

Barnet Active Creative Engaging holidays - BACE



HOLIDAYS

www.barnetyouth.uk

Summer 2021



Department
for Education

YOUNG
BARNET
FOUNDATION

BARNET
LONDON BOROUGH

Welcome to Summer



The school holidays are a time for children and young people to relax and have fun. We believe that every family across Barnet deserves a healthy and fulfilling holiday. **Barnet Active, Creative and Engaging holidays (BACE)** was recently named by Barnet's young people and highlights exactly what our holiday programme is all about!

In our summer edition of the BACE Holidays booklet, you'll find facts and useful tips for maintaining a healthy diet, information to support your mental wellbeing, fun activities to do at home and links to online resources to learn about healthy living.

Get involved!

Sign up to one of our BACE Holiday Camps or one of our enriching activity such as dance, circus skills, art, baking and much more by registering on our website www.barnetyouth.uk/BACEHolidays. BACE Holiday Camps are for all children aged 5-16 who are in receipt of free school meals.

How to sign up:

- Step 1:** Go to www.barnetyouth.uk
- Step 2:** Go to Book Now
- Step 3:** Select project – BACE Holidays, Term Time, DoFE or Holiday Activities
- Step 4:** Select choose activity or camp and enrol by creating a parent profile and adding your child.
- Step 5:** Wait for the confirmation email
- Step 6:** Attend and have fun!

Positive feedback from Easter



After attending our Easter BACE Holiday Camps programme, parents have shared their feedback and thoughts:

"All sessions were done very professionally so we really haven't got a favourite one. Face-to-face sessions were excellent"

"Staff were very welcoming and helpful, and my son felt included and was encouraged to participate - he loved it"

"Has made my son's experience better with outdoor activities and mixing with other kids"

"Thank you so much for giving my child the opportunity to do things she loves that as parents we can never afford"

"Thank you very much for organising all these activities. They really helped out during these difficult times and gave my children a chance to be active and creative with peers"



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What's on - Timetable

What's on offer...

Over the summer holidays we have four weeks of jam-packed fun, with a variety of activities for children and young people to enjoy from 10am-2pm each day.*

Attend one of our BACE Holidays Camps where children and young people can take part in Multisport, Arts & Crafts, Performing Arts, Nutritional Activities and much more! Each camp will have a team of dedicated activity workers which will bring fun, games and expertise, supporting your child to try something new, make new friends and learn all about being healthy!

Dates:

Week 1 - 26th July - 30th July

Week 2 - 2nd Aug - 6th Aug

Week 3 - 9th Aug - 13th Aug

Week 4 - 16th - 20th Aug

Locations across the borough:

Canada Villa Young People Centre, NW7 2BU

East Barnet School, EN4 8PU

Dollis Junior Schools, NW7 2BU

Church Hill School, EN4 8NN

Colindale School, NW9 6DT

Coppetts Wood, N10 1JS

Fairways School, NW7 3HS

Finchley Youth Centre, N2 9ED

Greentops Children's Centre,

Manorside Primary, N3 2AB

Tudor School, N3 2AG

And many more!



Join Chickenshed this summer for a Festival of Fun



Big Healthy Day Out (for BACE Holidays)

Join the Chickenshed Tales Team on Friday 6th August 2021 for a day filled with fun, healthy activities including arts and crafts and performances!

This is perfect for children aged 5-11yrs and their parents/carers.

Time: 3pm - 5pm

Location: Chickenshed

Cost: FREE

Tickets Available: 200 (Please note x1 child and x1 adult per booking*)

Saturday 31st July - Sunday 8th August

Nine exciting days of happiness, laughter and celebration for all children aged 0-11yrs.

Events include performances of Keilly Swift's best-selling children's books The Tigon and the Liger and How to Make A Better World.

- Planet Play baby sensory shows
- Tales Big Day Out Festival Day
- Special events showcasing books, health and well-being and a celebration of National Play Day.

And there's more... so please come and join us for a summer festival extravaganza at Chickenshed. Barnet Youth has a number of FREE tickets for children and young people. For more information visit www.barnetyouth.uk

CHICKENSHED
THEATRE CHANGING LIVES









Eating the rainbow and staying hydrated



Healthy Eating

A balanced diet should be colourful. Fruits and vegetables are an important part of a healthy diet and make plates bright and full of colour. Fruit and vegetables are also a great source of vitamins, minerals and fibre.

See if you can eat a rainbow of fruit and vegetables during the week and challenge yourself to try fruit and vegetables of different colours. Here are some ideas to try:

COLOUR		FRUITS AND VEGETABLES
Red		Cherries, cranberries, radishes, red apples, red grapes, red peppers, tomatoes, watermelon.
Orange		Cantaloupe melon, mangoes, nectarines, orange peppers, pumpkin, sweet potatoes.
Yellow		Butternut squash, honeydew melon, lemons, papaya, peaches, persimmons, swede, yellow peppers.
Green		Apples, asparagus, avocados, celery, courgettes, cucumbers, green grapes, leeks, lettuce, limes, mange tout, sugar snap peas.
Blue/Purple		Aubergines, blackberries, blackcurrants, purple grapes, red cabbage.
White		Bananas, celeriac, garlic, Jerusalem artichokes, mushrooms, onions, turnips, white peaches.

Healthy hydration

Water and lower-fat milks are always the best choices for drinks for kids. Water contains no sugar and milk contains calcium for strong bodies as part of a balanced diet.

Some tips for healthy hydration:

- **Make healthy swaps** – Swap sugary drinks like fizzy drinks, energy drinks and juice drinks for lower-fat milks, water, sugar-free or no added-sugar drinks.
- **Brighten up water** – Make water an exciting alternative by adding a pop of colour. Add fruits like frozen berries, kiwi and apple to make the water taste and look interesting.
- **Try a water app** – Download a water tracker app on your phone and let your child mark off the glasses of water they drink.
- **Fruit and Veg** – You don't need to worry about the sugar in whole fruits and vegetables because this isn't added sugar. Plus they contain vitamins and minerals, are a great source of fibre, and count towards your 5 A Day.
- **Juice and smoothies** – Fruit and vegetable juice and smoothies are sugary. They still count towards your 5 A Day, but remember to limit the amount to no more than 150ml a day – and keep to mealtimes as they can cause tooth decay.

Source:

Change4Life. More information at www.nhs.uk/change4life/food-facts/sugar

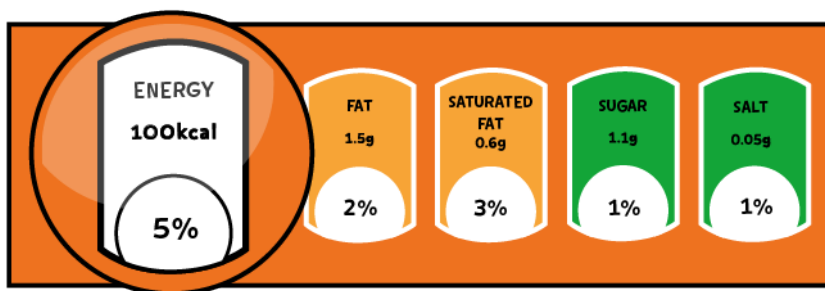


Choosing the right foods – food swaps



Healthy Eating

Knowing what is in the food we buy is an important step to making healthier choices. Understanding food labels can help us shop for food more wisely. Traffic light labels – red, amber and green – can be found on the front of food packaging. These show how much sugar, saturated fat and salt are inside what we're buying. When it comes to reading food labels and the traffic light signs, a good rule of thumb is to go for more greens and ambers and cut down on reds.



change4life
Food Scanner

Get the Food Scanner app

Brings food labels to life and find out what's really inside your food and drink

Available on the **App Store** | **GET IT ON Google Play**

Watch and learn: food labels video

at www.nhs.uk/change4life/food-facts/food-labels

Get the Change4 Life Food Scanner app

Brings food labels to life and find out what's really inside your food and drink
Get on App store and Google play-links

Swap from:

Swap to:

Snack swaps



chocolate bars
biscuits
doughnuts
muffins
other sugary snacks



a slice of malt loaf
a scotch pancake
a crumpet, bread or toast
crackers and lower-fat cheese
plain rice cakes
fresh or tinned fruit salad
chopped veg and lower-fat hummus
a lower-fat, lower-sugar yoghurt
sugar-free jelly

Pudding swaps



cake bars
chocolate pudding pots
doughnuts
muffins



sugar-free jelly
lower-sugar yoghurt
fresh or tinned fruit (in juice)
lower-sugar rice pudding
lower-sugar custard

Drink swaps



cola
juice drinks
milkshakes
fizzy drinks



water
lower-fat milks
sugar-free drinks
no added sugar drinks



Your food isn't rubbish and yet in the UK, households waste 6.5 million tonnes of it every year, 4.5 million of which is edible – that's enough to fill 38 million wheelie bins. Saving food means you will save money, families can save around £60 per month on reducing food waste. Reducing food waste is also good for the planet by reducing global warming!

Be a smarter shopper:

- Plan your meals – make it fun for the family
- Cook “one pot” meals – simple and good for using what you have left over
- Make a shopping list and stick to it.

Tips

Prepare your list in the layout of your supermarket – this will enable you to spend less time shopping and more time at home enjoying your food.



Did you know

Around 3 million glasses of milk are chucked away in the UK each day. This means that, every year, 36,500 cows are producing milk that is going down the drain.

Every day, the equivalent of 20 million slices of bread are thrown away in UK homes. This could have fed breakfast to 10 million people. Did you know a year's worth of wasted bread slices, laid end-to-end, could circle the Earth from pole-to-pole 28 times!



Some easy ways of using leftovers:

Try something new: Take a look at the leftover recipes and how to become a food waste hero by visiting www.lovefoodhatewaste.com. Tip: type in two or three of your leftover foods in the search bar to find relevant recipes to make.

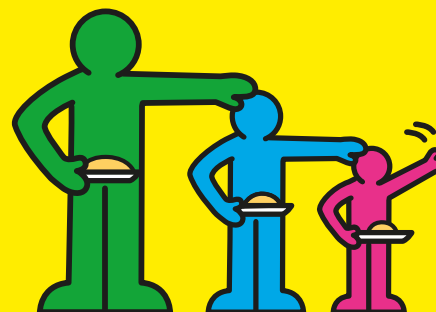


Food left over: why not pop them in a container or sealed bag, write the date and what the food is on a label and place it in your freezer. You can freeze most food, however, to be sure why not check out the A-Z Storage tool? And, remember to plan to eat the food at a later date.

Tips

me size meals

How to make sure kids eat the right sized portions for their age



Making the right sized meals for your family is important- everyone is different. Prepare the right amount, every mealtime – minimising food waste, saving money and at the same time keeping an eye on you and your family's health. The Everyday Portion Planner from Love Food, Hate Waste, helps remove the guesswork and will provide you with three options for children's portions:

- toddlers aged 1-2 years,
- children aged 4-11 years and
- children aged 11-18 years.

for more info
search online for
Change4Life

change
4 life
Eat well Move more Live longer





Nutty apple and celery rice cakes

INGREDIENTS	METHOD
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	1. Spread each rice cake with a quarter of the soft cheese. 2. 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. 3. 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.
Prep time 5 mins Cooking time 0 mins Effort Super easy Serves 4	



Fab falafels

INGREDIENTS	METHOD
400g tinned chickpeas in water, rinsed and drained 1 small onion, peeled 1 clove garlic, peeled Wholemeal breadcrumbs (from 1 slice of bread) 1 tsp ground cumin 1 tsp ground coriander 2 tbsp chopped fresh parsley 1 tbsp olive oil	1. Place the onion and garlic in a food processor and chop finely. If you don't have a food processor, you can still make this recipe. Use a hand blender, or mash the chickpeas with a fork or potato masher. 2. Add the chickpeas, breadcrumbs, cumin, coriander, parsley and olive oil, and mix for a bit longer. 3. Shape into 16 balls and place on a greased or lined baking tray. Chill for 30 minutes. 4. Place tray into a preheated oven (200C/180C fan/gas mark 6) and bake for about 25 minutes, turning the falafel to prevent sticking. 5. To assemble, fill each pitta with lettuce, sliced tomatoes and cucumber, falafel and some yoghurt.
Prep time 15 mins Cooking time 25 mins Effort Medium Serves 4	



Creamy hummus dip with pitta bread and vegetable sticks

INGREDIENTS	METHOD
2 heaped tbsp tinned chickpeas Juice of ½ lemon 1 tbsp low-fat Greek style yoghurt 1 tbsp olive oil ¼ tsp paprika (or to taste) ¼ tsp cumin (or to taste) 1 clove of garlic (peeled) 1 large wholemeal pitta bread, cut into strips 1 small carrot, cut into sticks 1 stick of celery, cut into sticks	1. Put the chickpeas, lemon juice, yoghurt, oil, spices and garlic in a bowl. 2. Using a hand blender, mix together until smooth. Make the hummus the previous evening and store in the fridge. As well as saving time, the flavours will have time to develop. 3. Serve with the pitta bread strips and carrot and celery sticks.
Prep time 10 mins Cooking time 0 mins Effort Super easy Serves 1	



Summer BBQ recipes



Healthy Eating

BBQs are fun and everyone can get involved in preparing the food such as making the burger or kofta patties, threading vegetables onto a skewer. Here are some fun recipes for you to try next time you have a family BBQ



Turkey koftas

INGREDIENTS	METHOD
½ onion, finely chopped 1 small carrot, grated 250g turkey mince 1 clove garlic, crushed 1 tsp dried cumin 1 tbsp tomato purée Wholemeal breadcrumbs (from 1 slice of bread) 1 egg yolk, lightly beaten	1. Soak 8 bamboo skewers in water for 30 minutes. 2. Mix together the onion, carrot, mince, garlic, cumin, tomato purée, breadcrumbs and egg yolk. Make leftover bread into breadcrumbs and store in the freezer. 3. Divide the mixture into 8 pieces, form a sausage shape with each piece and wrap around a skewer. 4. Place in a grill pan, lined with foil, and put under a preheated grill for 15 to 20 minutes, turning occasionally. 5. Meanwhile, prepare the dip by combining the yoghurt and mint. For the salad, layer the sliced tomatoes and onions, drizzle with the olive oil and sprinkle with black pepper.
Prep time 20 mins Cooking time 15-20 mins Effort Medium Serves 4	



Coconut rice salad

INGREDIENTS	METHOD
100g easy-cook brown rice 1 pepper, any colour, finely chopped 1 medium carrot, grated 1 bunch of spring onions, finely sliced Juice and grated zest of 1 lime 1 tbsp chopped fresh coriander 1 tbsp desiccated coconut	1. Rinse the rice in a sieve under the cold water tap. Add to 250ml of cold water in a pan, bring to the boil, cover and cook for 25 minutes. Alternatively, cook according to pack instructions. 2. After cooking, return to the sieve and rinse under the cold water tap to cool. 3. When the rice is cool, stir in the vegetables, lime juice and zest, and coriander. Use red onion instead of spring onions, if you prefer, and try adding other salad vegetables. 4. Place in a serving dish and sprinkle with coconut. Keep in the fridge until ready to serve. It is important to cool the rice quickly and store it in the fridge.
Prep time 15 mins Cooking time 30 mins Effort Medium Serves 4 (as a side dish)	



Leftover fruit smoothie

INGREDIENTS	METHOD
You can make this with any fruit you have that needs using up. For example: 1 speckled banana, peeled and sliced 2 over-ripe peaches, chopped, any soft bits removed 60g strawberries, leaves removed 125ml orange juice	Put all the ingredients into a blender and whiz until smooth. Pour the drink into glasses and serve.
Prep time 10 mins Effort super easy Serves 4	



Vegan bean burger

INGREDIENTS	METHOD
For the burgers: 1 onion 1 carrot 1 400g tin kidney beans 1 teaspoon ground cumin 1 tablespoon flour 1 tablespoon oil Serve the burgers with sliced tomatoes, avocado salsa and your favourite sauce, relish or mayo	1. Drain the kidney beans into a sieve, rinse and then place in a saucepan. Boil in water for 10 minutes to help soften them. This can be done ahead of time. 2. Peel and finely chop the onion. Grate the carrot. Heat half the oil in a frying pan (medium heat) add the onion, carrot and the cumin and fry gently until soft. 3. Combine the beans, fried onion and carrot in a mixing bowl. Mash together until you have a smooth(ish) puree. Add the flour to the mix and combine with a spoon. Wait until the mixture is cool enough to handle. 4. Divide into four even portions. Roll into balls with your hands and then flatten to make burger shapes. Heat the remaining oil in the frying pan over a medium heat. 5. Cook the burgers for 3 – 5 minutes on the first side or until golden and crispy then carefully turn over and cook the other side. Carefully slice and toast the rolls.
Prep time 10 mins Cooking time 10 mins Effort Medium Serves 4	



Share your snaps

Share your healthy recipes and picnic photos with us on Instagram and tag **@barnetyouth_ #BACEholidays**



How much physical activity should children and young people aged 5-18 do to keep healthy?

Children and young people need to do 2 types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Children and young people aged 5-18 should:

- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles, and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity

What counts as moderate activity?

- Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

The Mayor of Barnet's Golden Kilometre



Active trails support The Mayor of Barnet's Golden Kilometre initiative which was launched in 2015. The trails are pre-plotted routes of 1k, 2.5k or 5k which can be walked, run or cycled at your own pace - all for free. The Golden Kilometre aims to encourage primary school children to exercise and inspire young people to lead healthier and more active lifestyles. To find out more information please email Sharon.smith@barnet.gov.uk

XPLORE

MOVE MORE, EAT WELL AND FEEL GOOD.

FREE
PROGRAMME FOR
CHILDREN AGED 4-15 YEARS



XPLORE is a free programme for children, young people and their families to become fitter, healthier and more active.

XPLORE Family Weight Management

GLL have extensive experience of delivering family weight management courses. The eight-week XPLORE course has been designed to provide families with a fun, informative and balanced approach to nutrition and physical activity.

XPLORE supports families to review:

- physical activity levels
- eating habits
- reduction in sedentary time; and provides a support network for families around healthy lifestyle improvement.

Sign up today:

xplore.barnet@gll.org or 020 8457 9907



Let's grow – Find below some great ways to get children to connect with gardening.

Make your own herb garden

- **Thyme** complements meat dishes, tomatoes and beans which are good for respiratory health
- **Mint** is perfect for fresh salads and is rich in nutrients which can also help with indigestion
- **Sage** goes well with chicken, pork, beef, and duck recipes, plus ideal for mixing into pasta. Sage has many useful antioxidants
- **Basil** can be great in spicy foods, is a good source of vitamins including calcium, magnesium, and omega 3
- **Chives** are a perfect partner for salads, liquid based foods and adds flavour to potatoes. Chives also contain vitamin A which helps with bone density.

Using your recycling to make a windowsill greenhouse



Step 1: Gather your materials:

- A container that you can put holes in (preferably flexible plastic)
- Potting Soil
- Seeds
- Scissors (please ask a responsible adult for help)
- Catch Tray (something larger than the container you are using)



Step 2: Prep your container:

- Using your scissors, cut holes into your container carefully (ask for an adults help). For a medium sized container 9-12 holes should be enough. This is to allow for drainage when watering your seeds

Step 3: Fill the container with soil:

- Fill the container $\frac{3}{4}$ of the way up with your soil. Leave a little room at the top of your container so that you have enough space when watering.
- Now water the soil, no seeds yet. The soil should be moist but not dripping.



Step 4: Planting your seeds

- With dry hands, pour several seeds into your hand and gently pick them up by pinching a few and sprinkling them across your soil evenly.
- Place the container on the tray and place it in a windowsill.
- Look for a window at home that has half-light and half-shade throughout the day. Too much direct sunlight can cook the seeds, so be sure to check it a few times during the first days to see if the window chosen is OK.
- Water gently if you notice the soil drying, use a small measuring cup or spray bottle. Don't flood, just moisten!

Visit www.instructables.com/Window-Sill-Greenhouse-Reused-and-Recycled/

Physical Health

Child-friendly Healthy Apps –
Available on Android, iPhone and iPad



download from www.nhs.uk/apps-library/category/child-health/



SworKit Kids

is an exercise and fitness app, it guides children through exercise routines focusing on strength, agility, flexibility, and balance.



Chill Panda

Learn to relax, manage your worries, and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind.



The best walks of Barnet:

Did you know

The world is about 25,000 miles all the way around and if the average person walks roughly 3mph, it would take a person walking nonstop approximately 347 days to walk around the world.



Get Active

The walks are 5 to 10 kilometres or 3 to 6 miles and you will walk approximately 5,000 to 10,000 steps.

Route one: East Finchley to Finchley Church End

This linear walk is from East Finchley and ends at St. Mary's-at-Finchley Church, in Finchley Church End. Can you find the keystone? See if you can spot Spike Milligan sitting on a bench! This is mainly a paved, urban trail.

Start: East Finchley Station N2 0NW
End: St Mary-at-Finchley church, N3 1TR
Approx. durations: 1.5 – 2 hours
Approx. distance: 5km / 3.12 miles
Approx. steps: 7,600
Difficulty level: Medium
Fun Factor: ★★★★★

Route 2: Hendon to Mill Hill

Start: Hendon Town Hall, NW4 4BG
End: Charles Sevrigh Way, NW7 1FA
Approx. durations: 1.5-2 hours
Approx. distance: 6km / 3.7 miles
Approx. steps: 7,800
Difficulty level: medium
Fun Factor: ★★★★★

Route 3: East Finchley to New Southgate

Start: Oak Lane, N2 8LT
End: Regal Drive, N11 1QG
Approx. durations: 1.5 hours
Approx. distance: 4.3km / 2.67 miles
Approx. steps: 7,100
Difficulty level: easy-medium
Fun Factor: ★★★★★



For podcasts and additional rambling routes around Barnet visit www.barnet.gov.uk/healthyheritagewalks

Food banks



Wellbeing, Welfare and Support

Barnet's network of food banks are available to support families in need.



Barnet Community Projects, Rainbow Centre Rainbow Centre, Dollis Valley Drive, Barnet, EN5 2UN Collection only Thurs: 9am - 1pm 020 8441 9837	Barnet Food Share 7 The Concourse, Grahame Park, Colindale, NW9 5XB Mon - Sat: 10am - 1pm Sun: 9am - 11am livingway@email.com 020 8358 3567 or 07448595107 www.livingwayministries.net	Burnt Oak Women's Group Email or call Wed 12pm - 1pm Referrals only 020 8080 6587 burntoakwg@yahoo.com	Childs Hill Food Bank All Saints' Church, Child's Hill, Church Walk, London, NW2 2TJ Open Sat: 10am - 12pm 020 7435 3182 childshillfoodbank@gmail.com www.allsaintschildshill.com/ childs-hill-food-bank/	Chipping Barnet Foodbank 63 Somerset Rd, New Barnet, EN5 1RF Tues: 12pm - 2pm Sat: 10am - 12pm Referrals only 07716 890535 info@chippingbarnet.foodbank.org.uk www.chippingbarnet.foodbank.org.uk	Christ Church EN5 Christ Church St. Albans Road, Barnet EN5 4LA Fri: 11am - 1pm Referrals only 020 8449 0832 office@ccbarnet.org.uk
Claremont Road Food Hub 58 Claremont Road, Cricklewood, NW2 1BU Sat: 12pm - 2pm 020 3137 7488 and leave a message to make a request helpline@mutualaid.co.uk	Colindale Foodbank Trinity Church, Northwest Centre, Avion Crescent, Grahame Park Way, Colindale, NW9 5QY Tues & Thurs: 12pm - 2.30pm You may need proof of financial need 07415 223963 info@colindale.foodbank.org.uk www.colindale.foodbank.org.uk	Community Network Group Iranian Community Support 354 Ballards Lane, North Finchley, London N12 0DD Thurs 9am-5pm 07966 366763 or 07575 148796 communitynetgroup@gmail.com	Finchley Foodbank St Mary's Church, 279 High Road, East Finchley, N2 8HG Open - Saturdays only 12pm-2pm 07849 558 307 finchleyfoodbank@gmail.com www.finchleyfoodbank.org.uk	Homeless Actions Barnet (HAB) 36B Woodhouse Road, London, N12 0RG For rough sleepers and rough sleepers in temporary accommodation only. Referrals only hab@habcentre.org www.habcentre.org	GIFT - UK Jewish charity Deliveries only - Referrals only 379 Hendon Way, Hendon, London, NW4 3LP 0208 457 4429 info@igift.org
Muswell Hill Food Bank Pembroke Road Church, 68 Pembroke Road, Muswell Hill, N10 2HT Mon: 12.30pm - 2.30pm Wed: 11.30am - 1.30pm Fri: 11.30am - 1.30pm info@muswellhill.foodbank.org.uk	NW7 Hub Foodbank Mill Hill Library, Hartley Avenue, London, NW7 2HX Tues: 10am - 1pm Sat: 10am - 1pm 020 8906 3125 host@nw7hub.org.uk www.facebook.com/nw7hub/	One Stonegrove One Stonegrove, 5 Hayling Way, Edgware, HA8 8BN Tues: 12pm - 4pm Referrals only 020 8357 0923 onestonegrove@sct.london https://sct.london/foodbank/	RCCT- Romanian Charity Musical Centre, Methuen Road, HA8 6EZ Tues and Thurs: 11am-5pm 07311 488110 office@rcct.uk www.rcct.uk/	St Barnabas Food Bank St Barnabas Church, 913 High Road, North Finchley, N12 8QJ Mon: 12:30pm - 2pm 07872 697623 foodbank@stbarnabas.co.uk	Unitas Youth Centre Unitas Barnet Youth Zone, 76 Montrose Avenue, Burnt Oak, HA8 0DT Tues & Wed: 11am - 1pm 020 8075 5888 enquiries@unitasyouthzone.org



Parents, children and young people can access a wide range of support for mental health and wellbeing.



- CAMHS 24-hour crisis service 0800 151 0023
- NHS England 111 (24-hour non-emergency advice)
- NSPCC 0808 800 5000 (24 hours - for adults concerned about a child/young person)
- Samaritans 116 123 (24 hours)
- Young Minds Crisis Messenger text YM to 85258 (24 hours)

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 receive the right level of support at the right time.

FOR YOUNG PEOPLE	
Barnet Mencap 020 8349 3842 projectsupport@barnetmencap.org.uk	Parenting support for ADHD for parents of children with ADHD. School or professional referral.
Barnet Integrated Clinical Services (BICS) 07926 085495	BICS offers mild to moderate mental health support to children, young people and families within Barnet. We see children, young people and families in schools, in the community, social care and youth offending settings.
Child and Adolescent Mental Health Service (CAMHS) www.behcamhs.nhs.uk/parents-and-carers/ Call 0800 151 0023 24 hours a day, 7 days a week, 365 days a year	Barnet CAMHS provides multi-disciplinary assessment and treatment of children and young people (0-17 years) with mental health or severe emotional and behavioural difficulties. Barnet CAMHS is an NHS service consisting of five teams which work closely together, with all referrals coming through a service called CAMHS ACCESS.
Kooth https://www.kooth.com/ Access free, safe and anonymous support.	Kooth, from XenZone, is an online counselling and emotional wellbeing platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.
Rephael House https://www.rephaelhouse.uk/SelfReferral For more information Call 020 8440 9144 or email csm@rephaelhouse.org.uk	RePHAEL is an acronym standing for Respecting People's, Health and Emotional Life. A safe place to recover, develop and grow offering a range of in-house and external counselling and therapy services.
Resources for Autism www.resourcesforautism.org.uk 020 8458 3259	Practical services for those with a diagnosis of autism. For children and adults.
Young Minds Parent helpline 0808 802 5544 (Monday to Friday 9.30am – 4pm)	Charity focusing on children and young people's mental health.

FOR PARENTS, CARERS AND ADULTS	
Homestart www.homestartbarnet.org 020 8371 0674 admin@homestartbarnet.org	Perinatal health coaching for parents. Self-referral, professional referral.
New Parent Zone https://www.barnetlocaloffer.org.uk/parent_zone	Designed to support parents and carers. Packed full of useful information, helpful organisations, access to courses and support groups. Latest news, events, and helpful resources are available for you to access any time.
Qwell www.qwell.io/	Online counselling for parents and carers. A safe and confidential space to share experiences and gain support from our community and qualified professionals. Qwell provide free, safe and anonymous online support and counselling.
Starline Parent Helpline www.starline.org.uk 0330 313 9162 follow @StarLineSupport on Twitter	A national helpline has been set up for parents and carers struggling with managing their child's behaviour. Free, confidential advice is available six days a week. Starline will also be broadcasting a weekly programme on YouTube, sharing practical ideas for home learning.




Are you living in **Barnet** and between the ages of **11 and 25?**

You can access free online mental wellbeing support including **counselling, discussion boards, advice articles and self help tools.**

Sign up at **kooth.com** for free, safe and anonymous support.





Healthy Start



Free fruit, veg, milk, pulses and vitamins



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

www.healthystart.nhs.uk

Healthy Start helps you give your family the very best start in life

If you're pregnant or have a child under 4, you could get Healthy Start vouchers to help buy some basic foods including milk, fruit and vegetables. This important means-tested scheme provides vouchers to spend with local retailers.

Pregnant women and children over 1 and under 4 can get one £4.25 voucher per week. Children under 1 can get two £4.25 vouchers (£8.50) per week. If you or your family receive qualifying benefits you may be eligible - you can quickly find out on the healthy start website below: www.healthystart.nhs.uk

Healthy Start vitamins

Women and children getting Healthy Start food vouchers also get vitamin coupons to swap for free Healthy Start vitamins. Healthy Start vitamins are specifically designed for pregnant and breastfeeding women and growing children.



Applying

Applying is easy, you can print off an application form from the Healthy Start website and post it to the Healthy Start office. Once you are registered, food vouchers are posted to you every 4 weeks and vitamin coupons every 8 weeks.

Please ask your local Children's Centre or Health Visitor if you do not have internet access or require further information.



WILD WORLD Heroes

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

Summer Reading Challenge 2021

This summer, Barnet Libraries' Summer Reading Challenge is back! **Wild World Heroes** takes you on a trip to Wilderville, with help from WWF, for a special nature-themed challenge that will inspire you to stand up for the planet. With amazing books, amazing rewards and lots of ideas for taking care of the environment, why not join us?

Children aged 5 to 12 can join the challenge at any Barnet library or online. Collect a pack with your folder and stickers and you can choose books to read from the library. Or read eBooks on our **Libby** app or eAudiobooks on our **Borrowbox** app.

Can you read six books before the end of the summer holidays?
If you complete the challenge, come back to the library for your certificate and medal!

Join in with our programme of **Wild World Heroes** events too.
For more information and full details visit www.barnet.gov.uk/wildworldheroes
Wild World Heroes starts on Saturday 10 July.



@barnetlibraries