



BACE

HOLIDAYS



Free holiday club activities are available for eligible* children
in Barnet – from Reception to Year 11!



have fun



get active



learn new skills

SUMMER 2022

Visit barnetyouth.uk/BACEHolidays



BACE HOLIDAYS

Welcome to our **BACE Summer 2022 booklet!** Inside we have packed loads of tips and advice for families in Barnet. Remember to go online to book BACE Holiday sessions!

What is BACE?

BACE stands for Barnet Active Creative Engaging! BACE Holidays supports school aged children living or attending school in Barnet, from reception to year 11, who receive benefits-related free school meals.

School holidays can be pressure points for some families due to increased costs and reduced incomes. BACE Holidays provide engaging and healthy activities with an emphasis on physical, emotional, and nutritional wellbeing during the school holidays. Activities may include football, cricket, arts and crafts, performing arts and lots more.

BACE Holidays is organised and run by Barnet Council and Young Barnet Foundation and paid for by the Department for Education.

When are BACE Holiday activities running?

BACE sessions will be run during the summer holidays 2022 from 25th July to 26 August (subject to availability).



Follow **@BarnetCouncil** on Twitter, Facebook and Instagram for news.



Follow **@BarnetYouth_** on Instagram



How to sign up and book BACE activities:

If your child is eligible for or in receipt of free school meals you can register for BACE Holidays online at www.barnetyouth.uk/login

You can then choose which activities your child can attend once your account is verified by email.

If you are not eligible for this BACE, you can still access the Positive Activities Holiday Provision which is FREE to all children and young people who attend school, or live in, the borough of Barnet. Find out more about Positive Activities www.barnetyouth.uk



Scan the QR code to sign up now

Sign up today!



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Colindale Park - Photos: John Sturrock Photography.

Enjoy the outdoors!

Why not make the most of the beautiful parks and open spaces in Barnet?

Visit the newly regenerated Silkstream, Colindale Park and Montrose Playing Fields! A £6.2million investment by Barnet Council offers a huge range of activities for families.

New facilities installed in Montrose Playing Fields include two new tennis courts, a basketball court, skate park, outdoor gym, parkour area, playground, and tennis tables. There is also a recently opened Hub building that includes a café, changing rooms, public toilets and multi-use studio for children's parties, mother-and-toddler groups and other events.

New facilities in nearby Silkstream Park include a playground, bridges criss-crossing the Silk Stream Brook, a wetland area to help stop flooding, and a wildlife-spotting area crossing it.

Over the summer holidays we have six weeks of fun, with a huge range of activities for children and young people to enjoy.

By attending BACE Holidays activities, children and young people can take part in multisport, arts & crafts, performing arts, cooking and much more! Each session will have a team of dedicated activity workers who will support your child to try something new, make new friends, get active and learn all about being healthy! Activities are available at locations across Barnet, take place for at least 4 hours, and a hot, nutritious meal is always provided.

For more information visit www.barnetyouth.uk

If you have any issues booking onto any of the courses and / or have any queries please email BACEHolidays@barnet.gov.uk



Chickenshed

Barnet Takeover Days at Chickenshed's HQ are back this summer 2022!

The whole family can come along to have a first-hand taster of all the productions Chickenshed are currently performing. It's like live binge watching a box set! Chickenshed's newest project is Cinderella in Boots – our first summer pantomime which is almost perfect, the only thing missing is you!

Also available - a new and expanded Better World project helping children's voices to actively participate in the dialogue for a better future. This project will take place at Chickenshed and various BACE Camps in Barnet.

Please contact Georgiep@chickenshed.org.uk if you would like to take part in performances in the Barnet area.

GADGETEERS

Presented by The Reading Agency.
Delivered in partnership with libraries.

Barnet Libraries' Summer Reading Challenge is back!
The Reading Agency and libraries are excited to introduce **Gadgeteers, Summer Reading Challenge 2022**; a celebration of science and innovation, in partnership with the Science Museum Group.

This year's theme encourages children to discover the science all around them and use their curiosity and creativity to be inventive.

All children aged 4 to 11 at BACE Holidays will receive a Gadgeteers folder with information about how to join up and take part. Children will need to borrow and read 6 books from the library to complete the challenge. Reading eBooks on the Libby app or listening to eAudiobooks on the Borrowbox app also counts towards the challenge.

During staffed opening times at the library, children will collect stickers and rewards to put in their Gadgeteers folder. They will receive a special certificate and medal when they complete the challenge.

It's free to join the library and to take part in the challenge. You can borrow books, eBook and eAudiobooks for free too!

There is also a really exciting programme of Gadgeteers events this year. Highlights include a 'sign-up Saturday' at the RAF Museum, a fun science show from 'Horrible Science' author Nick Arnold, a comics drawing masterclass with Kev F, a visit from Freshwater Theatre, a creative writing workshop and lots of craft activities.

To sign up to the libraries' newsletter for families which includes weekly updates on activities for children of all ages, visit www.barnet.gov.uk/librarynewsletters.

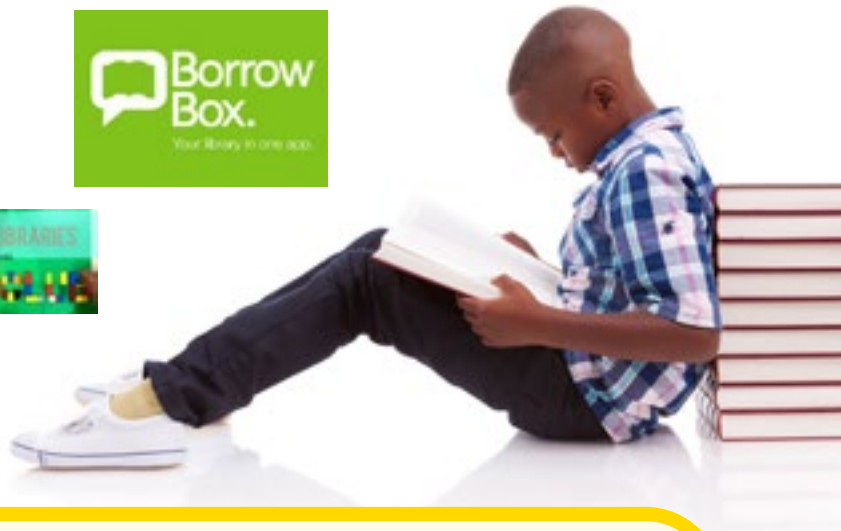
For more information about the library opening times, the challenge and summer events, visit www.barnet.gov.uk/gadgeteers.





Barnet Libraries

It's free to join the 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 borrow up to 20 books, CDs or DVDs and use a library computer or the free unlimited wifi. You can also use the Select and Collect service to request items you'd like to borrow. Spending an hour in the library is a great family outing for the school holidays!



The digital library is available 24/7. Visit www.barnet.gov.uk/libraries or download one of our apps to borrow

- eBooks and eAudiobooks
- digital magazines (eg. Beano, The Week Junior, Gaming)
- digital newspapers (eg. The Daily Telegraph, The Guardian, The Jewish Chronicle)
- digital comics (Disney, Lego Superheroes, Minecraft)

Don't forget! The Mobile library van stops across Barnet and has a selection of books and DVDs for children and teenagers to borrow. Visit the website to find out more.

Does your child need help with their homework?

Email LibrariesOnlineHelp@barnet.gov.uk with your questions and they'll respond with some useful recommendations.



SPEAK TO SOMEONE ABOUT EMPLOYMENT AND BENEFIT ADVICE

BOOST

Boost provides personalised benefit advice, skills and employment services to Barnet residents.

This support includes a team committed to helping residents get back on their feet, and includes services such as CV writing, interview workshops, and weekly updates on new jobs and apprenticeship opportunities.

To learn more visit www.boostbarnet.org

Or call us on
0208 359 2442





Get Active

No matter how much you do, physical activity is good for your body and mind.

There are lots of different ways to get more active, including as a family! A walk in the park is always a winner. There are lots of outdoor activities in Barnet.

Great games to keep the kids active

Why not try a 10 Minute Shake Up game inspired by kids' favourite characters? Each game is designed by experts to help pupils master skills such as teamwork or coordination, but most importantly have fun and keep active over the summer.

Get your cards and start playing!

- Ask your BACE activity/camp leader for your set of cards.
- Use the cards to play indoors or outside in the park or garden.
- As well as being fun, these games help to develop skills like teamwork, communication and coordination.
- The more, the merrier - so get all your family and friends involved.
- Every game fits into one of three activity types, to help kids find more games and sports to try!

Did you know?

Every minute of activity counts – and the more you do, the more you'll benefit.

Exercise can:

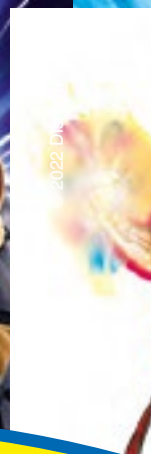
- improve your sleep
- clear your mind
- boost your energy



Disney
FROZEN

Disney PIXAR
LIGHTYEAR

MARVEL



Have a super powered summer!

Better Health

Let's
do this

Amazing new **10 Minute Shake Up** games to the rescue.





We like to Move It!

Leading an active lifestyle helps to keep your heart healthy, reduce your risk of serious illnesses and strengthen muscles and bones. It also releases endorphins that help to put everyone in a good mood!

Sign up for a free FAB membership card for discounted and free activities at Burnt Oak, Barnet Copthall, Finchley Lido, Hendon and New Barnet Leisure Centres. Pop into your local Better Leisure Centre or visit www.better.org.uk/fab-hub

Take advantage of Barnet's parks and green spaces and connect with nature on a Health Walk www.barnet.gov.uk/healthwalks or enjoy a free family day out on a Healthy Heritage Walk www.barnet.gov.uk/healthyheritagewalks

FREE
SWIMMING



Under 8's Swim for Free

Under 8's swim for free Mon – Sat at Barnet Copthall, Finchley Lido and New Barnet Leisure Centres Please note – a Fit & Active Card is required. Register for yours at www.better.org.uk/fab-card

8-15s Swimming Vouchers

A limited number of swimming vouchers are available for older children and a parent to use over the summer holidays. To find out more visit www.barnetyouth.uk/BACEHolidays

All children deserve a healthy start in life.

With the **@NHSHealthyStart scheme**, you could get help towards the cost of healthy fruit, vegetables, milk, infant formula milk and vitamins.

Find out if you're eligible by visiting: www.healthystart.nhs.uk



We can help give
your child a
great start in life

Apply for your prepaid
Healthy Start card now at:
www.healthystart.nhs.uk





VEG POWER 2022

Healthier holiday snacks!

We know it can be difficult to choose healthier options for snacks. Fruit and veg snacks are always the best choice, but if the kids are having packaged snacks, just remember to aim for 2 a day max.

Be snack smart and help cut back with these quick and easy ideas.



Get your child involved by getting them to prep what they're going to eat. They'll love chopping it up themselves!

- Veg sticks and houmous
- Fruity kebabs!
- Watermelon lollies

Out and about? Pick up rice cakes or a crumpet, or a packet of nuts or low-sugar popcorn.



5 WAYS TO SAVE ON THE FOOD SHOP



With the cost of living rising, many of us are feeling the pinch. The food shop is one way to make savings here and there, and choose healthier options. Here are five ways to help lighten the load when you get to the checkout...

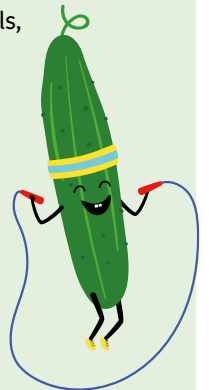
1. Make a list, and check the cupboards

Write a shopping list based on the meals you have planned for the week.

It's a good idea to check the cupboards and fridge before plan meals, to see if there is anything that needs using. Making a list can help avoid impulse buys, and means you won't forget anything!

2. Find a food routine

Try to get into a regular routine with your food shop and meal prep – this will help limit the need for lots of extra shopping trips. Making whole or part of meals in advance can save time during the week. Most food can be used safely up to three days after cooking and storing in the fridge.



3. Shop own-brand

Books aren't the only things that shouldn't be judged by their covers... while the packaging may not be as nice, most own brand products are just as good as more expensive branded options – and a fraction of the price!

4. Look at the labels

Pay attention to Best Before and Use By dates on food. A use-by date on food is about safety. This is the most important date to remember. You can eat food until and on the use-by date but not after. Make sure you use them in time and avoid waste.

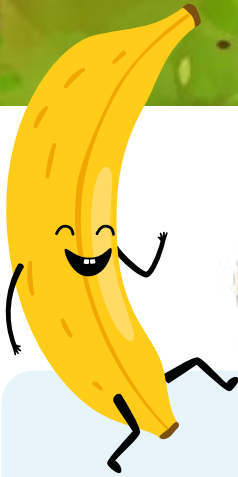
The best before date, sometimes shown as BBE (best before end), is about quality and not safety. The food will be safe to eat after this date but may not be at its best. You can use common sense, smell and visual checks with most of these products to check if they can be used after the BB date.

Visit www.food.gov.uk/safety-hygiene for more information on food safety.

5. Avoid pre-prepared fruit and veg

While it is more convenient to buy pre-prepared fruit and veg, ready-made versions tend to cost more. If you do need some pre-prepared foods, try the freezer aisle for longer shelf lives and usually cheaper prices. Loose fruit and veg can sometimes work out cheaper too.





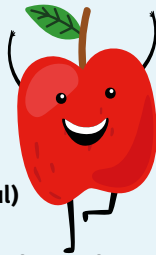
Mini apple and banana muffins

Muffins are very easy to make, and they're perfect for breakfast or a snack on the go. You can freeze them too, so you don't have to eat them all at once!

Prep: 20 mins • Cook: 25 mins • Makes 12

Ingredients

- 150g plain flour
- 1.5 teaspoons baking powder
- 50g caster sugar
- 100ml semi-skimmed milk
- 1 egg
- 1 teaspoon vanilla extract (optional)
- 40g lower-fat spread, melted
- 1 medium apple, peeled, cored and chopped
- 1 medium banana, mashed



Method

1. Preheat the oven to 200C (fan 180C, gas mark 6). Put 12 paper cases into a bun tray.
2. Sift the flour and baking powder into a mixing bowl, then stir in the sugar. If you like, add half a teaspoon of ground mixed spice or ground cinnamon to the flour and sugar mixture.
3. Put the milk, egg, vanilla extract and melted spread in a jug and beat together with a whisk. Add the wet mix to the dry ingredients, then add the apple and mashed banana. Stir until just combined. Do not overmix.
4. Spoon the mixture into the paper cases and bake for 20 to 25 minutes, until the muffins have risen and turned golden. Carefully remove the muffins in their paper cases from the bun tray, and leave to cool on a wire rack.

Information:

To freeze, make sure the muffins have completely cooled then pop them in a freezer bag. Make sure to squeeze out as much air from the bag as possible!

For more tasty recipes visit www.nhs.uk/healthier-families/recipes or www.lovefoodhatewaste.com/recipes



Corn frizzlers

These easy fritters take minutes to make and go great with pretty much any dip you fancy! Perfect for a lunchbox or served with a salad for dinner.

Prep: 10 mins • Cook: 10 mins • Serves 4

Ingredients

Fritters

- 180g plain or wholemeal flour
- 1.5 teaspoons baking powder
- 0.5 teaspoon bicarbonate of soda
- 4 eggs
- 250ml semi-skimmed milk
- 2 spring onions, sliced
- 350g sweetcorn (fresh, tinned and drained, or frozen and defrosted all work great)
- 1 large sweet potato, grated
- 1 teaspoon curry powder
- 1 tablespoon oil
- 0.5 red chilli, de-seeded and sliced (optional)
- 1 handful of fresh coriander, roughly chopped (optional)

Yoghurt dip

- 250g low-fat plain Greek-style yoghurt
- handful of fresh mint, finely chopped (or 1 teaspoon dried mint)
- black pepper, to taste

Method

1. Mix the flour and baking powder in a bowl. Add the eggs and milk, and whisk until the mixture becomes a smooth batter. Then stir in the corn, sweet potato, spring onions, curry powder, and chilli and coriander if using.
2. Heat the oil in a pan over a medium heat. Add a few tablespoons of batter to the pan, making sure each dollop has enough space around it and does not overlap with the others. Fry the fritters for 2 to 3 minutes on each side, or until golden and cooked through.
3. Once the fritters are ready, remove from the pan onto a plate lined with kitchen paper. Work in batches until all the batter is cooked.
4. Make the dip by mixing the yoghurt, mint and pepper together in a bowl. Serve alongside the fritters and get dipping!

Information:

This recipe works well with loads of different types of veg, so mix it up! Try swapping the sweet potato for grated carrot, courgette, squash or beetroot, and switch out the corn for peas, chopped pepper or drained tinned chickpeas.





Healthy Eating: Activity - Esca-peas

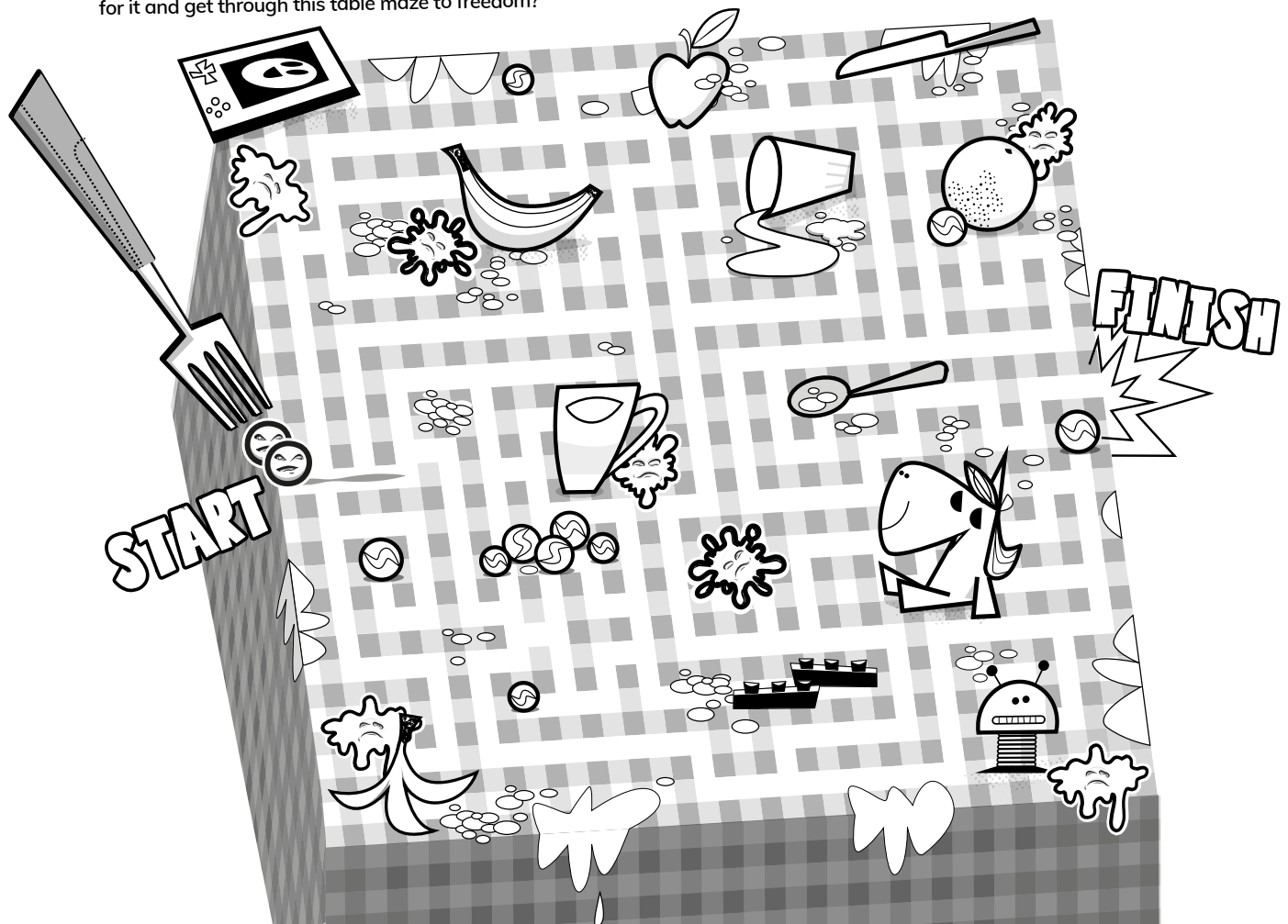
EAT THEM TO DEFEAT THEM

YOU'RE GOING DOWN PEAS!

ESCAPEAS!

LOOK OUT!

Peas on the loose! Will they make a break for it and get through this table maze to freedom?



#EATTHEMTODEFEATTHEM

COLOUR IN



Cost of Living Support in Barnet

The rising cost of living is affecting many people in the borough of Barnet. To support residents who may be feeling the financial pressures of these rises, Barnet Council and other local organisations are here to provide guidance on the financial support available to you.

What support is available?

You'll find information on:



Finances and housing



Employment services



Children and adult social care



Mental health and wellbeing

There are also number of other support services available to residents, including food and meal support, debt management, care services and more.

www.barnet.gov.uk/costofliving

If you would like to talk to someone about these services, please call us on

0208 359 2000



Up to date? Give your child the best start in life and protect them against serious diseases

AGE

ROUTINE VACCINES

8 weeks – 1st dose
12 weeks – 2nd dose
16 weeks – 3rd dose

6-in-1 vaccine

A single injection to protect your baby against 6 serious childhood conditions: diphtheria, hepatitis B, Hib (Haemophilus influenzae type b), polio, tetanus, whooping cough (pertussis).

8 weeks – 1st dose
12 weeks – 2nd dose

Rotavirus vaccine



8 weeks – 1st dose
16 weeks – 2nd dose

Men B



8 weeks – 1st dose
16 weeks – 2nd dose
1 year - Booster

Pneumococcal (PCV) vaccine



1 year

Hib/MenC

1 year old – 1st dose
3 years and 4 months to 5 years – 2nd dose

MMR



3 years and 4 months to 5 years

4-in-1 pre-school booster

Boosts your child's protection against four different serious diseases: diphtheria, tetanus, whooping cough, polio.

5-15 years*

Covid-19 vaccine (1st and 2nd dose)*

*on request

12-13 years

HPV vaccine

14 years

3-in-1 teenage booster MenACWY

If your child has fallen behind on their routine vaccinations, it's never too late to catch up.

Contact your GP practice to book an appointment and to find out which vaccines your child has received. You can also check their personal child health record, 'the Red Book'.

For more information on childhood vaccinations visit www.nhs.uk/conditions/vaccinations/





FOR CHILDREN AND YOUNG PEOPLE

Barnet Integrated Clinical Services (BICS)

Mild to moderate mental health support for children, young people and families.
020 8359 3130 (9am to 5pm)

Kooth

Access free, safe and anonymous support.
kooth.com

Rephael House

A safe place to recover, develop and grow.
www.rephaelhouse.uk/SelfReferral
For more information call 020 8440 9144 or email csn@rephaelhouse.org.uk

Resources for Autism

www.resourcesforautism.org.uk • 020 8458 3259

Young Minds Crisis

Text message YM to 85258 for free support.



FOR EVERYONE

NHS England

Call 111 for non-emergency advice.



Samaritans

For emotional support call 116 123.



Barnet has a network of food banks available:

barnetyouth.uk/BACE-Holidays/Barnet-Food-Banks

Barnet's Early Help Hubs support families to give their children a fair start in life: barnet.gov.uk/0-19

FOR PARENTS AND CARERS

Barnet Mencap

For parents of children with ADHD. School or professional referral required.
020 8349 3842 • projectsupport@barnetmencap.org.uk

Child and Adolescent Mental Health Service (CAMHS)

For parents of children and young people (0-17 years) with mental health or severe emotional and behavioural difficulties.
www.behcamhs.nhs.uk/parents-and-carers/
Call 0800 151 0023 24 hours a day, 7 days a week, 365 days a year.



Homestart

Perinatal health coaching for parents. Self-referral or professional referral.
www.homestartbarnet.org • 020 8371 0674 • admin@homestartbarnet.org

New Parent Zone –

https://www.barnetlocaloffer.org.uk/parent_zone

NSPCC For adults concerned about a child or young person • 0808 800 5000

Qwell Free, safe and anonymous online support and counselling. www.qwell.io/

Starline Parent Helpline

For parents and carers struggling with managing their child's behaviour.
www.starline.org.uk • 0330 313 9162 • Follow @StarLineSupport on Twitter

Young Minds – Parent helpline 0808 802 5544 • (Monday to Friday 9.30am – 4pm)

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