

# Barnet Youth

Summer 2026



## Free Summer Camps and Activities

Fun, Food and Friendship

## Water Sports

Kayaking, Paddleboarding  
Try something new!

## Family Park Days

Activities, Entertainment  
and Information stalls

## Volunteering

Become a Parent Volunteer



[barnetyouth.uk](https://barnetyouth.uk)

Caring for people, our places and the planet

BACE Holidays:  
Fully funded by the Department for Education



## Welcome to the Summer 2026 edition of our Barnet Youth Magazine!

As the school year comes to an end and the summer holidays begin, we're excited to bring you a packed programme of free and affordable activities for children, young people and families across Barnet.

This summer, our programme includes holiday camps, trips, sports, creative workshops, wellbeing support and family events, all designed to help young people stay active, make friends and try something new during the long break.

We're proud to once again deliver BACE Holidays, fully funded through the Department for Education's Holiday Activities and Food (HAF) Programme, ensuring eligible children can access enriching activities alongside healthy meals. We're also continuing our Positive Activities programme, which is open to all children and young people who live or attend school in Barnet.

Look out for SEND-inclusive activities, teen trips, parent volunteering opportunities, and our much-loved Family Summer events throughout the programme.

There really is something for everyone this summer.



For children aged 4\*-16. Eligible children must receive benefit-related free school meals. Each child can access

up to 4 hours per day, for up to 16 days during the summer holidays. All activities include food or snacks fully funded by the Department for Education (HAF Programme) and delivered in partnership with Young Barnet Foundation.

\*4-year-olds must be enrolled in reception.

### Summer Holiday Dates:

**Monday 20 July - Friday 28 August 2026**

(Exact activity dates vary - see booking website)



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.

### Summer Holiday Dates:

**Monday 20 July - Friday 28 August 2026**

### Autumn Term-Time:

**Monday 01 September - Friday 19 December 2026**

### October Half-Term:

**Monday 27 - Friday 31 October 2026**



Follow @BarnetYouth\_ on Instagram • [barnetyouth.uk](https://www.barnetyouth.uk)



## Partnership Working with the Duke of Edinburgh Award

Take your skills to the next level by pursuing your Bronze, Silver, or Gold Duke of Edinburgh's Award during BACE Holidays and get involved in our taster sessions we have on offer. Our dedicated team is ready to help you succeed!

All summer holiday activities go live on [Barnetyouth.uk](https://www.barnetyouth.uk) on 12 June 2026 at 6pm.

The majority of activity bookings will close the week before the activity is due to start. Guarantee your child's place by booking 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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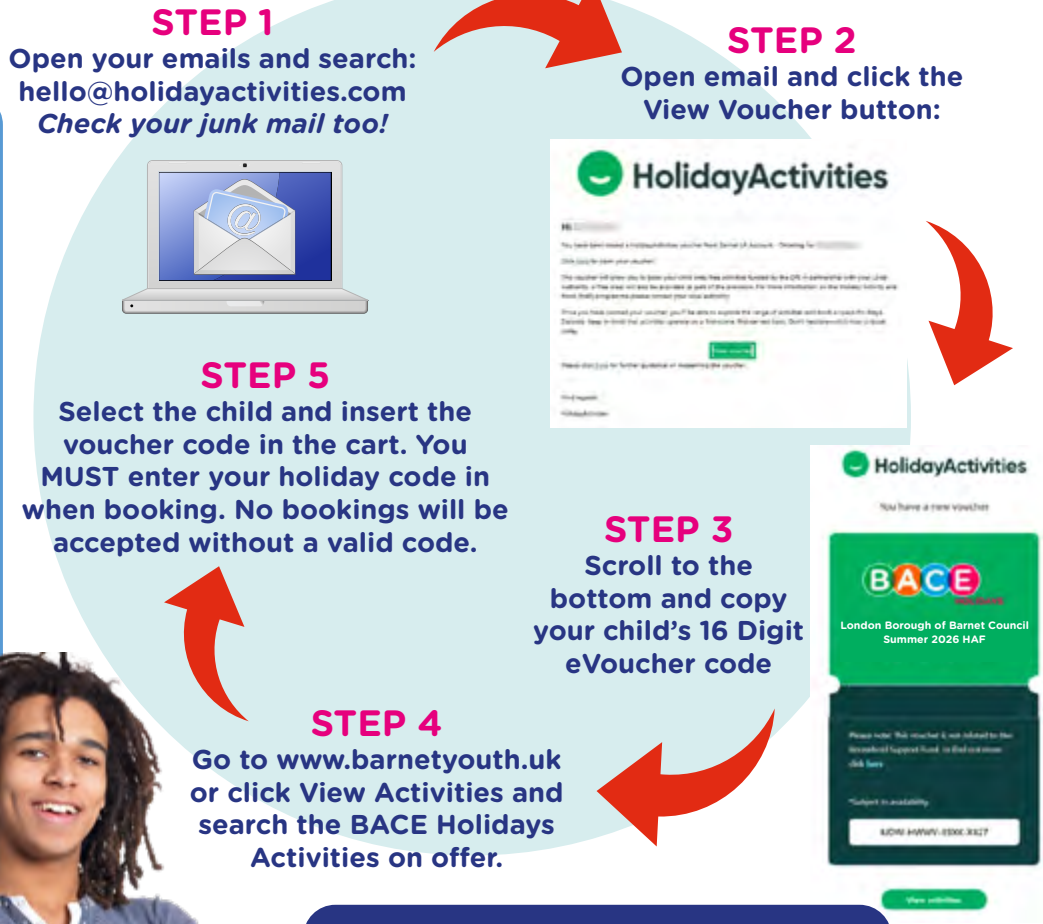
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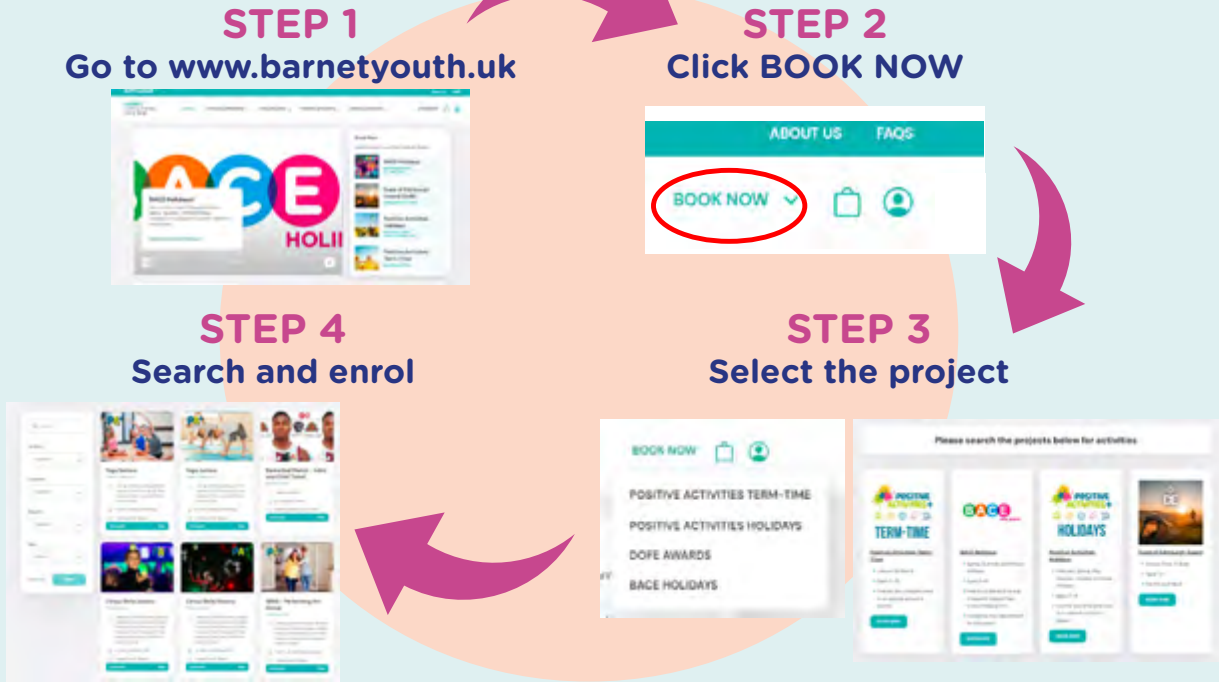
**Additional Steps: Holiday Activity Vouchers (BACE Holidays ONLY)**

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



**Please note:**  
Each eligible child will have their own voucher code. All codes will be sent on **Thursday 04 June 2026** to the email you receive correspondence from the schools. Bookings go live **Friday 12 June 2026**

**How to book...**



Please email [byes@barnet.gov.uk](mailto:byes@barnet.gov.uk) or [BACEHolidays@barnet.gov.uk](mailto:BACEHolidays@barnet.gov.uk) if you would like this booklet in larger print, Braille or in your language.



## Summer Camps

BACE Holidays invites children eligible for benefit-related free school meals (who have received a 16-digit Holiday Activity e-voucher) to take part in an exciting programme of fun, active and creative summer holiday activities delivered by our amazing partner organisations. Each child can book up to 4 hours per day, for up to 16 days across the summer holidays, subject to availability.

If you're not eligible for BACE Holidays, you can still join in on the fun by paying for a place directly with the camps listed below or by taking part in our Positive Activities programme. Many of our Ofsted-registered providers accept Tax-Free Childcare vouchers and can provide a proof letter to support Universal Credit claims.

Whether it's outdoor sports, creative workshops or new experiences, there's something for everyone to enjoy and make the most of the summer holidays.

PROVIDER NAME	ACTIVITY	VENUE	POSTCODE	AGES
<b>East Central Hub Area</b>				
Level Up Sports	Multisports Camp	Church Hill Primary School	EN4 8NN	4 to 13
Barnet Community Projects	Multi-Activity Camp	Westcombe Drive, The main entrance behind the Ark Academy school	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	7 to 16
Complete Sports*	Multi-sports Camp	Cromer Road Primary School	EN5 5HT	5 to 12
Bulldogs Basketball CIC	Basketball Camp	Christ's College Finchley	N2 0SE	8 to 11
Wuma Sports Ltd Basketball	Basketball Camp	Christ's College Finchley	N2 0SE	12 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
Refocus Collective	Photography Camp	St Mary at Finchley Hall	N3 1TR	8 to 16
The Arts Depot Trust Limited	Performing Arts	5 Nether Street	N12 0GA	7 to 16
Pro FA Youth FC	Football Camp	Old Elizabethans Playing Fields	EN5 2NG	15 to 16
Pro FA Youth FC	Football Camp	Finchley Powerleague	N12 0RF	5 to 14
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
Rising Stars Activities	Multi-Activity Camp	The Archer Academy	N2 8DJ	4 to 11
<b>South Hub Area</b>				
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
LiFT CIC	Football Sessions	Clarion School	NW2 1TR	8 to 12
Cricklewood Club	Multi-Sports Camp	Cricklewood Boxing Club	NW2 6JP	8 to 16
African Cultural Association	Multi-Activity Camp	Hendon Methodist Church	NW4 4EH	8 to 16
The Hope of Child's Hill (THOCH)	Multi-Activity Camp	Basing Hill Park	NW11 8QY	8 to 16
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	6 to 16
Pro Touch SA CIC	Multi-Sports Camp	Parkfield Primary School	NW4 3PJ	6 to 14
<b>West Hub Area</b>				
Non Stop Action*	Dance, Multisports & Football Camps	Millbrook Park CE Primary School	NW7 1JF	5 to 12
LiFT CIC	Football Sessions	Powerleague Mill Hill	NW7 2BB	12 to 16
Super Star Sport NWL	Multisports Camp	Deansbrook Infants & Nursery School	NW7 3ED	6 to 11
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
LiFT CIC	Football Sessions	St. James' Catholic High School	NW9 5PE	12 to 16
Fun Unique Social Enterprise CIC	Multi-Activity Camp	Old Library	NW9 5XB	8 to 16
Top Sport*	Multisports Camp	Colindale Primary School	NW9 6DT	4 to 11
Genius Tuition	STEM Activity Camp	OneStoneGrove	HA8 8BN	5 to 13
Super Star Sport NWL*	Multisports Camp	Broadfields Saracens Primary School	HA8 8JP	6 to 11
Super Star Sport NWL*	Multisports Camp	Edgware Primary School	HA8 9AB	6 to 11
JB Sports*	Multisports camp	Watling Park School	HA8 9YA	5 to 12
Barnfield Primary School*	Multi-Activity Camp	Barnfield Primary School	HA8 0DA	4 to 11
Unitas Youth Zone	Multi-Activity Camp	Unitas Youth Zone	HA8 0DT	8 to 12
Unitas Youth Boxing	Multi-Activity Camp	Unitas Youth Zone	HA8 0DT	13 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



**CHICKENSHEDED**  
THEATRE CHANGING LIVES

All of the shows below are at:  
**Chickenshed, Chase Side, N14 4PE**

## Tales Big Day Out

**Ages:** 0-7  
**Date:** Saturday 25 July 2026  
**Time:** 13:30-15:30



There is something for everyone. Expect music, dancing, stories, puppet-making and arts and crafts - all delivered in Tales' signature inclusive style, with a splash of silliness!

## Sunshine Tales

**Ages:** 0-6  
**Date:** Wednesday 29 July 2026  
**Time:** 13:00-13:50



Join Blurgh and your favourite Tales characters for a summer camp adventure filled with dazzling dancing, interactive fun, and magical moments.

## Fairies Tale

**Ages:** 0-9  
**Date:** Sunday 09 August 2026  
**Time:** 11:30-12:20



On a magical Midsummer's night, two worlds collide. When a human who doesn't believe in make-believe becomes lost in the fairy world, they must discover the power of belief to find their way home. A gentle, enchanting adventure full of wonder, imagination, and a touch of mischief.

## The Fairy Academy

**Ages:** 2-8  
**Date:** Thursday 13 August 2026  
**Time:** 13:30-15:00



Join Tales from the Shed and Fixation Academy of Performing Arts for a magical adventure where young visitors train in elemental fairy magic. With songs, spells, and interactive trials, children help restore the fairies' fading powers.

## Danaby's Space Race

**Ages:** 0-9  
**Date:** Saturday 15 August 2026  
**Time:** 11:30-12:20



When Sports Day is threatened by a bad cold, Barnaby's plans change - especially when a spaceship lands on his roof. This joyful, high-energy adventure blasts from bedroom to outer space, packed with laughs and surprises.

## The Science Boffins Science Show

**Ages:** 4-16  
(children must be accompanied by an adult)



**Date:** Thursday 30 July 2026  
**Time:** 15:00-16:00

**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.

## Spring Disco with DJ Groovy G

**Ages:** 6-11  
**Date:** Friday 28 August 2026



**Time:** 13:00-15:00  
**Venue:** Finchley Youth Centre, N2 9ED

Dance, play, and party as we celebrate the end of summer in style! Enjoy great music, fun games, and a safe, welcoming space to groove, laugh, and make memories together. The perfect way to round off the summer holidays!

## Rico Kids Magic Show

**Ages:** 4-16  
(children must be accompanied by an adult)

**Date:** Friday 14 August 2026  
**Time:** 15:00-16:00

**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.





# Arts and Crafts



## Summer Arts & Crafts

Create, design, and get messy with Summer Arts & Crafts! Fun, colourful, and full of creativity.

**Ages:** 6-9    **Time:** 10:00-11:30  
**Ages:** 10-14    **Time:** 12:00-13:30  
**Dates:** Monday 27 & Tuesday 28 July  
Monday 17 & Tuesday 18 August 2026  
**Venue:** Finchley Youth Centre, East Finchley, N2 9ED



## Slow Fashion Summer 3-Day Fashion Workshop\*

Discover a new way to express your style while caring for the planet. Dive into the world of ethical fashion, explore natural dyeing using plants, and learn the art of handmade design. From botanical dye workshops to hand-stitching skills, you'll create unique pieces while learning how to source fabrics sustainably.

Get creative, slow it down, and make fashion that feels good.

**Ages:** 8-12    **Time:** 10:00-12:00  
**Dates:** 18, 19 & 20 August 2026\*  
**Venue:** Finchley Youth Theatre, 142 High Rd N2 9ED  
*\*Must attend all 3 days.*



## Jewellery Making Workshop

Create your own unique jewellery to take home.

Fun, hands-on and full of creativity!

**Ages:** 7-11  
**Time:** 14:00-15:30  
**Dates:** Monday 27 July & Monday 17 August 2026  
**Venue:** Finchley Youth Centre, East Finchley, N2 9ED



## Y2K Summer Reloaded 3-Day Fashion Workshop\*

Get ready to step back into the early 2000s! Teens will work together in groups to explore bold Y2K fashion trends, design their own outfits, and bring their creative ideas to life. Throughout workshop, they'll experiment with colours, textures, and styling, building confidence as young designers!

**Age:** 12-17  
**Time:** 13:00-15:00  
**Dates:** 03, 04 & 05 August 2026  
**Venue:** Finchley Youth Centre, N2 9ED  
*\*Must attend all 3 days.*



## Lego Fun

Let children's imagination build and soar!

Young people can enjoy exciting Lego sessions packed with creative challenges, hands-on learning, and plenty of fun. Book now for a bright and playful holiday experience!

**Ages:** Minis 5-8    **Time:** 10:00-11:30  
Juniors 9-12    **Time:** 11:30-13:00  
**Dates:** 21, 22 & 23 July and 11, 12 & 13 August 2026  
**Venue:** Finchley Youth Centre, N2 9ED



BACE

 POSITIVE  
ACTIVITIES+


### 3-Day Let's Podcast\*

Create and produce your own podcast in this hands-on workshop. Learn how to plan, script, record, edit, and share engaging episodes. Build confidence to express your ideas - while developing skills in media and creativity!

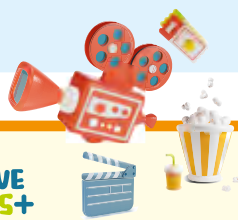
**Ages:** 9-11    **Time:** 10:00-12:00

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

**Dates:** 21, 22, & 23 July 2026

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

*\*Must attend all 3 days.*



BACE

 POSITIVE  
ACTIVITIES+

### Dive into a summer adventure with our Family Pop-up Cinema Events!

Bring the family, grab some popcorn, and relax together for a feel-good movie experience with sunny vibes and seaside spirit. The perfect way to enjoy summer on screen.

**Film 1: Moana (Rating: PG)**

**Date:** Wednesday 29 July 2026

**Time:** 14:00-16:00

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

Join us for a screening of Moana - a vibrant, feel-good adventure filled with catchy songs, brave heroes, and heartwarming moments for the whole family to enjoy.

**Film 2: Zootropolis 1 (Rating: PG)**

**Date:** Wednesday 12 August 2026

**Time:** 14:00-16:00

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

Join us for a fun-filled screening of Zootropolis - a fast-paced, feel-good adventure packed with humour, heart, and unforgettable characters!

**Film 3: Film 3: Lilo & Stitch (Live Action) (Rating: U)**

**Date:** Wednesday 26 August 2026

**Time:** 15:00-17:00

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

Join us for a fun-filled screening of the live-action Lilo & Stitch - a heart-warming island adventure packed with humour, unforgettable characters, and the true meaning of ohana (family).



### Video Game Design 3-Day Workshop\*



 POSITIVE  
ACTIVITIES+

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.

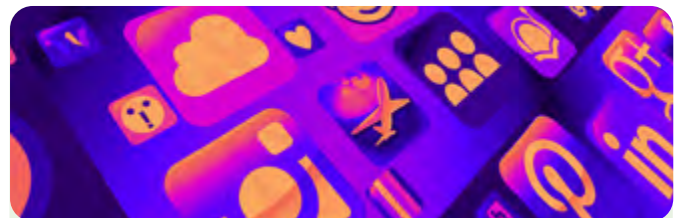
**Ages:** 8-11    **Time:** 10:00-13:00

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

**Dates:** Monday 10, Tuesday 11 & Wednesday 12 August 2026

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

*\*Must attend all 3 days.*



### App Design 3-Day Workshop\*



 POSITIVE  
ACTIVITIES+

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

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

**Ages:** 8-11    **Time:** 10:00-13:00

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

**Dates:** Monday 17, Tuesday 18 & Wednesday 19 August 2026\*

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

*\*Must attend all three days*



# Music and Dance



## 2 Day 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:** 13:30-15:00  
**Ages:** 12-16 **Time:** 15:00-16:30  
**Dates:** Tuesday 21 & Wednesday 22 July 2026  
**Venue:** Finchley Youth Centre, N2 9ED  
*\*Must attend both days.*



## Superstar DJ



Do you love music? Join the DJ and MC Academy for a fun, interactive workshop.

They will teach you how to mix songs, match rhythms and become a DJ superstar this summer! You will also have the chance to create your own radio show!

**Ages:** 8-12  
**Time:** 14:30-16:30  
**Dates:** Wednesday 19 August 2026  
**Venue:** Chipping Barnet Library, 3 Stapylton Rd, EN5 4QT



## 2 Day Commercial Dance Class\*



Step into the spotlight with Commercial Dance and learn bold, performance-style routines inspired by music videos and stage shows. Build confidence, sharpen your moves, and bring energy and attitude to every routine while dancing as part of a team.

**Ages:** 6-11 **Time:** 13:30-15:00  
**Ages:** 12-16 **Time:** 15:00-16:30  
**Dates:** Thursday 30 & Friday 31 July 2026  
**Venue:** Finchley Youth Centre, N2 9ED  
*\*Must attend both days.*



## Learn to Play Guitar 3-Day Workshop



Pick up, play, and perform!

In just 3 days, your child will learn guitar basics, jam with songs, and gain the confidence to keep strumming.

No experience needed - we provide the guitars, the fun and the music!

**Ages:** 8-11 **Time:** 10:00 - 12:00  
**Ages:** 12-16 **Time:** 12:30 - 14:30  
**Dates:** Tuesday 18, Wednesday 19 & Thursday 20 August 2026  
**Venue:** 24 Hendon Lane, Finchley Central, N3 1TR  
*\*Must attend all 3 days*



## 2 Day Contemporary Dance Class\*



Explore the expressive world of Contemporary Dance, where movement meets emotion. Develop fluid techniques, build strength and control, and create powerful routines that tell a story through dance.

**Ages:** 6-11 **Time:** 13:30-15:00  
**Ages:** 12-16 **Time:** 15:00-16:30  
**Dates:** Thursday 23 & Friday 24 July 2026  
**Venue:** Finchley Youth Centre, N2 9ED  
*\*Must attend both days.*



## Tune in With Georgio



In this energetic and creative workshop, participants will dive into the essentials of piano and music-making. You'll explore how music works, experiment with new techniques, and bring your own ideas to life.

**Ages:** 9-11 **Time:** 10:00-12:00  
**Ages:** 12-16 **Time:** 12:30-14:30  
**Dates:** 27, 28, & 29 July 2026  
**Venue:** 24 Hendon Lane, N3 1SA



## Create Your Sound: Music & Media Intensive 3-Day Workshop\*



Level up your music skills in this creative, hands-on workshop. Learn the basics of music theory and turn your ideas into original compositions. Experiment with sound, create your own tracks, and perform your work while developing your style and confidence in a fun, supportive environment.

**Ages:** 9-11    **Time:** 10:00-12:00  
**Ages:** 12-16    **Time:** 12:30-14:30  
**Dates:** 03, 04 & 05 August 2026  
**Venue:** 24 Hendon Lane, N3 1SA  
*\*Must attend all 3 days*



## Summer Shed 5-Day 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!

**Ages:** 5-10    **Time:** 09:30-15:30  
**Dates:** Monday 27 - Friday 31 July 2026\* or Monday 03 - Friday 07 August 2026\*  
**Venue:** Chickenshed Theatre, 290 Chase Side, Southgate, N14 4PE  
*\*Must attend all 5 days*



## Songwriting 3-Day Workshop\*



Young people 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:** 10:00-11:00  
**Ages:** 12-16    **Time:** 12:30-14:30  
**Dates:** Monday 10, Tuesday 11 & Wednesday 12 August 2026  
**Venue:** 24 Hendon Lane, N3 1TR  
*\*Must attend all 3 days*



## Inclusive Dance (SEND)

Enjoy a welcoming SEND Dance Class designed for all abilities, with a focus on fun, movement, and self-expression.

A supportive and inclusive space to build confidence, make friends, and enjoy music at your own pace.

**Ages:** 7-12    **Time:** 12:00-13:00  
**Dates:** Friday 24 & Friday 31 July 2026  
**Ages:** 13-25    **Time:** 14:00-15:30  
**Date:** Thursday 06 August 2026  
**Venue:** Finchley Youth Centre, East Finchley, N2 9ED



# Fun on the Water



## Kayak Fun on the Water

Looking for a new adventure? Grab a paddle and hit the water. Our Kayaking sessions are the perfect mix. Learn new skills, race your friends, build confidence and enjoy exciting challenges on the water. Whether you're completely new or already love water sports, kayaking is the perfect mix of fun, teamwork and adrenaline.

**Details:** 9-11, 22 July 2026, 10:30-12:30  
12-13, 07 August 2026, 10:30-12:30  
14-16, 13 August 2026, 13:30-15:30  
9-16 (SEND), 19 August 2026, 13:30-15:30  
**Venue:** Phoenix Outdoor Centre, London, NW9 7ND



## 2-Day Kayak Level 1 Course\*

This course is aimed at complete beginners and works towards our Introductory Kayak Level 1 award.

The course is run over two consecutive days and participants must attend both days.

Understand important safety measures to ensure a fun and secure experience on the water. Get plenty of time on the water to practice your new skills and build your confidence.

**Age:** 12-16  
**Dates:** 30 & 31 July 2026  
**Time:** 09:30-16:30  
**Venue:** Phoenix Outdoor Centre, London, NW9 7ND

*\*Must attend both days.*

## Stand-up Paddleboarding Fun on the Water

Have you got the balance and the skills to paddle, glide to stay standing on the water? Come and experience our stand-up paddle boarding! SUP is one of the fastest-growing water sports and the perfect way to have fun, race your friends and make this an unforgettable summer on the water. Whether you're a beginner or wanting to test your skills, get ready for laughs, splashes and plenty of fun.

**Details:** 9-11, 22 July 2026, 13:30-15:30  
12-13, 07 August 2026, 13:30-15:30  
9-16 (SEND), 12 August 2026, 13:30-15:30  
14-16, 26 August 2026, 13:30-15:30  
**Venue:** Phoenix Outdoor Centre, London, NW9 7ND

## Sailing Fun on the Water

Catch the wind and take control on the water with our Sailing Sessions! Feel the freedom and excitement of navigation across the open water as you learn to steer, control the sails and work together as a team. Sailing is the perfect mix of fun, challenge and adventure. Every session is packed with thrill and excitement. Come and join us for the ride!

**Ages:** 9-16  
**Time:** 13:00-16:00  
**Date:** Friday 24 July 2026  
**Venue:** Phoenix Outdoor Centre, London, NW9 7ND





Summer is a season of growth, adventure, and connection and THOCH brings all of that to life with vibrant outdoor camps, proudly delivered in partnership with BACE Holidays.

Together, THOCH and BACE Holidays ensure that children eligible for benefit-related Free School Meals and from vulnerable community groups enjoy multisport activities completely free of charge.



What's On Offer? THOCH's programmes develop cycling mastery and keep young people active and inspired:

## Cycling & Multi-Sport Champions! | Ages 8-14

Qualified cycling instructors deliver structured progression from basic balance through advanced road safety and bike maintenance. Daily 4-hour sessions combine expert cycling coaching with rotating sports-football, basketball, tennis, cricket, badminton, BMX-plus 3x3 mini tournaments and creative arts activities. Children build physical skills, confidence, and lasting friendships at beautiful Basing Hill Park.

**Freshly prepared hot meals daily featuring diverse Mediterranean, African, Continental menus (halal, vegetarian, allergy-friendly).**

**Venue: Basing Hill Park, Wayside, NW11 8TJ**

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

**Dates: BACE Holidays Spring, Summer, Winter**

## FREE Saturday Morning Cycling Club | Ages 5+

Hope of Childs Hill Cycling Club offers FREE cycle training and fun rides every Saturday! Learn to ride or improve skills. Bikes provided if needed.



## FREE Saturday Football & Basketball Club

Join us for FREE football and basketball sessions every Saturday afternoon at Basing Hill Park!



**Book Your Child's Place**

**BACE Holidays (Free):  
barnetyouth.uk**

**Paid Places/Saturday Clubs:  
info@thoch.org.uk**



## What's on



**Barnet Libraries are inviting children to get into the rhythm of reading this summer with the Read to the Beat! Summer Reading Challenge 2026.**



Delivered in partnership with The Reading Agency and Universal Music Group UK, this year's music-themed challenge celebrates how stories and songs can inspire, connect and spark imagination.

Children aged 4–12 can sign up at any Barnet library from Saturday 4 July and throughout the holidays. To complete the challenge, participants read six library books of their choice – from stories and comics to fact books. eBooks via the Libby App and eAudiobooks on <https://barnet.borrowbox.com/audiobooks/children/featured> also count

As they read, children collect stickers, and those who finish will receive a certificate and medal. There's also a special mini challenge for under 4s, encouraging families with younger children to join in the fun.

Alongside the challenge, libraries will host a lively programme of music-themed events, including DJ workshops, STEM sessions, instrument-making, and author visits.

Find out more at:

[www.barnet.gov.uk/summerreadingchallenge](http://www.barnet.gov.uk/summerreadingchallenge) or sign up for updates at [www.barnet.gov.uk/librarynewsletters](http://www.barnet.gov.uk/librarynewsletters)

# Barnet Parent Champions

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

If you are interested in becoming a Parent Champion, we would love to hear from you:

Email: [parent.champions@barnet.gov.uk](mailto:parent.champions@barnet.gov.uk)

Telephone:

**07501 005323**

**Volunteer Opportunity**





**YOUNG BARNET**  
FOUNDATION

SCAN TO LEARN  
MORE ABOUT THE  
CAMPAIGN



# 2026 BACK TO SCHOOL CAMPAIGN

## Supporting Barnet's Year 6 Pupils



Help us to provide essential equipment packs to children as they transition to secondary school.

SCAN TO DONATE  
ESSENTIAL  
SCHOOL ITEMS



PLEASE NOTE: BACK-TO-SCHOOL PACKS CAN ONLY BE REQUESTED THROUGH SCHOOLS, SUBJECT TO STOCK AVAILABILITY.

Led by



Charity no 1164713

# GIVE LOCAL

## BARNET

### Give where you live

A proud partner of



[www.givelocalbarnet.org.uk](http://www.givelocalbarnet.org.uk)



[info@givelocalbarnet.org.uk](mailto: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 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

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

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



### 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:** 17:00-18:00

**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:** 7-11 **Time:** 16:00-19:00

**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



### Creative Photography

Join our Creative Photography Session and capture your ideas through the lens! Learn how to frame the perfect shot, explore lighting and composition, and experiment with creative techniques to make your photos stand out. Whether you love portraits, nature, or abstract images, you'll bring your vision to life one click at a time.

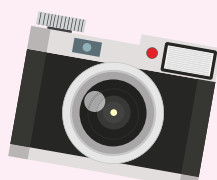
No experience needed – just bring your imagination and curiosity!

**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



### Commercial Street Dance

A high-energy and dynamic class focused on commercial street dance styles. Teens will build strength, coordination, and confidence while learning sharp, expressive routines inspired by music videos and popular dance trends.

**Ages:** 11-16

**Day:** Wednesdays

**Time:** 18:00-19:00

**Venue:** Finchley Youth Theatre, N2 9ED





# Park Family Days - Summer 2026

Event time: 11:00-15:00

Bring your family along and enjoy a day packed with fun activities and free snacks! Our Park Family Days offer something for everyone, with a vibrant mix of entertainment, play and community support.

**Inflatables:**  
Bounce around and have a blast!

**BMX Biking:**  
Ride and explore on two wheels.

**Magic show:**  
Fun for all the family.

**Balloon modelling,  
Face painting,  
glitter activities**

Information stalls  
from BICS, BOOST,  
Early Help,  
Parent Champions  
& Barnet Libraries

30 July 2026  
Edgwarebury Park, Edgware, HA8

31 July 2026  
Silkstream Park, Edgware, HA8

6 August 2026  
Hendon Park, Hendon, NW4

13 August 2026  
Oak Hill Park, New Barnet, EN5

14 August 2026  
Victoria Park, Finchley Central, N3

(The events will be close to  
Park pavilions/cafes)

These free summer events are a great way to spend time together outdoors, meet local services, and make happy summer memories.



## Summer Family BACE Day

Join us for a fun-filled Summer Family BACE Day bursting with activities for all ages!



Bring the whole family!

You MUST pre-book a ticket to attend - this event sells out fast!

Enjoy:

- Inflatables
- Animal Encounters
- Arts & Crafts
- Archery
- Circus Skills
- Food & Treats
- Balloons & Glitter

Drop into activity zones, try something new, and soak up a brilliant summer atmosphere with family and friends.

**Ages:** Open to all (children must be accompanied by a parent/carer at all times)

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

**Date:** Friday 21 August 2026

**Venue:** TBC



# Sports and Games



## Chess Club Mondays

Join our junior Chess Club sessions each week during the holidays. It's the perfect place for you to sharpen your skills, make new friends and have a blast!

**Ages:** 7-16  
**Dates:** Monday 27 July, 03, 10, 17 & 24 August 2026  
**Time:** 10:00-11:30  
**Venue:** Finchley Youth Centre, East Finchley, N2 9ED



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, strategise, and dodge foam darts in a safe, supervised environment. With exciting game modes, and loads of laughs, it's the perfect way to stay active, make new friends, and enjoy some friendly competition.

**Ages:** 7-11    **Time:** 10:00-11:30  
**Ages:** 12-16    **Time:** 11:30-13:00  
**Dates:** Wednesday 29 July & Wednesday 26 August 2026  
**Venue:** Finchley Youth Centre, East Finchley, N2 9ED



## Family Games Afternoon

Enjoy an afternoon full of classic fun, perfect for the who family who love to play, complete and connect! Join us for a fantastic mix of games designed to bring everyone together. Whether you're a board game whiz pr a ping pong pro, there's something for everyone to enjoy.

**Ages:** 4-16  
**Dates:** Thursday 29 July & Friday 14 August 2026  
**Time:** 12:30-14:00  
**Venue:** Finchley Youth Centre, East Finchley, N2 9ED



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:** 13:00-14:00  
**Ages:** 12-16    **Time:** 14:00-15:00  
**Dates:** 12, 13, 14, 19, 20, 21, 26, 27 & 28 August 2026  
**Venue:** Finchley Youth Centre, East Finchley, N2 9ED



## Squash Stars: Fast, Fun & Full of Energy

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

**Ages:** Tots 4-6      **Time:** 09:30-10:30

Juniors 7-11      **Time:** 10:30-12:30

Seniors 12-17      **Time:** 13:30-15:30

**Dates:** 28, 29 & 30 July and 05, 06 & 07 August 2026

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



## Skateboarding Sessions

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.

**Dates:** 03, 10 and 17 August 2026

**Times:** 13:00-14:30 and 14:30-16:00

**Venue:** Friary Park, Skate Park, N12 9AJ

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



BRING A FRIEND!

## Laser Quest

Laser Quest delivers fast-paced action with immersive laser battles in a glowing arena. Teens can dodge, aim and strategise as they compete in exciting missions – staying active, building teamwork and having a great time!

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

**Date:** Monday 24 August 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:** Wednesday 26 August 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!

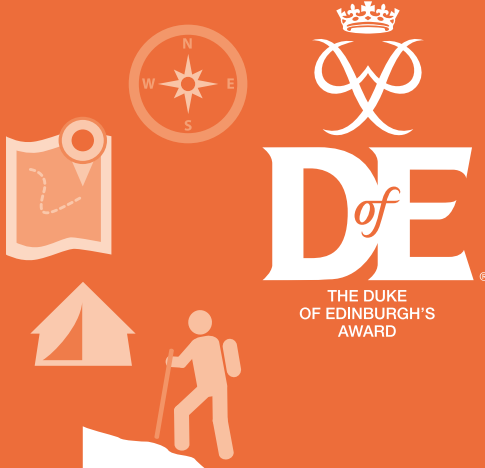
**Ages:** 12-16 (guests must also be 12-16)

**Date:** Tuesday 25 August 2026



Get Active

# Free Activities for Young People



## 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](http://Barnetyouth.uk)

Email: [DofE@barnet.gov.uk](mailto: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](http://www.better.org.uk/fab-walking-in-barnet)



### WHAT WE DO

GROUPS FOR CHILDREN & YOUNG PEOPLE

For ages 0-18, we host a range of activities for children and young people throughout the week. Currently we run Outings Group for teens, and Thursday Club for 7-12s.

SUPPORT FOR PARENTS, CARERS & FAMILIES

Through Autism Drop Ins, Coffee Mornings, and more, we support families and provide guidance and advice.

SIGNPOSTING AND GUIDANCE

Every referral receives timely guidance from our team, helping you to navigate systems and find support that suits you.

### COMPLETE A REFERRAL

Scan the QR Code or visit our website

Families can self refer or be referred by professionals. Once a referral is complete, a member of our team will be in touch, usually within 1 week.



### GET IN TOUCH

Visit our website - [www.resourcesforautism.com/barnet](http://www.resourcesforautism.com/barnet)

Call - 020 8458 3259

Email - [barnet@resourcesforautism.org.uk](mailto:barnet@resourcesforautism.org.uk)



Caring for people, our places and the planet





## How can [www.BarnetYouth.uk](http://www.BarnetYouth.uk) support children with Special Educational Needs and Disabilities (SEND) to access activities?



Across our programmes (BACE Holidays, DofE, and Positive Activities during term time and holidays), we offer a range of support options.

The Barnet Youth offer is inclusive and provides three ways for children with SEND to take part.

- Mainstream provision: Children of all abilities join activities together.
- SEND-only provision: For children who need more specialist support.
- Family SEND sessions: Parents/carers attend with their child and siblings.

Many children with SEND do not need 1:1 support. However, if your child does need this and qualifies for short breaks\* or direct payments, you can provide a support worker for mainstream activities. You must let us know in advance, and support workers must bring DBS details.

BACE Holidays is currently the only programme able to fund a limited number of 1:1 support workers. Based on HAF guidance, eligible children can access:

- Up to 4 hours per day
- Up to 4 days in spring and winter
- Up to 16 days in summer

SEND children needing 1:1 support receive the same allocation. If you request extra hours beyond the funded 4 hours, any additional SEND support (including 1:1) must be arranged directly with the provider, as BACE does not fund extra time.

### Please note:

- Funding is limited and subject to availability.
- For 1:1 support requests, email [BACEHolidays@barnet.gov.uk](mailto:BACEHolidays@barnet.gov.uk) at least 7 days before the activity. Requests after this cannot be guaranteed.
- If you have funding but no support worker, you can contact the providers listed on this page.

### Support Providers

**TeachNow:** Provides teaching staff and 1:1 SEND support for BACE Holidays and North London schools ([www.teach-now.co.uk](http://www.teach-now.co.uk))

**Barnet Mencap:** Offers support, services, and events for children and adults with learning disabilities, autistic people, and their families ([www.barnetmencap.org.uk](http://www.barnetmencap.org.uk))

**IPOP:** Provides 1:1 playworkers to help children access mainstream play and leisure activities ([www.ipopsupport.org.uk](http://www.ipopsupport.org.uk))

**Resources for Autism:** Delivers practical support for autistic children, adults, and their families ([www.resourcesforautism.org.uk](http://www.resourcesforautism.org.uk))

### Exclusive SEND Activities

We offer specialist SEND-only sessions based on the needs of children and families. These are listed on the booking site under BACE Holidays and Positive Activities.

To discuss your child's participation, contact

[BACEHolidays@barnet.gov.uk](mailto:BACEHolidays@barnet.gov.uk) or [byes@barnet.gov.uk](mailto:byes@barnet.gov.uk) at least 7 working days before the activity.

Examples can include:

- SEND Performing Arts
- Autism-friendly horse sessions
- SEND sports camps
- Resources for Autism sessions
- Community Focus activities

### Family Fun SEND Sessions

These sessions (45 minutes to 2 hours) are designed for small groups of families to enjoy activities together. They are tailored for children with SEND, their parents/carers, and siblings. (Families can book up to 4 people per session\*\*.)

Examples include:

- Inflatables sessions
  - Cooking sessions
  - Multi-sport sessions
  - Relaxed cinema screenings
- And 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](http://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](http://www.barnetpcf.org.uk)



## Snack smarter without overthinking it

When you're hungry **between meals**, it's easy to grab whatever's closest. But a few **simple switches** can make a **big difference** to how you feel for the rest of the day - all **without** giving up the things you enjoy!

### 5 easy swaps that actually work



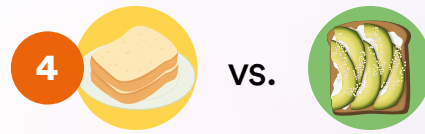
Swap **biscuits** for **yoghurt** with a handful of frozen fruit. Frozen fruit is cheap, lasts ages, and counts towards your **five a day**.



Swap **sugary cereal bars** for a **banana with peanut butter** - it'll keep you going longer and costs less per snack.



Swap **fizzy drinks** for **sparkling water with a squeeze of lemon or lime**. Same fizz, no crash afterwards!



Swap **white bread** toast for **wholemeal with mashed avocado or cream cheese** - takes the same time, keeps you fuller.



Swap **crisps** for **popcorn**. You still get the crunch, with way less salt. Make your own popcorn on the hob for the cheapest option.

**Top tip:** These work best when the swaps are already in the cupboard. If healthier options are easy to reach, everyone's more likely to grab them. No willpower required!



### Want help finding what works for you?

Gro Health Barnet is a **free programme for 12-19 year olds**. Members get a personal health coach and an extensive app bursting with fun education, activity ideas, progress tracking, and support whenever you need it.



#### Our coaches want to help you!

Through 1-1 digital coaching and our fantastic groups offer, you could join others in-person or digitally to learn together the **importance of sleep, activity, wellbeing and nutrition**, all spanned across 6 interactive weeks.

Join for free at [grohealth.com/barnet](https://grohealth.com/barnet)



## Sleep Smarter: Top Tips

Good sleep helps your brain, mood, and wellbeing – but it doesn't always come easily. Busy days, stress, and screens can all get in the way. The good news is that a few simple habits can make a big difference.

### TOP TIPS FOR BETTER SLEEP

- Go to bed and wake up at the same time every day
- Turn off screens and dim lights before bed
- Keep your room cool, dark, and quiet
- Avoid caffeine, alcohol, and nicotine in the evening
- Get daylight in the morning and move your body during the day

## Wind Down & Sleep Well

A relaxing bedtime routine helps your brain switch off. Try a warm shower, reading, calming music, breathing exercises, or gentle stretching. Consistency matters – your body learns when it's time to sleep.

What you do in the daytime also affects your sleep. Avoid eating late (aim for 2–3 hours before bed), get outside when you can, and try to stay screen free for the first 30–60 minutes after waking. Daylight, exercise, and regular routines all help your body clock stay on track.

### Why Sleep Matters

Sleep gives your brain time to repair, recharge, and reset. Good sleep supports focus, emotional balance, and resilience – helping you feel more prepared for each day.

**Small changes can lead to better sleep – and better days.**

For more advice and top tips on sleep, visit the [NHS Better Health Webpages](https://www.nhs.uk/health-webpages).



**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 money added onto your Healthy Start card every 4 weeks.**

### You'll get:

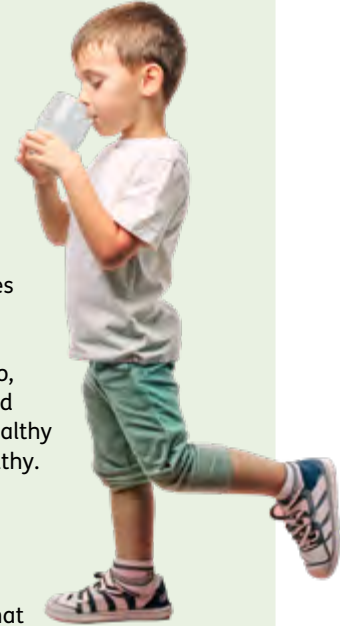
- £4.65 each week of your pregnancy from the 10th week
- £9.30 each week for children from birth to 1 year old
- £4.65 each week for children between 1 and 4 years old

### 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.

## Stay hydrated!

As the weather gets warmer, it is important to drink plenty of fluids to keep our body functioning at its best and avoid dehydration. Examples of symptoms of dehydration include headaches, tiredness, dizziness, and feeling thirsty. Water and lower-fat plain milks are always the best choices for drinks. Water and plain milk are not harmful to teeth because they both do not contain added sugar. Also, milk contains a variety of vitamins and minerals that we need as part of a healthy balanced diet to keep our bodies healthy.



### Here are 7 top tips for healthy hydration:

1. Download the NHS Food Scanner App. This is a handy health hack that makes it easier to find healthier food and drink options.
2. Make healthy swaps. Sugary drinks like milkshakes, fizzy drinks, energy drinks and sports drinks add a considerable amount of sugar to the diet. Instead of sugary drinks try lower fat plain milk, water, no-added sugar drinks, unsweetened decaffeinated tea, and diluted squash.
3. Fruit and Veg. You don't need to worry about natural sugar in whole fruits and vegetables when eaten whole because this sugar is contained within the cells. Plus, they contain vitamins and minerals, are a great source.
4. Limit fruit and vegetable juice & smoothies. When fruit and vegetables are broken down to make liquid, the natural sugars inside are released from the cells and become 'free sugars' which are harmful to teeth. Limit the amount to no more than 150ml a day.
5. Dilute your drink. Add extra water or plain milk to drinks that contain sugar. This will enable you to reduce the impact of the sugar in the drink.
6. Water. If you don't like the taste of water, try adding fresh cucumber or mint to give it a different taste.
7. Try a water app. Download a water tracker app on your phone and mark off the glasses of water you drink.

For more information and to access the online application form please visit: <https://www.healthystart.nhs.uk/>



## Why not try these healthy meal ideas?



### Spanish Tortilla (serves 8)

#### Ingredients

- 4 medium sized potatoes
- Olive oil
- 2 large onions, peeled and sliced
- 8 eggs

#### Method

1. Peel the potatoes and cut into ¼ cm slices and lay on some kitchen paper to absorb any excess moisture
2. Add a generous amount of olive oil to a frying pan and gently heat, then add the sliced onions and cook over a low heat, with the lid on, for 10 minutes. Turn the potatoes a couple of times but be careful not to break them up.
3. After 10 minutes add the sliced onion, put the lid back on and cook again for 10 minutes. After that drain off any excess oil and keep aside
4. Crack the eggs into a large bowl, add a generous amount of salt and pepper and mix. Then add the potato/ onion mixture and allow to sit for 10 minutes
5. Make sure your frying pan is clean then add back the oil, allow to warm then add the potato/onions making sure they are evenly spread and cook for 10 minutes. Once it is cooked underneath it will move around in the pan – make sure it isn't stuck to the sides and then get a plate and slide it on to the plate. Put the frying pan over the plate and then invert the tortilla into the frying pan to cook the other side for 5 minutes.



### Fish Fingers (1 fillet serves 2-4)

#### Ingredients

- Fish Fillet e.g. cod or salmon
- 1 egg
- Flour for dusting
- Breadcrumbs to coat

#### Method

1. To make fresh breadcrumbs put a slice of bread into a blender and blitz. Place into a shallow bowl and season
2. Break the egg into a shallow bowl and whisk with a fork to mix.
3. Place some flour in another bowl.
4. Cut the fish fillet into strips then dust in the flour, dip in the egg and roll in the breadcrumbs until coated. Place on a clean chopping board
5. Heat a little oil in a frying pan and when hot enough to make a bit of bread sizzle, fry the fish fingers for approx. 3 minutes on each side (depending on thickness of fish).

#### Top Tips

- You can use stale bread to make breadcrumbs.
- The ends of the loaf (that no one eats) are perfect to make into breadcrumbs. Blitz them up and store in a bag in the freezer so you'll never need to buy shop bought breadcrumbs again!



### Frozen Yoghurt Pots (serves 2)

#### Ingredients

- 160g natural yoghurt
- 80g frozen berries
- 2 tsp icing sugar

#### Method

1. Place the berries in a smaller blender and blend until broken down as small as possible
2. Put all the ingredients into a bowl and mix with a spoon until completely combined
3. Share between 2 small pots or ramekins
4. Eat immediately or keep in the fridge until later\*

#### Top Tips

- You can use any frozen fruit for this dish – just make sure you chop it up before you freeze it
- For really ripe fruit you can omit the icing sugar
- \* This will keep for a few days however it is at its most chilled after it's first made





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

## Eating Well This Summer (without Overspending)

### Keep it simple

You don't need a full meal plan. Just rotate a few easy, low-cost meals:

- Pasta with veg
- Jacket potatoes with beans or cheese
- Stir-fry using what's left in the fridge
- Wraps or sandwiches with leftovers
- Cook once, use twice

### Stretch meals across days:

- Roast chicken → wraps, pasta, salads
- Bolognese → pasta one day, potatoes the next

### Use your freezer

- Freeze bread, cheese, and leftovers so they don't go to waste—and so you've always got a backup meal.
- Have a few low-effort options ready

### For busy days, keep basics in:

- Eggs, beans, noodles, frozen veg
- These are much cheaper than last-minute takeaways.
- Cut costs where it counts
- Switch to own-brand for basics like pasta, rice, and tins
- Spend on food your family actually eats (less waste = more savings)
- Manage snacks (where money disappears)

- Buy larger packs and portion at home
- Mix in cheaper fillers like toast, fruit, or popcorn
- Keep some easy options – cutting everything rarely works
- Days out without overspending
- Take drinks and a simple lunch
- Buy one treat instead of everything

**Bottom line: If it saves money and makes life easier, keep it. If it adds stress, skip it.**



**Bread n Butter**  
nourishing skills

## Favourite Holiday Foods Summer Cooking Classes

Join our fun, hands-on Summer Cooking Classes for kids, young people, and families! Step into the kitchen and create your favourite holiday dishes, inspired by sunny flavours and seasonal treats from around the world. You'll learn how to make delicious food everyone loves.

Get creative, build confidence, and enjoy the buzz of cooking from scratch together. Each session includes a choice of meat or vegetarian recipes, plus a tasty dessert for everyone to enjoy – the perfect recipe for a summer of flavour and fun!

### Venue 1:

North Road Community Centre, 230 Burnt Oak Broadway, HA8 0AP

Day 1 Tuesday 28 July 2026

Session 1: 10:00-12:00 - Age 7-11  
Session 2: 13:00-15:00 - Age 12-16

Day 2 Wednesday 29 July 2026

Session 1: 10:00-12:00 - Age 7-11  
Session 2: 10:00-12:00 - Age 12-16.

### Venue 2:

St Katerine's Greek Orthodox Church Hall, Friern Barnet Lane, N20 0NL

Day 1 Tuesday 04 August 2026

Session 1: 10:00-12:00 - Age 7-11  
Session 2: 13:00-15:00 - Age 4-16 (Parent & Child SEND)

Day 2 Wednesday 05 August 2026

Session 1: 10:00-12:00 - Age 7-11  
Session 2: 13:00-15:00 - Age 4-16 (Parent & Child SEND)

### Venue 3:

Barnet Multi Cultural Community Centre, Algernon Road, NW4 3TA

Day 1 Monday 10 August 2026

Session 1: 10:00-12:00 - Age 7-11  
Session 2: 13:00-15:00 - Age 12-16

Day 2 Tuesday 13 August 2026

Session 1: 10:00-12:00 - Age 4-16 (Parent & Child SEND)  
Session 2: 13:00-15:00 - Age 12-16

**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. Please note, the content of these sessions will be the same each time. Therefore, please only book onto one session



# Wellbeing, Welfare and Support

## Would You Like to Help Deliver Holiday Activities for Children and Young People Across Barnet?

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

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

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

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

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

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

Find out more at:

<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



**VOLUNTEERING  
BARNET**

Inspiring and supporting volunteering



## Barnet Children's Centres

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

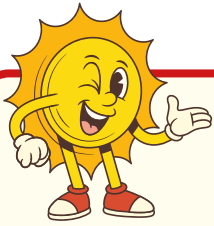
Children's Centres also offer a range of services delivered by partners:

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

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



**BEST  
START  
IN LIFE**



# Great British Summer Savings

This summer just got even better (and cheaper)! The Government's Great British Summer Savings scheme is helping families spend less and do more - perfect for young people across Barnet looking to make the most of the holidays.

From 25 June to 1 September 2026, there'll be reduced VAT (cut from 20% to 5%) on children's meals and many family activities - meaning cheaper trips, days out, and treats. Think discounted theme parks, more affordable restaurants, and lower-cost leisure activities to enjoy with friends and family.

Even better? Free bus travel for children throughout August is helping you get out and explore without worrying about travel costs - whether you're heading to a park, youth session, or day trip.

Alongside this, falling food costs and local summer programmes mean there are more ways than ever to stay active, try new things, and have fun on a budget across Barnet.



Big adventures. Smaller prices.  
Your summer starts here.



## 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](http://www.boostbarnet.org)

## UK SHARED PROSPERITY FUND EMPLOYMENT SUPPORT PROGRAMME

### Are you unemployed and looking for support?

We can help you get into work!

Open now for registrations

SCAN THE QR CODE TO REGISTER YOUR INTEREST



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

[UKSPFBoost@Barnet.gov.uk](mailto:UKSPFBoost@Barnet.gov.uk)





# BEST START IN LIFE



Best Start Family Hubs

Children's Centres



Childcare



Barnet Youth

Activities & Support



Barnet rolled out the Best Start in Life (BSIL) programme on 1st April, aiming to give every child the best start. As part of this, Early Help Hubs are becoming Best Start Family Hubs, bringing services together in one place.

Family Hubs support children and young people from pregnancy up to 19 (or 25 with SEND), offering parenting support, health advice, and activities for all ages, including opportunities for young people to engage in positive activities and access support when needed.

While the programme focuses on early years development (0-5), it also strengthens support for older children and young people by connecting services, schools, and community organisations, making it easier to access the right help at the right time.

If you are a parent and would like to find out more:

please visit:  
<https://www.barnet.gov.uk/children-and-families/early-help-children-young-people-and-families/best-start-family-hubs>





FOR CHILDREN AND YOUNG PEOPLE	
<b>Barnet Integrated Clinical Services (BICS)</b> Mild to moderate mental health support for children, young people and families. 020 8359 3130 (9am to 5pm)	
<b>Kooth</b> Access free, safe and anonymous support. kooth.com	
<b>Rephael House</b> A safe place to recover, develop and grow. <a href="http://www.rephaelhouse.uk/SelfReferral">www.rephaelhouse.uk/SelfReferral</a> For more information call 020 8440 9144 or email <a href="mailto:csm@rephaelhouse.org.uk">csm@rephaelhouse.org.uk</a>	
<b>Resources for Autism</b> <a href="http://www.resourcesforautism.org.uk">www.resourcesforautism.org.uk</a> • 020 8458 3259	
<b>Young Minds Crisis</b> Text message YM to 85258 for free support.	

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

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

FOR PARENTS AND CARERS	
<b>Barnet Mencap</b> For parents of children with ADHD. School or professional referral required. 020 8349 3842 • <a href="mailto:projectsupport@barnetmencap.org.uk">projectsupport@barnetmencap.org.uk</a>	
<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. <a href="http://www.behcamhs.nhs.uk/parents-and-carers/">www.behcamhs.nhs.uk/parents-and-carers/</a> Call 0800 151 0023 24 hours a day, 7 days a week, 365 days a year.	
<b>Homestart</b> Perinatal health coaching for parents. Self-referral or professional referral. <a href="http://www.homestartbarnet.org">www.homestartbarnet.org</a> • 020 8371 0674 • <a href="mailto:admin@homestartbarnet.org">admin@homestartbarnet.org</a>	
<b>New Parent Zone –</b> <a href="https://www.barnetlocaloffer.org.uk/parent_zone">https://www.barnetlocaloffer.org.uk/parent_zone</a>	
<b>NSPCC</b> For adults concerned about a child or young person • 0808 800 5000	
<b>Qwell</b> Free, safe and anonymous online support and counselling. <a href="http://www.qwell.io/">www.qwell.io/</a>	
<b>Starline Parent Helpline</b> For parents and carers struggling with managing their child's behaviour. <a href="http://www.starline.org.uk">www.starline.org.uk</a> • 0330 313 9162 • Follow @StarLineSupport on Twitter	
<b>Young Minds – Parent helpline</b> 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.



## 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](http://kooth.com)

**Providing NHS services**

## It's OK to talk

# bics

Supporting Children and Young People's Wellbeing and Mental Health

[www.barnet.gov.uk/talk-about-it](http://www.barnet.gov.uk/talk-about-it)

✉ [BICS@barnet.gov.uk](mailto: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](http://WWW.BARNET.GOV.UK/FOSTERING)

