



**0-19 EARLY HELP
SERVICE**



AUTUMN TERM ACTIVITIES

FOR YOUNG PEOPLE AGED 4-19*

September - December 2020

***UP TO 25 FOR THOSE WITH DISABILITIES AND/ OR AUTISM**



AUTUMN TERM ACTIVITIES

September - December 2020

Autumn Term 2020 Positive Activities Delivery:

We have a range of face to face and online Zoom activities for young people who school and/or live in the Borough of Barnet aged 6-19yrs and up to 25 with a disability and/or Autism.

All of our sessions are inclusive and open to all abilities. Sessions start back in September 2020 until December 2020, so please see course information within this booklet below. All sessions will have a break during the October half Term w/c 26th October 2020. A Half Term Schedule of activities will be released prior.

Whilst we are excited about being able to offer different types of delivery, we are still following guidances outlined regarding group sessions and safety for all involved. This therefore will mean that face to face delivery will be different to usual, meaning that we will be working with distanced and in our own spaces. This will also involve a lower number of young people attending sessions of face to face delivery.

Our Autumn Term activities are FREE to young people living or schooling in Barnet. Some sessions have a number of limited FREE places for vulnerable young people with key workers or Practitioners. To see if you are eligible contact a member of the team on byes@barnet.gov.uk.

ONLINE SESSIONS:

- A chance to learn something new, develop skills and interactive with other young people from the comfort of your own home!
- Stay connected with other young people!
- Low cost sessions starting from only £3 per session!
- Delivered on Zoom with high safety features applied!

FACE2FACE SESSIONS:

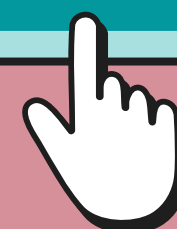
- Grouped sessions following guidance from the Government!
- A chance to learn something new, develop skills and interactive with other young people face to face!
- Equipment/Rooms cleaned down before and after use.
- Sanitisers and PPE available throughout sessions
- Activities across the Borough of Barnet!
- Activities starting from £3-£6 per week

How to apply online:

Visit and register on our website and navigate through the Autumn Term timetable to find the course for your young people. Within this document all online courses will be outlined to show what is on offer each week.

For more support please email
byes@barnet.gov.uk

SIGN UP NOW



Sign up now button

When you find a course you would like to apply for, all you need to do is select this icon and it will automatically take you to the page on our website where you can sign up



www.barnetyouth.uk

CLICK THE ICONS



MONDAYS

CIRCUS SKILLS JUNIORS

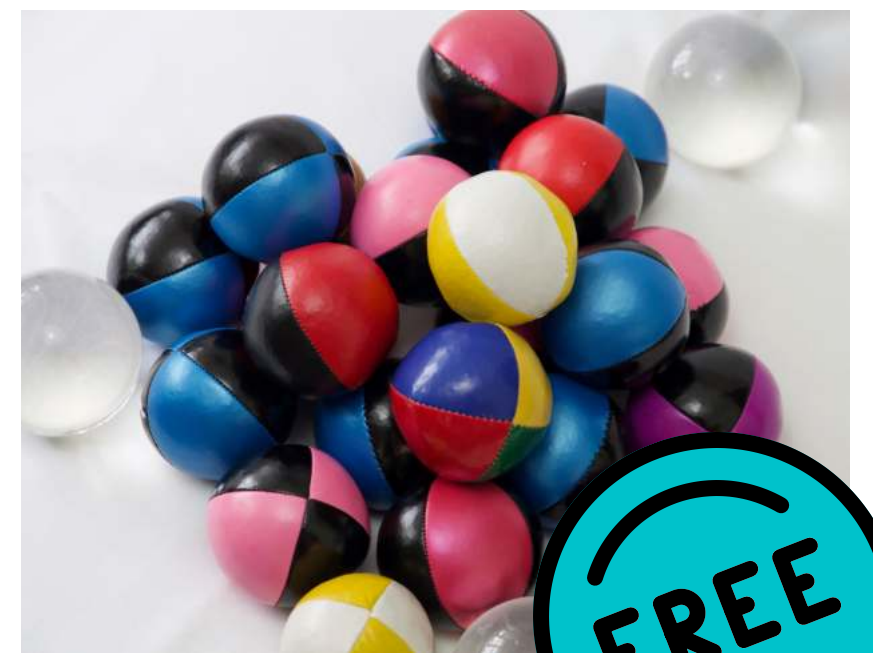
An exciting way to exercise! This course is a chance for you to explore circus skills and see if you want to take your interest further. Develop physical, mental and social skills including balance, flexibility and teamwork. Workshops will include juggling, diabolo, spinning plates, hula hooping and acro-balance. No experience is needed. Come and have a go at trying something new!

SIGN UP NOW

Every Monday: Starting
21 September 2020

Times: 4.30pm - 5.30pm
Ages: 7-10s

Venue: Finchley Youth
Centre, N2 9ED



FREE

CIRCUS SKILLS SENIORS

An exciting way to exercise! This course is a chance for you to explore circus skills and see if you want to take your interest further. Develop physical, mental and social skills including balance, flexibility and teamwork. Workshops will include juggling, diabolo, spinning plates, hula hooping and acro-balance. No experience is needed. Come and have a go at trying something new!

Every Monday: Starting
21 September 2020

Times: 6pm - 7.30pm
Ages: 11+

Venue: Finchley Youth
Centre, N2 9ED

SIGN UP NOW

SKATEBOARDING JUNIORS

Join our Skateboarding club every Monday! This is the perfect time to pick up the sport and see how far you can go. Not only is it a great sport but a great way to keep active and build up your confidence and encourage a healthy lifestyle. You don't need to bring your own skateboard, all skateboards, safety pads and helmets are provided.

SIGN UP NOW

Every Monday: Starting
from October 2020

Times: 3.45pm - 4.45pm
Ages: 7-11s

Venue: Dollis Juniors
School, NW7 2BU



FREE

SKATEBOARDING SENIORS

Join our Skateboarding club every Monday! This is the perfect time to pick up the sport and see how far you can go. Not only is it a great sport but a great way to keep active and build up your confidence and encourage a healthy lifestyle. You don't need to bring your own skateboard, all skateboards, safety pads and helmets are provided.

Every Monday: Starting
from October 2020

Times: 5pm - 6pm
Ages: 12+

Venue: Dollis Juniors
School, NW7 2BU

SIGN UP NOW

RITHMIK MUSIC PRODUCTIONS

Learn about all things Music in a professional recording studio. Learn the art of pre and post Production within Music, record your own tracks and build your knowledge of the music industry while being taught by music producers from the industry. No previous experience necessary. Give it a go and we promise you won't regret it!

SIGN UP NOW

Every Monday: Starting
12 October 2020

Times: 5pm - 8pm
Ages: 11-19s

Venue: Canada Villa,
NW7 2BU



FREE

TUESDAYS

PHOTOGRAPHY CLUB



A picture is worth a thousand words.....This statement hasn't ever been more true than now!! With Facebook, Instagram, Flickr just to name a few sites where it seems everyone in the world are uploading their pictures. So why not come and learn some tips and techniques to take your camera skills to the next level!!

Come on book a place on this weekly photography workshop where you will be able to learn about the basics of photography, design photo shoots in a variety of settings and meet new friends. Come along and try something new! Like the sound of this course? What to do next?

Every Tuesday: Starting
13 October 2020

Times: 5pm - 7.30pm
Ages: 11-17s

Venue: Canada Villa,
NW7 2BU

SIGN UP NOW

FREE

RITHMIK RADIO PRODUCTIONS

Learn about Radio Production, journalism, interviewing and reporting. Debate topics discussing the current situation, the progress, personal experiences and thoughts on Governmental development and what young people find important to them in their lives. If you are an aspiring journalist or interested in working within Radio or presenting, then come and join the online group.

Every Tuesday: Starting
13 October 2020

Times: 5pm - 8pm
Ages: 11-17s

Venue: Canada Villa,
NW7 2BU

SIGN UP NOW



FREE

CLIMBING WALL SESSIONS

Join our Climbing club every Tuesday! Not only is it a great way to work out, keep active and build up your confidence and encourage a healthy lifestyle, it's really fun. It is suitable for all fitness levels and abilities so whether you are an aspiring beginner or have experience all are welcome.

Our climbing wall is indoors!

Every Tuesday: Starting
13 September 2020

Times: 5pm - 7.30pm
Ages: 11-17s

Venue: Canada Villa,
NW7 2BU

SIGN UP NOW

FREE



WE ARE ALSO ONLINE...



@BARNETCOUNCIL



@BARNETCOUNCIL



@BARNETYOUTH_



@BARNETCOUNCIL



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WEDNESDAYS

SEND PERFORMING ARTS

This session is a weekly performing arts session for young people. Do you love to sing, dance and act? Then come on and access this weekly performing arts session that runs during the Barnet School term. These sessions are for young people with Learning Disabilities and/or Autism.

Every Wednesday:
Starting 23rd
September 2020

Times: 4.30pm - 6 pm
Ages: 11-17s

Venue: Canada Villa,
NW7 2BU

SIGN UP NOW

FREE

LEGO CLUB LIVE

Live Lego Club is a weekly group that runs during the Barnet school term time. It is a great place for children to come and express their creative side. Live Lego Club will allow participants to build complex and detailed structures. So if you are a fan of all things Lego come and show us your Lego building skills.

Every Wednesday:
Starting 23rd September
2020

Times: 3.45pm - 4.45pm
Ages: 6-12s

Venue: Canada Villa,
NW7 2BU

SIGN UP NOW

FREE

VIRTUAL LEGO CLUB

Virtual Lego Club is a weekly group that runs during the Barnet school term time. It is a great place for children to come and express their creative side. Virtual Lego Club will allow participants to build complex and detailed structures. So if you are a fan of all things Lego come and show us your Lego building skills.

Every Wednesday: Starting
23rd September 2020

Times: 5pm - 6pm
Ages: 6-12s

Venue: ONLINE ZOOM

SIGN UP NOW

FREE

YOUNG TEENS GROUP

During these sessions players will learn: 1. How to move and interact safely on a Tennis court. 2. Basic racket skills. 3. Develop, forehand, backhand, serve and serve return. Participants will also get to enjoy playing games and matches.

Every Wednesday:
Starting 23rd September
2020

Times: 5.30pm - 6.30pm
Ages: 11-17s

Venue: ONLINE ZOOM

SIGN UP NOW

FREE

STREET DANCE JUNIORS

This session is a weekly session that runs during the Barnet School term. It is a fun, high energy dance class to get your bodies moving through learning Street Dance routines. This session is for all abilities. If you would like to join Fixation street dance juniors or have a family you would like to refer please contact; them directly.

Every Wednesday:
Starting 16th September
2020

Times: 4.30pm - 5.15pm
Ages: 7-11s

Venue: Finchley Youth
Centre, N2 9ED

SIGN UP NOW

5 FREE PLACES



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WEDNESDAYS

Continued...

STREET DANCE SENIORS

This session is a weekly session that runs during the Barnet School term. It is a fun, high energy dance class to get your bodies moving through learning Street Dance routines. This session is for all abilities. If you would like to join Fixation street dance juniors or have a family you would like to refer please contact; them directly.

Every Wednesday:
Starting 16th September
2020

Times: 5.30pm - 6.15pm
Ages: 12+

Venue: Finchley Youth
Centre, N2 9ED

SIGN UP NOW

5 FREE
PLACES

YOUTH THEATRE PRODUCTIONS

Express yourself! Come along to this inclusive and welcoming youth theatre class where young people can learn, develop their acting craft, behind the stage in lighting, sounds or prop making each week. Youth Theatre Productions work towards a devised production each year in a professional theatre.

SIGN UP NOW

Every Wednesday:
Starting 16th September
2020

Times: 6.30pm - 8pm
Ages: 12 - 18s

Venue: Finchley Youth
Centre, N2 9ED

5 FREE
PLACES

**Delivered by a Partner Provider

RESOURCE PACKS...

CREATE
EXPLORE
CONNECT

0-19 Early Help Service Activity Resource Pack 2

Children with
Special Education
Needs and
Disabilities (SEND)

SEND Pack 1

SEND Pack 2

CREATE
EXPLORE
CONNECT

0-19 Early Help Service Activity Resource Pack 4

Performing
Arts pack



Performing Arts Pack 1

Performing Arts Pack 2

CREATE
EXPLORE
CONNECT

0-19 Early Help Service Activity Resource Pack

Music &
Radio pack



Music & Radio Pack 1

Music & Radio Pack 2

Sports &
Fitness pack

CREATE
EXPLORE
CONNECT

0-19 Early Help Service Activity Resource Pack 3

Health &
Well-being
pack

CREATE
EXPLORE
CONNECT

0-19 Early Help Service Activity Resource Pack 3

Arts &
Crafts pack

CREATE
EXPLORE
CONNECT

0-19 Early Help Service Activity Resource Pack

Sports & Fitness Pack 1

Sports & Fitness Pack 2



Health & Well-being
Pack 1

Health & Well-being
Pack 2



Arts & Crafts Pack 1

Arts & Crafts Pack 2



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THURSDAYS

JUNIOR FITNESS SESSION

Fitness camp is a great way to kick-start your fitness goals combining cardio and strength training with fun workouts to get you into shape in a great and motivating atmosphere. The programme will be challenging and will encourage you to work towards your goals. It is suitable for all fitness levels so whether you are an aspiring beginner or a fitness fanatic all are welcome.

SIGN UP NOW

Every Thursday : Starting
17th September 2020

Times: 4pm - 5pm
Ages: 8-10s

Venue: Canada Villa,
NW7 2BU



FREE

TEENS FITNESS CAMP

Fitness camp is a great way to kick-start your fitness goals combining cardio and strength training with fun workouts to get you into shape in a great and motivating atmosphere. The programme will be challenging and will encourage you to work towards your goals. It is suitable for all fitness levels so whether you are an aspiring beginner or a fitness fanatic all are welcome.

Every Thursday : Starting
17th September 2020

Times: 5.30pm - 6.30pm
Ages: 12-19s

Venue: Canada Villa,
NW7 2BU

SIGN UP NOW

WE ALSO HAVE...



CREATED YOUTUBE VIDEOS FOR YOU



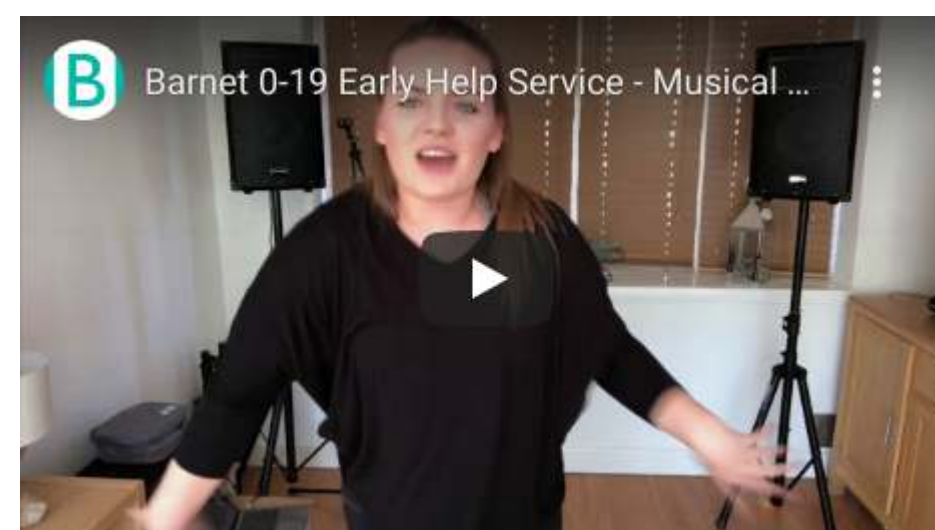
Barnet Council



Subscribe

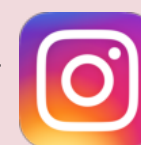


Here are some of the videos we have produced so far. We release new videos weekly, so keep an eye out on what we have coming up next!



www.barnetyouth.uk

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SATURDAYS



LITTLE VISIONS 4-6YRS

An opportunity for your little ones to kick start their learning in the three fundamental disciplines of performing arts, singing, dancing and acting. Explore role play, imagination, games and lots of fun while making new friends.

Every Saturday :
Starting 19th
September 2020

Times: 10am - 10.45am
& 11am - 11.45am
Ages: 4-6s

Venue:
Finchley Youth Centre,
N2 9ED

SIGN UP NOW

5 FREE
PLACES

****Delivered by a Partner Provider**

BALLET (RAD) 5-7YRS

Ballet Beginners is the perfect introduction to begin learning technique, terminology and first steps of Ballet dance; through storytelling, creativity and imagination, making the class lots of fun! This Ballet class follows the Royal Academy of Dance

Primary Ballet syllabus

Every Saturday : Starting
19th September 2020

Times: 10am - 10.45am
Ages: 5-7s

Venue: Finchley Youth
Centre, N2 9ED

SIGN UP NOW



****Delivered by a Partner Provider**

5 FREE
PLACES



TINY TAPPERS 5-7YRS

Learn the basic movements, technique and terminology of Tap dance and is the perfect introduction to the dance style. Develop skills in rhythm, balance, musicality, core, legs and feet strength, coordination and flexibility in the hips, knees and ankles. Dancing builds self-esteem, expresses creativity and is a fun way to make new friends.

Every Saturday : Starting
19th September 2020

Times: 11am - 11.45am
Ages: 5-7s

Venue: Finchley Youth
Centre, N2 9ED

SIGN UP NOW

5 FREE
PLACES

****Delivered by a Partner Provider**

MUSICAL THEATRE 7-10YRS & 11-16YRS

Musical Theatre suitable for all levels! Junior and Senior groups are split and rotate through learning the three core elements, Acting, Singing and Dance over 2 hours. Develop skills in vocal strength, projection, harmony, flexibility, expression, character building, script work and movement in fundamental dance styles, including Jazz, Ballet, Street Dance and Lyrical Dance. These Musical Theatre groups work towards an annual showcase each year.

Times:
12pm - 2pm

Ages: 7-10s
&
11-16s

SIGN UP NOW

Every Saturday : Starting
19th September 2020

Venue: Finchley Youth
Centre, N2 9ED

SIGN UP NOW



****Delivered by a Partner Provider**

5 FREE
PLACES



LAMDA PERFORMANCE ART

This class is for young people wanting to further their technique, knowledge and understanding of performing and push their passion further by gaining qualifications accredited by LAMDA. Young people can sit solo, group or duo exams following Speech & Drama, Musical Theatre and/or Shakespeare.

Every Saturday : Starting
19th September 2020

Times: 2:30pm - 3:30pm
Ages: 7-16s

Venue: Finchley Youth
Centre, N2 9ED

SIGN UP NOW

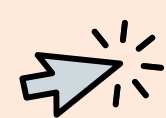
5 FREE
PLACES

****Delivered by a Partner Provider**



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0-19 EARLY HELP SERVICE

Children, Family and Young People



All families face challenges and sometimes need support. Early Help is about providing this support as soon as possible to tackle difficulties for children, young people and families before they become more serious. We work with the whole family and the child / young person is at the centre of all we do.

Working with partners, Barnet's 0-19 Early Help Service provides help and support to families, children and young people up to the age of 19 (or 25 with a disability).

We aim to: Provide the right help first time that meets identified needs Improve outcomes for children and young people Prevent the escalation of issues that would then require statutory intervention.

To access support go to: <https://wwc.barnet.gov.uk/wwc/working-children-barnet/practitioner-guidance/children-family-and-young-people-hubs-0-19/how>



Kooth is the UK's leading mental health and wellbeing platform. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.

Go to www.kooth.com

Working together to support Communities

Community groups across our borough are pulling together in an unprecedented way to support vulnerable people during the coronavirus (COVID-19) crisis.

For more information where you can get help, and how you can get involved. Go to:

www.engage.barnet.gov.uk/communityhelphub.

www.barnetyouth.uk

