http://www.qwell.io/">www.qwell.io/</a></p>
<p><b>Starline Parent Helpline</b> For parents and carers struggling with managing their child's behaviour. www.starline.org.uk • 0330 313 9162 • Follow @StarLineSupport on Twitter</p>
<p><b>Young Minds</b> – Parent helpline 0808 802 5544 • (Monday to Friday 9.30am – 4pm)</p>

FOR EVERYONE
<p><b>NHS England</b> Call 111 for non-emergency advice. </p>
<p><b>Samaritans</b> For emotional support call 116 123. </p>

Barnet has a network of food banks available: [barnetyouth.uk/BACE-Holidays/Barnet-Food-Banks](http://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](http://barnet.gov.uk/0-19)

It's good to talk!






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.



## Healthy Start

Free fruit, veg, milk, pulses and vitamins 



From April 2021, if you're pregnant or have a child under 4, you could get **£4.25** per week to help buy healthy foods.

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)