

Barnet Youth

Spring 2026



**Free Spring Camps
and Activities**

Fun, Food & Friendship!

Boxing, Martial Arts,

Video and Media Workshops

Family Spring 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



Welcome to the Spring 2026 edition of our Barnet Youth Magazine!

As the days grow longer and nature bursts into bloom, it's the perfect season for fresh starts, outdoor fun, and creativity. This spring, we're hosting exciting opportunities for young people and families, from Easter themed workshops and wellbeing activities to adventurous 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 Spring Fest - find out more on page 10. And 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 Spring 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 Spring, Summer and Winter Holidays. Delivered in partnership with Young Barnet Foundation. For more information on how to get your Holiday Activity e-voucher go to page 3.

Spring BACE 2026: 30 & 31 March, 01 & 02 April, 07, 08, 09 & 10 April 2026



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, 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 regardless of their school meal eligibility.

Spring Term Time: 05 January - 24 March 2026

February Half Term: 16 February - 20 February 2026

Spring Holidays:

30 & 31 March, 01 & 02 April, 07, 08, 09 & 10 April 2026

Summer Term: 13 April - 17 July 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 8+ can drop-in to the Open Award Activity Nights in Finchley Youth Centre, East Finchley on Thursdays during term-time.

All spring holiday activities go live on [Barnetyouth.uk](https://www.barnetyouth.uk) on 06 March 2026 at 6pm.



Bookings close 26 March 2026 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!



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

Additional Steps: Holiday Activity Vouchers (BACE Holidays ONLY)

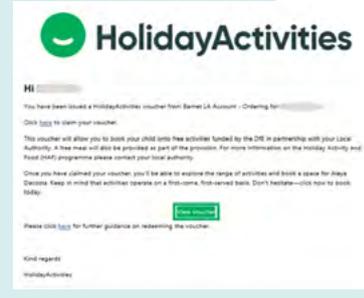
To access BACE Holidays, you will need to be eligible for benefit-related Free School Meals. You MUST insert your 16 Digit Holiday Activity Voucher code sent to you via email in the cart on the barnetyouth.uk website.



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

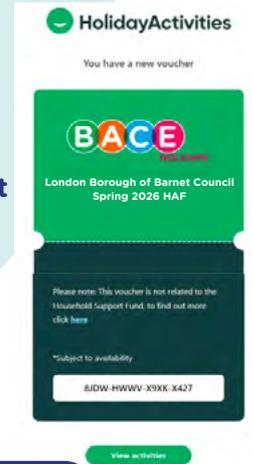


STEP 2
Open email and click the
View Voucher button:



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.

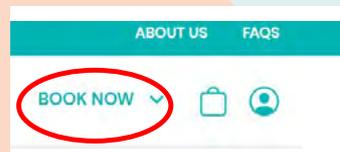
Please note:
Each eligible child will have their own
voucher code. All codes will be sent on
Tuesday 24 February 2026 to the email you
receive correspondence from the schools.
Bookings go live **Friday 06 March 2026**

How to book...

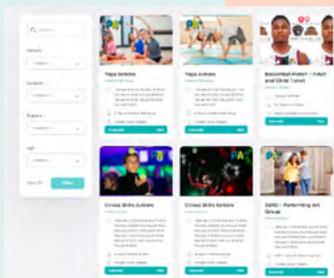
STEP 1
Go to www.barnetyouth.uk



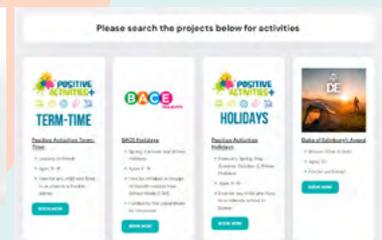
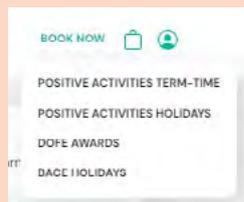
STEP 2
Click **BOOK NOW**



STEP 4
Search and enrol



STEP 3
Select the project



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.



Spring Camps

This spring, 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 spring 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 by joining in activities with Positive Activities. Many of our Ofsted registered providers accept Tax-Free Childcare vouchers and can provide a proof letter to support Universal Credit claims.

Enjoy outdoor sports or creative workshops, there's something for everyone to put a spring in your step!

PROVIDER NAME	ACTIVITY	VENUE	POSTCODE	AGES
East Central Hub Area				
Level Up Sports	Multi-sports Camp	Church Hill Primary School	EN4 8NN	4 to 13
Barnet Community Projects	Multi-Activity Camp	Westcombe Drive	EN5 2BE	8 to 16
Fixation Academy Performing Arts *	Little Campers, Sports & Performing Arts Camp	Whitings Hill Primary	EN5 2QY	4 to 11
Smart Play*	Creativity, Football and Multi-Activity Camp	Underhill School	EN5 2LZ	4 to 11
Strength & Learning Through Horses	Horse Therapy	Greengates Stables	EN5 2AQ	6 to 16
SBWA	Multi-Activity Camp	Tarling Road Community Hub	N2 8LG	4 to 16
Fixation Academy Performing Arts *	Little Campers, Sports & Performing Arts Camp	Martins Primary School	N2 9JP	4 to 11
Non Stop Action*	Multi-sports Camp	Moss Hall Junior School	N3 1NR	5 to 11
SOTO CIC*	Multi-Activity Camp	Chalgrove Primary School	N3 3PL	4 to 12
Joy Sports Academy	Multi-sports Camp	Hollickwood Primary School	N10 2NL	4 to 16
Radiant Girl Project	Dance Camp	In8 Space	N12 9EP	8 to 14
Pro FA Youth FC	Football Camp	Finchley Powerleague	N12 ORF	5 to 16
Non Stop Action*	Dance Camp	Summerside Primary School	N12 0QU	5 to 12
Active London*	Multi-Activity Camp	Brunswick Park Primary School	N14 5DU	4 to 11
Foundation Sports*	Sports, Arts & Crafts	Ashmole Primary School	N14 7NP	4 to 16
South Hub Area				
Claremont Primary School*	Multi-Activity Camp	Claremont Primary School	NW2 1AB	5 to 10
Claremont Primary School*	SEND Multi-Activity Camp	Claremont Primary School	NW2 1AB	5 to 10
Cricklewood Boxing ABC	Multi-Sports Camp	Cricklewood Boxing Club	NW2 6JP	8 to 16
African Cultural Association	Multi-Activity Camp	Hendon Methodist Church	NW4 4EH	7 to 16
The Hope of Child's Hill (THOCH)	Multi-Activity Camp	Basing Hill Park, Childs Way	NW11 8TJ	5 to 14
Motion4Kids CIC	Multi-Sports Camp	Princes Park Football Club	NW9 7ND	5 to 16
Whizkid Wonderland Holiday Camp CIC	SEND Multi-Activity Camp	The Hyde School	NW9 7EY	5 to 16
Pro Touch SA CIC	Multi-Sports Camp	Parkfield Primary School	NW4 3PJ	6 to 14
West Hub Area				
Bulldogs Basketball CIC	Basketball Camp	Barnet Copthall Leisure Centre	NW4 1PX	8 to 11
Wuma Sports Ltd Basketball	Basketball Camp	Barnet Copthall Leisure Centre	NW4 1PX	12 to 16
Non Stop Action*	Dance, Multi-sports & Football Camps	Millbrook Park CE Primary School	NW7 1JF	5 to 12
LIFT CIC	Football Tournament	Powerleague Mill Hill	NW7 2BB	12 to 16
Fixation Academy Performing Arts*	Little Campers, Sports & Performing Arts Camp	Fairway Primary School & Children's Centre	NW7 3HS	4 to 11
Greentop Children's Centre*	Multi-Activity Camp	"Greentop Children's Activity Centre	NW9 5WR	4 to 11
Axis Educational Trust*	Multi-Activity Camp	North London Grammar School	NW9 6HB	6 to 14
FUSE CIC	Multi-Activity Camp	Old Library	NW9 5XA	8 to 16
Top Sport*	Multi-sports Camp	Colindale Primary School	NW9 6DT	4 to 11
Superstar Sport*	Multi-sports Camp	Broadfields Primary School	HA8 8JP	4 to 11
Superstar Sport*	Multi-sports Camp	Edgware Primary School	HA8 9AB	4 to 11
Barnfield Primary School*	Multi-Activity Camp	Barnfield Primary School	HA8 ODA	4 to 11
Unitas Youth Zone	Multi-Activity Camp	Unitas Youth Zone	HA8 ODT	8 to 16

* 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



Easter Bunny Tales on Tour



Ages: 4-6
Date: Tuesday 07 April 2026
Time: Show 1*: 15:30-16:20
 (*For children and families with Special Educational Needs, 50 minute show)
 Show 2: 16:30-17:20
Venue: Finchley Youth Centre, N2 9ED

Egg-stra Special Easter Fun! Join us this April for Easter-themed performances filled with enchanting stories, lively songs, and plenty of movement. Perfect for all ages, these shows are a hopping good time!

The Science Boffins Science Show



Ages: 4-16
 (children must be accompanied by an adult)
Date: Tuesday 31 March 2026
Time: 16:00-17:00
Venue: Finchley Youth Centre, N2 9ED

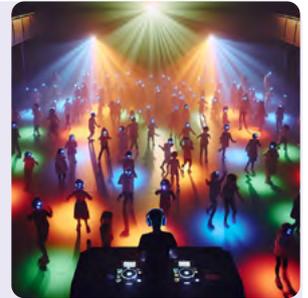
Making science fun, with an experienced Boffin as your presenter. Perfect for curious minds, this interactive show brings science to life with laughter and learning! No lab coats required, just bring your curiosity.

Non Stop Kids Entertainment Magic Show

Ages: 4-16
 (children must be accompanied by an adult)
Date: Monday 30 March 2026
Time: 16:30-17:45
Venue: Finchley Youth Centre, N2 9ED

Prepare to be amazed, delighted, and thoroughly entertained at our Family Magic Show Experience – the perfect 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.

Spring Disco with DJ Groovy G



Ages: 7-11
Date: Thursday 02 April 2026
Time: 15:00-17:00
Venue: Finchley Youth Centre, N2 9ED

Dance, play, and party at our Spring Disco! With great music, fun games, and a safe space to celebrate, it's the perfect way to groove into the season. There's something for everyone!

Springtime Celebration with the Tower Princess and Easter Rabbit

Ages: 4-7
Date: Thursday 02 April 2026
Time: 15:30-16:30
Venue: Finchley Youth Centre, N2 9ED

Get ready for a magical day of fun this Easter! Young residents are invited to join the Tower Princess and Peter Rabbit for a royal springtime celebration packed with excitement, laughter, and seasonal surprises.

This Easter event brings fairy-tale charm and playful adventure together for a day you won't want to miss.



The Gruffalo's Child



Ages: 4+ (Children must be accompanied by an adult)
Date: Wednesday 08 April 2026
Time: 14:00 Show start time

Based on the book by Julia Donaldson & Axel Scheffler. It's a familiar story told with lots of jokes and catchy songs!

Natural History Museum presents Dinosaurs Live

Ages: 4+ (Children must be accompanied by an adult)
Date: Thursday 02 April 2026
Time: 15:30 Show start time

Lots of dinosaur facts and absolutely massive life-like dinosaur puppets.

Venue: Arts Depot, 5 Nether Street, Tally Ho Corner, North Finchley, London N12 0GA





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: 12-16 **Time: 12:30-14:00**

Ages: 7-11 **Time: 14:00-15:30**

Date: Monday 30 March 2026

BRING A FRIEND!



Video Game Design 3-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 3-Day 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: 10:00-13:00**

12-16 **Time: 13:30-16:30**

Dates: Monday 30, Tuesday 31 March, Wednesday 01 April 2026

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



Hop into a world of adventure with our Family Pop-Up Cinema Events!

Bring your family, grab some popcorn, and enjoy a magical movie experience together.

Film 1: Peter Rabbit (Rating: PG)

Date: Wednesday 01 April 2026

Time: 15:00-17:00

Venue: Finchley Youth Centre, N2 9ED

Join us for a cosy screening of Peter Rabbit – a delightful tale full of laughter, mischief, and heartwarming moments.

Film 2: Hop (Rating: PG)

Date: Tuesday 08 April 2026

Time: 15:30-17:30

Venue: Finchley Youth Centre, N2 9ED

Join us for a fun-filled screening of Hop - a vibrant, feel-good adventure packed with humour, music, and heart!



Chess Club

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

Ages: 7-16

Date: Tuesday 31 March 2026

Time: 12:30-14:00

Date: Wednesday 01 April 2026

Time: 13:00-14:30

Venue: Finchley Youth Centre, 142 High Street, East Finchley, N2 9ED

Dates: Tuesday 07 & Wednesday 08 April

Times: 10:30-12:00 & 13:30-15:00

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



Family Games Afternoon

Enjoy an afternoon 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: Thursday 02 April 2026

Time: 13:00-14:30

Venue: Finchley Youth Centre, N2 9ED

BRING A FRIEND!



Easter Treats Workshop

Join us this Spring for a fun and creative Easter treat-making workshop! Children will enjoy getting hands-on as they decorate delicious seasonal goodies, experiment with colourful toppings, and craft their own tasty creations to take home. It's a cheerful, mess-friendly session perfect for celebrating the holidays, encouraging creativity, and sharing sweet moments together.

Ages: 5-16 (SEND Adult & Child)
Date: Monday 30 March 2026
Time: 14:30-16:30

Ages: 7-11 **Time:** 14:30-16:30
Date: Tuesday 31 March 2026

Ages: 12-16 **Time:** 14:30-16:30
Date: Wednesday 01 April 2026

Venue: Finchley Youth Centre, N2 9ED



2-Day Songwriting Workshop

In this inspiring 2-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:** 10:00-12:00
 12-16 **Time:** 13:00-15:00

Dates: Wednesday 08 & Thursday 09 April 2026

Venue: 24 Hendon Lane, N3 1TR

Easter Shed Project



Beginning on the Monday morning children will be part of a group that will together come up with ideas, learn songs and make up dances, all in time for a special event for family and friends on the Friday afternoon!

Chickenshed

Ages: 5-10 **Time:** 09:30-15:30

Dates: Monday 30 March – Thursday 02 April 2026

Venue: Chickenshed Theatre, 290 Chase Side, Southgate, N14 4PE



Spotlight SEND Performing Arts

A fun, supportive performing arts workshop for SEND young people to explore drama, movement and creativity in a relaxed, inclusive environment.

Ages: 11-16 **Time:** 13:00-15:00

Dates: Tuesday 07, Wednesday 08 & Thursday 09 April 2026

Venue: Finchley Youth Centre, N2 9ED

Performing in the Shine and Share Showcase. See page 9 for more details.



Hip-Hop Class

Step into the world of Hip Hop with big beats and high energy vibes. Learn fresh choreography, freestyle with confidence, and bring your own style to the floor while connecting with friends. This workshop is all about rhythm, creativity, and having a seriously good time as you dance, shine, and own the space!

Ages: 6-11 **Time:** 10:00-10:50
 12-16 **Time:** 11:00-11:50

Dates: Wednesday 01 & Thursday 02 April 2026

Venue: Finchley Youth Centre, N2 9ED



Yoga

Stretch, breathe, and relax! Our fun yoga sessions help 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.

Ages: 4-11 **Time:** 09:30-10:20

Parent & Child

Ages: 12-16 **Time:** 10:30-11:20

Venue: Finchley Youth Centre, N2 9ED





What's on



Krav Maga - Self Defence

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.

Ages: 6-11 **Time:** 15:30-16:30
12-16 **Time:** 16:30-17:30

Dates: Tuesday 07 &
Wednesday 08 April 2026

Venue: Finchley Youth Centre, N2 9ED

*Performing in the Shine and Share Showcase.
See page 9 for more details.*



SEND Arts and Crafts



This fun and sensory-friendly session offers a welcoming space to explore colours, textures and imaginative making.

Join us for an afternoon of hands-on activities, gentle guidance, and plenty of opportunities for self-expression for children with SEND.

Ages: 7-12

Date: Tuesday 31 March 2026

Time: 14:00-15:30

Venue: Finchley Youth Centre, N2 9ED



Spring Arts & Crafts

Young people will enjoy creating their own bright and cheerful spring-themed decorations, handmade gifts, and colourful keepsakes to take home. It's the perfect mix of creativity, fun, and seasonal inspiration.

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

Ages: 6-9 & 10-13

Dates: Monday 30 & 31 March 2026

Times: 10:00-11:30 & 12:00-13:30

Venue: Finchley Youth Centre, N2 9ED



Graffiti Jam



Unleash your creativity in this dynamic graffiti workshop.

Learn techniques, explore your style, and create bold street-art-inspired pieces in a supportive, artist-led space.

Ages: 13-16 **Time:** 12:30-14:00
8-12 **Time:** 14:30-16:00

Dates: Tuesday 07, Wednesday 08 &
Thursday 09 April 2026

Venue: Tarling Road Community Hub, N2 8LG



Squash Stars: Fast, Fun & Full of Energy



Step onto the court and discover the thrill of squash! Fun, high energy sessions to support children to develop speed, coordination, and confidence while learning a fantastic lifelong sport.

Dates: Tuesday 07, Wednesday 08 &
09 April 2026

Ages: Tots 4-6: 09:30-10:30
Juniors 7-11: 10:30-12:30
Seniors 12-17: 13:30-15:30

Venue: Finchley Manor Tennis,
Squash Club, Lyndhurst
Gardens, Finchley, London,
N3 1TD



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 **Time:** 10:00-11:00
Lego Juniors 9-11 **Time:** 11:00-12:00

Come and join us at either venue:

Finchley Youth Centre, N2 9ED
Wednesday 01 & Thursday 02 April 2026
24 Hendon Lane, N3 1TR
Tuesday 07 & Wednesday 09 April 2026



Fitness Bootcamp



Get moving with a high-energy fitness bootcamp designed for younger participants. With added nutrition tips, this active session promotes strength, wellbeing, and healthy habits.

Ages: 8-12 & 13-16

Dates: Tuesday 07, Wednesday 08 & Thursday 09 April 2026

Times: 12:30-14:00 & 14:30-16:00

Venue: Tarling Road, Community Hub, N2 8LG

BRING A FRIEND!



2 Day Commercial Dance Workshop



An energetic Commercial Dance programme where young dancers build confidence, and prepare for our Shine and Share Showcase at Finchley Youth Centre. Participants will take part in a rehearsal before performing their routine.

Ages: 12-16 & 6-11s

Times: 11:30-13:00 & 13:30-15:00

Dates: Wednesday 08 & Thursday 09 April 2026

Performing in the Shine and Share Showcase. See below.

BRING A FRIEND!

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: Tuesday 07 & Wednesday 08 April 2026

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: Thursday 09 April 2026

BRING A FRIEND!

Flip Out

Flip Out brings high-energy excitement with trampolines, obstacle courses and giant inflatables. Teens can bounce, climb and explore while staying active and having loads of fun!



BRING A FRIEND!

Ages: 12-16 (guests must also be 12-16)

Date: Tuesday 07 & Wednesday 08 April 2026



Shine & Share Showcase

A celebration of creativity, confidence, and everything our young stars have achieved!

Join us for our Shine & Share Showcase, a joyful finale where children step into the spotlight and celebrate all they've learned throughout their sessions. This heart-warming event gives young people the chance to perform, present, or display their work – from dance and drama to artwork, set pieces, new skills learnt and creative projects.

Families are invited to come along, cheer, and share in the achievements of their children as they grow in confidence, creativity, and teamwork. It's the perfect moment to recognise their hard work, celebrate their progress, and create wonderful memories together.

A feel-good finish to a fantastic Spring Holiday programme – full of pride, applause, and plenty of smiles!

Ages: All **Date:** Thursday 09 April 2026

Time: 16:00-17:00

Venue: Finchley Youth Centre, N2 9ED





What's on



Family Spring Fest

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



This free event is the perfect way to bring families together, celebrate the season, and create joyful memories. Come along and enjoy a day filled with fun, creativity, and springtime cheer!

Enjoy a wide range of activities, including:

- Egg hunt
- Inflatables and soft play - Bounce, climb, and have endless fun
- Animal encounters
- Arts & crafts - Make cards, and clay bead creations
- Magic show & balloon modelling - Delight in wonder and laughter
- Food & treats - Warm snacks, sweet treats, and smoothies



**Friday
10 April 2026
12:00-16:00**

Location:
OneStonegrove,
5 Hayling Way, Edgware
HA8 8BN

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**





YOUNG BARNET
FOUNDATION



We're back to spread **egg-stra** joy across Barnet this Easter! Show your support by donating **Easter eggs** and **new books** to help us bring a little happiness to children and young people in our community.

How You Can Help:



Donate Easter Eggs & New Books



Organise a Collection Drive



Make a Financial Donation



Spread the Word or Contact us for Volunteer Opportunities



Donations can be made between 3rd February - 24th March

Young barnet foundation Registered Charity No. 1164713
 @youngbarnetfoundation 020 3621 6090
 www.youngbarnetfoundation.org.uk

Please Contact events@youngbarnetfoundation.org.uk to arrange a donation drop off, or if you'd like to know more.

Led by



Charity no 1164713



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www.givelocalbarnet.org.uk



info@givelocalbarnet.org.uk

[@givelocalbarnet](https://www.instagram.com/givelocalbarnet)





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

Day: Mondays

Times: 16:00-17:00 (11-16s) & 17:00-18:30 (17-25s)



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-defence, and the value of hard work.

Ages: 6-16

Day: Mondays

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

Venue: Finchley Youth Centre, N2 9ED

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

Day: Wednesdays

Time: 18:30-19:30

Venue: Finchley Youth Centre, N2 9ED



Chess Club

Love strategy? Enjoy a challenge? Whether you're a beginner or a budding grandmaster, our Chess Club is the perfect place to learn, play, and sharpen your skills. Meet new friends, take part in fun tournaments, and discover the art of thinking ahead.

Ages: 9-16

Day: Tuesdays

Time: 16.30-17:30

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 **Time:** 16:30-17:30
11-16 **Time:** 17:30-19:00

Day: Tuesdays

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

Day: Tuesdays

Time: 17:00-18:00

Venue: Barnet Copthall Leisure Centre, NW4 1PX



Create Your Own Movie Magic!

Ever wondered how your favourite animated films come to life? Join our Stop Motion Animation Club and turn your ideas into amazing mini-movies! Learn the art of storytelling, design cool characters, and bring them to life frame by frame. No experience needed – just your imagination.

Ages: 11-16

Day: Tuesdays

Time: 17:30-19:00

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

Day: Mondays

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

Ages: 12-18

Day: Thursdays

Venue: St James School, NW9 5PE Astro turf



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

Day: Wednesdays

Time: 19:00-20:00

Venue: Finchley Youth Theatre, N2 9ED





Spring is a season of fresh starts, creativity, and fun and Fixation Academy brings all of that to life with their vibrant camps, proudly delivered in partnership with BACE Holidays.

Together, Fixation Academy and BACE Holidays ensure that children eligible for benefit-related Free School Meals can experience high-quality, enriching holiday activities completely free of charge.

What's On Offer? Fixation Academy's programmes are designed to capture imaginations and keep young people active and inspired:



Three Fantastic Venues:

Children are invited to dive into a world of engaging, energising, and confidence-boosting activities. Each venue offers a warm, inclusive space where every child is encouraged to try new things, make friends, and shine.

Venues:

Martin Primary, East Finchley
Fairways School, Edgware
Whitings Hill School, High Barnet

Times:

09:00-16:00 Full Day
09:00-13:00 BACE Hours
Half days, early drop off and late pick ups available.

Dates:

Every holiday throughout the academic year.

BACE Holidays Spring, Summer and Winter.

A Partnership With Purpose

Fixation Academy loves partnering with BACE Holidays, as both share a clear mission:

To create safe, inclusive, and inspiring spaces where every child can thrive.

By combining Fixation's expertise in performing arts and creative learning with BACE's dedication to accessibility and community, this partnership delivers holiday experiences that truly make a difference.

Book Your Child's Place Today

For BACE Holidays (Fully Funded Places):

Book at barnetyouth.uk to secure a fully funded BACE Holidays place filled with fun, friendship, creativity, and lasting memories.

For Paying Families:

Book directly via
www.fixationacademy.co.uk
Phone: 07708 608570

Fixation takes tax free childcare vouchers and offer Universal Credit supporting letter.

Little Campers!

Multi-Activity Camp for Ages 3-5

Designed especially for the youngest adventurers, Little Campers follows the Ofsted Early Years Framework to create a nurturing, joyful experience. Children enjoy creative play, drama, singing, outdoor fun, arts and crafts, themed days, simple cooking, and more – all within a safe, caring setting.



Sports Stars!

Multi-Sports Camp for Ages 6-11

Get moving with Sports Stars! This action-packed programme is perfect for children who love staying active. With a mix of games, team challenges, and a variety of sports, participants build physical skills, teamwork, and confidence – all while having loads of fun outdoors and indoors.



Stage Stars!

Performing Arts Camp for Ages 6-11

Lights, camera, action! Budding performers can explore dancing, acting, and singing in energetic, creativity-filled workshops. Children express themselves, grow their confidence, and make friends in a supportive, lively environment that celebrates imagination.



A Special Easter Surprise

This Easter, children can look forward to a magical visit from the Easter Bunny, bringing joy, excitement, and extra sparkle to the holiday.





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



Your Mind, Your World, Your Future!



Physical activity isn't just about fitness – it's a powerful way to boost your mood, connect with friends, and help the environment.

Why it matters:

- Feel Good:** Exercise releases endorphins that fight stress and improve mental health.
- Save Money & Time:** Join local sports groups or walking clubs – many are free and fun!
- Help the Planet:** Walking or cycling instead of driving cuts pollution and carbon emissions.

Top Tips for Active Travel:

Ask your parent/carer on your behalf to report street issues like litter or broken paths to keep your routes safe and clean.

Check the Air Quality Checker or sign up for text alerts to find mail to: <https://cleanairroutes.org/cleanairroutes>



Explore green spaces – fresh air and movement are a perfect combo!



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 - 2hours for families to be placed into small groups to enjoy activities. Sessions will be tailored for children with SEND needs, their parent/carer and their siblings to join in the fun and have some family time together (families will be able to book up to 4 participants per session**).

- SEND Family Inflatables sessions
- SEND Family Cooking sessions
- SEND Multi-sport 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



Healthy Snacking



Children in the UK eat an average of three unhealthy snacks and sugary drinks a day, contributing to excessive sugar, salt and saturated fat consumption.

Veg Power, a not-for profit organisation with a mission to increase the UK's fruit & vegetable consumption, have developed the 'Attack the Snack' campaign. The campaign offers a unique and fun approach to help children and families have a more balanced approach to snacking, increasing the amount of fruit and vegetables they enjoy for snacks.

The expert taskforce supporting the campaign includes child nutrition and psychologist professionals who will provide expert advice to support parents to introduce healthier snacks and take the stress out of making healthy swaps. For example, why not check out the campaigns useful **Snack Smart Shopping Guide** and **top tips** videos.



Apples and Pears are in season and are great for snacks! These tasty treats aren't just delicious – they're packed with goodness to keep you and your family feeling good. See examples of apple and pear recipes below:

Nutty Apple and Celery Rice Cakes



Ingredients

- 4 rice cakes
- 100g reduced-fat soft cheese
- 1 small red apple, quartered and cored
- 1 small celery stick, sliced into 4 pieces
- 8 hazelnuts
- 4 seedless red grapes, halved

Method

Spread each rice cake with a quarter of the soft cheese.

Next, cut each apple quarter into 3 slices, and place on the rice cakes – 2 pieces to represent eyebrows, and 1 to represent the mouth.

Position the celery on each rice cake for the noses, with a hazelnut placed on each side for the nostrils. Finally, place the halved grapes under the eyebrows to look like eyes.

Information:

Use sultanas or raisins instead of hazelnuts for the nostrils, and a halved dried apricot instead of grapes for the eyes.

Pancake with Caramelised Apples

Ingredients

- 75g plain flour
- 1 medium egg
- 200ml semi-skimmed or 1% fat milk
- 2 teaspoons vegetable oil
- 1 eating apple, cored and thinly sliced
- 1 teaspoon caster sugar
- finely grated zest and juice of 1 lemon

Method

Put the flour into a large jug or mixing bowl. Add the egg and milk and beat with a whisk or a handheld electric beater to make a smooth batter.

Information:

You could use half plain and half wholemeal flour for more fibre!

Heat a pancake pan or non-stick frying pan and add a few drops of vegetable oil. Pour in a quarter of the batter, tilting the pan so that it flows evenly over the surface. Cook over a medium heat for 1 to 2 minutes until set, then flip over to cook the other side.

If you have time, leave the batter to stand for 10 minutes before cooking, and stir thoroughly before adding to the pan.



Make 4 pancakes in total, adding a few drops of oil to the pan for each one. Keep the pancakes in a warm place until they're all ready.

Heat the remaining oil in the frying pan and add the apple slices, cooking them over a medium-high heat for 3 to 4 minutes, and turning often.

Sprinkle the sugar over the apples and cook for another few moments until lightly browned. Add the lemon zest and juice, stir to coat, then remove from the heat.

If you like, add a sliced banana to the frying pan with the lemon zest and juice, and mix with the apple before sharing between the pancakes.



Why not try these healthy meal ideas?



Mini veggie pancakes
(Makes 3-6 pancakes)

Ingredients

- 120g plain flour
- 1 tsp baking powder
- 1 medium egg
- 180ml milk
- Half a carrot, grated
- Half a pepper, finely chopped
- 2 spring onions, finely chopped
- A handful of herbs, parsley or chives, finely chopped vegetable oil for frying
- Pinch of salt and pepper

Method

Put the flour, baking powder, salt and pepper into a bowl

Slowly whisk in the eggs, then add the milk while whisking until the batter is smooth, then add your prepared vegetables and herbs

Heat a small amount of vegetable oil in a frying pan on a low heat

Add the batter to make pancakes the size you like

When bubbles start to form on the top of the pancake, flip and cook the other side

Keep the pancakes warm until ready to serve.

Top Tips

You can also add grated cheese for extra taste

You can add any other vegetables: courgettes, mushrooms, sweetcorn, peas



Sticky Chicken wings
(serves 5 wings per person)

Ingredients

- 1kg chicken wings
- 2 tbsp ketchup
- 4 tbsp dark soy sauce
- 4 tbsp sweet chilli sauce
- 3 tbsp soft brown sugar
- 4 garlic cloves

Method

Heat oven to 200C/180C fan/gas 6.

In a large bowl, mix the ketchup, garlic, sugar, half the sweet chilli sauce and the soy sauce with some seasoning. Tip in the wings and toss to combine so that they are all coated. Transfer to a large roasting tray or two smaller ones, in a single layer. Roast for 35-40 mins until cooked through and golden. Cook for 35-40 minutes – basting with the sauce occasionally as it cooks

Top Tip

Ideally marinate the chicken in the sauce overnight or for a few hours. It works well by putting the chicken in a plastic zip lock bag with the marinade then you can easily pick up the bag to move the sauce over the chicken without getting your hands dirty!



Quesadillas - Mozzarella, pesto & tomato

Ingredients

- Mozzarella
- Pesto
- Sliced tomatoes
- Tortilla wraps

Method

Spread some pesto on one half of the tortilla, then break off some mozzarella and place on the same half, evenly spaced, followed by some sliced tomato

Heat a little oil in a frying pan. Fold the tortilla in half then place in the pan and fry until golden. Turnover and fry again until golden

Cut into 3 wedges,





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

Hot cross scones (serves 8)

Ingredients

- 225g self-raising flour, plus extra for dusting
- 75g butter, softened
- 40g light muscovado sugar
- 75g small sultanas
- 50g cut mixed peel
- ½ tsp ground mixed spice
- 1 large egg, beaten
- 4 tbsp milk, plus extra for brushing
- 50g plain flour
- 2 tbsp caster sugar

Method

1. Preheat the oven to 220°C/ fan200°C/ gas 7
2. Sift the self-raising flour into

a large bowl; rub in the butter with your fingertips. Stir in the muscovado sugar, sultanas, peel and spice.

3. In a jug, beat together the egg, milk and a pinch of salt. Pour into the flour mixture and bring together to make a soft dough.
4. Lightly dust a work surface with extra flour, then roll out the dough to no thinner than 2cm. Using a 4cm cutter, stamp out the rounds. Transfer to a non-stick baking sheet.
5. Make the crosses. Mix together the plain flour and 1-2 tablespoons of water and knead to make a smooth dough. Roll out, cut into



6. For the glaze, dissolve the sugar in 2 tablespoons boiling water. Use to brush the tops of the scones as soon as they come out of the oven. Cool slightly on a wire rack. Eat while warm, or split and toast the next day and serve with a smudge of butter.

Bread n Butter
nourishing skills

From TikTok to Table: Easter Holiday Cooking Classes

Join our exciting Easter Holiday Cooking Classes for kids, young people, and families!

Step into the kitchen and bring the internet's most viral recipes to life in a fun, hands-on experience. From the latest TikTok and Instagram food trends to must-try favourites, you'll learn how to create dishes everyone's talking about.

Get creative, build confidence, and enjoy the satisfaction of making your own delicious meals from scratch. Each session includes a choice of meat or vegetarian recipes, plus a tasty dessert for everyone to enjoy.



Monday 30 March 2026

Session 1: 10:00-12:00 - Age 7-11

Session 2: 13:00-15:00 - Age 12-16

Tuesday 31 March 2026

Session 1: 10:00-12:00 - Age 7-11

Session 2: 13:00-15:00 - Family SEND

Venue: St. Katherine's Greek Orthodox Church hall, Friern Barnet Lane, London N20 0NL

Tuesday 07 April 2026

Session 1: 10:00-12:00 - Age 7-11

Session 2: 13:00-15:00 - Age 12-16

Wednesday 08 April 2026

Session 1: 10:00-12:00 - Family SEND

Session 2: 13:00-15:00 - Age 12-16

Venue: North Road Community Hall, 230 Burnt Oak, Broadway, Burnt Oak, HA8 0AP

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 for all.



Would you like to help deliver Holiday activities for children and young people across Barnet?

The Holiday Activities and Food Programme (HAF) runs throughout the school holidays (Spring, Summer, Winter) and provides children in the community with healthy meals and enriching activities.

This London Borough of Barnet and Young Barnet Foundation programme needs motivated individuals with a genuine dedication to the people of Barnet.

Working directly for the community, you have the empathy and commitment we need to make a difference in a child's life during the school holidays.

This wonderful initiative benefits families who are struggling financially: and allows children to stay active, learn about nutrition and participate in fun experiences.

This role is ideal for volunteers with childcare, youth or classroom experience; or for those looking to gain experience in this area. It takes place in schools and community venues across the Borough of Barnet, and you will be supporting a variety of Holiday Activity and Food Programme providers.



Inspiring and supporting volunteering



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

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

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

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





FREE SIM CARDS

with the national databank

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



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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/>





“
Foster care gave me a second chance, and helped me believe in myself.
”

BARNET Fostering

The difference is you!

Make a lasting impact on a child's life and receive:

- Expert training
- Generous financial rewards
- 24/7 Guidance and support
- Flexible options to fit your lifestyle
- Access to a passionate fostering community



020 8359 6274

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.	

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 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

Not sure where to turn? We're here for you, whenever you need us.

Free, confidential mental wellbeing support for young people. Whenever you feel overwhelmed, lonely, low or just need some time for yourself, we're here.

Find community support, have one-to-one text chats with professionals or explore self-tools, without needing a referral.

Scan me to get started. Or go to kooth.com

Providing NHS services

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)	

It's OK to talk

bics

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



Finchley Youth Centre

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

