

# WE ARE FUN.

# WE ARE NEWHAM.



**AUTUMN 22 ACTIVITIES PROGRAMME**

# FOREWORD

Hello Everyone,

Autumn is here with us and we have a range of fun and exciting activities for the Autumn School Break for children of all ages (including those who are vulnerable) to enjoy. Most of the activities are free, however a few are offered at subsidised rates.

There's loads to do during this school break at our Youth Zones, Libraries, Leisure Centres, Children's Centres and Parks. There are many face to face activities as well as online over zoom.

Please have a look at the brochure and find out what tickles your fancy, from pony rides, BMX sessions, youth dances, Black History Month (BHM) movies and events, youth choir singing, combat sports, badminton, to Halloween parties, stories and quizzes and so much more.

We wish you all a safe and fantastic Autumn School break.



CLICK!



<b>Autumn Break Activities</b>	<b>5</b>
<b>Libraries</b>	<b>10</b>
<b>Youth Empowerment Services</b>	<b>18</b>
<b>Special Educational Needs &amp; Disabilities</b>	<b>22</b>
<b>Nurseries, Children Centres &amp; Play Schemes</b>	<b>24</b>
<b>Support Services</b>	<b>26</b>
<b>Health</b>	<b>28</b>
<b>Food &amp; Funding Support</b>	<b>30</b>
<b>Crisis and Counselling</b>	<b>31</b>
<b>General Information &amp; Staying Safe Online</b>	<b>33</b>

For your online version of this Autumn Activity programme, go to: [www.newham.gov.uk/autumnactivities](http://www.newham.gov.uk/autumnactivities)





CLICK!



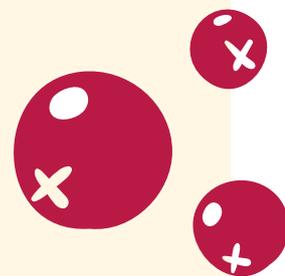
**AUTUMN  
BREAK  
ACTIVITIES**

**LIBRARIES**

**YOUTH  
EMPOWERMENT  
SERVICES**

**SPECIAL  
EDUCATIONAL  
NEEDS &  
DISABILITIES**

**NURSERIES,  
CHILDREN  
CENTRES &  
PLAY  
SCHEMES**





# AUTUMN BREAK ACTIVITIES

## SPORTS & LEISURE

### Newham Riding School Pony Rides

**Pony and horse rides every Thursday between 1pm and 3pm,  
Newham Riding School & Association Limited, Docklands  
Equestrian Centre, 2 Claps Gate Lane, Beckton, E6 6JF.**

**Ages 3+ (and 36" in height) and adults.**

**OWN A PONY £45.00 FOR THE DAY.**

**PONY RIDES £1.50 PER LAP OR 4 LAPS FOR £5**

If the child is under 10, they need a 'side-walker' to walk around with them. If the child is under 5 the 'side-walker' needs to be in physical contact with the rider. Riders cannot ride in trainers due to Health and Safety. If they have any boots [wellies are ideal] they should wear them. Alternatively, we have numerous and various boots you can loan free of charge on the day. Side-walkers are allowed to wear trainers or any type of closed in shoe. Any form of sandal, flip-flop or slider is not permitted.

No need to book, the main reception of the centre sells tickets. For more information email [riding.school@btconnect.com](mailto:riding.school@btconnect.com), call **0207 473 4951** or visit [www.docklandsequestriancentre.com](http://www.docklandsequestriancentre.com)

## ARTS & CRAFT

### Caramel Rock

**Website:** [caramelrock.com](http://caramelrock.com)

**Contact info:** Faith Johnson [faith.j@caramelrock.com](mailto:faith.j@caramelrock.com) / 07494426950

### Sneaker Sisterhood

Face-to-face sessions for ages 11-16.

Time: 26 November, 1pm - 8pm

Location: The Good Hotel, Royal Victoria Dock, Western Gateway, London, E16 1FA

An event to bring together the Caramel Rock community of young people, with the Sneaker Community, to help them discover paths in the industry, creative outlets, and network with their peers.

Book via email: [admin@caramelrock.com](mailto:admin@caramelrock.com)

### Black History Month Event

Face-to-face sessions for ages 11-16.

Time: 22 October, 10am-3pm.

Location: The Good Hotel, Royal Victoria Dock, Western Gateway, London, E16 1FA

Our black history month fashion event will celebrate black designers around essential fashion within the afro Caribbean diaspora

For information:

Book via email: [admin@caramelrock.com](mailto:admin@caramelrock.com)

Book via eventbrite:

<https://www.eventbrite.co.uk/e/black-history-month-event-tickets-412749784717>

### Act-As-1

Face-to-face sessions for ages 11-16.

Time: October – December, 3:30 - 6:30pm

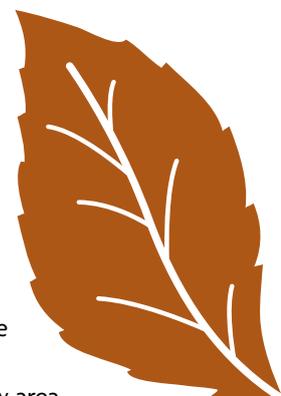
Location: Community Links, 105 Barking Rd, London, E16 4HQ

Caramel Rock have joined the Act-1 Programme to deliver after school workshops to young people in the Newham, Canning Town, Plaistow area

For information and to book:

Book via email: [admin@caramelrock.com](mailto:admin@caramelrock.com)

Book via Eventbrite: <https://www.eventbrite.co.uk/e/act-as-1-caramel-rock-tickets-435569428887>





## West Silvertown Foundation - Britannia Village Hall

**Skills Night (11 - 19 years old)**

**Every Monday (Term Time) 5pm - 9pm**

Young people have a chance to engage in different skills like skating, DJ lessons, cooking

Youth@wsfroyaldocks.org

**Youth night (15 - 25 years old)**

**Every Wednesday (Term - Time) 6-9pm**

Space for older young people to have discussions, cook, engage in games

Youth@wsfroyaldocks.org

**Saturday Dance and creative writing (9 - 16 years old)**

**Every Saturday (Term Time) 11.30 - 1pm**

Dance and creative writing sessions

Youth@wsfroyaldocks.org

**Halloween Day (Families and youth) 26.10.22 3pm - 9pm**

Halloween party

Youth@wsfroyaldocks.org

## West Silvertown Foundation - Britannia Village Green

**Football sessions (9 - 16 years old)**

**Every Tuesday (Term-Time) 4.30 - 5.30pm**

Youth@wsfroyaldocks.org

## West Silvertown Foundation- Royal Wharf Community Dock

**After-school drop in with games (9 - 14 years old)**

**Every Tuesday (Term-Time) 3.30pm -7:00pm**

Youth@wsfroyaldocks.org

## PHYSICAL ACTIVITIES

### Carers First

All the activities mentioned below are for young carers who are currently registered with Carers First. Steam and Bean café also mentioned, is for adult's/parent carers and they don't have to be registered with Carers First on their first visit. They can register on the day, but booking is recommended by emailing [youngcarers@carersfirst.org.uk](mailto:youngcarers@carersfirst.org.uk).

This is our October Young Carers E-news which goes out monthly to all registered young carers with information of Carers First and other local groups/activities and much more:

<https://mailchi.mp/carersfirst.org.uk/newham-yc-enews-october>

## MUSIC

### Spitalfields Music

**New Young Voice Collective (NewYVC) 11 to 25 years**

**Every Tuesday 4.30pm-6.30pm**

**Stratford Youth Zone (formerly Stratford Circus),**

**Theatre Square, London E15 1BX**

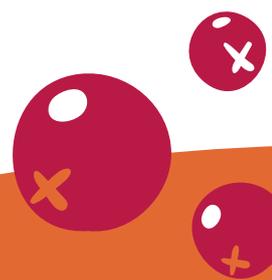
**Email: Abigail Parker, Project Manager [abigail.parker@spitalfieldsmusic.org.uk](mailto:abigail.parker@spitalfieldsmusic.org.uk)**

**Website: <https://spitalfieldsmusic.org.uk/events/newyvc/>**

NewYVC is a free, non-auditioned, friendly youth choir, singing everything from African folk music, to Bach and Mozart, to pop classics. We rehearse every Tuesday in term time at Stratford Youth Zone, with the full choir from 4.30pm-6.30pm, and the Seniors from 6.30pm-8.30pm.

The choir is led by the wonderful Naveen Arles, and assisted by Steve Lodder on piano. You'll learn lots of new music, meet new people and have the chance to perform throughout the year in exciting venues and special events. We're always looking for new members, so if you're interested, we'd love to hear from you.

**FREE - fruit snacks and squash also provided free during break**





## Sound Gardens (3-7yrs)

Custom House Library, Prince Regent Ln, London E16 3JJ

Email: [info@newham-music.org.uk](mailto:info@newham-music.org.uk)

Monday 24 Oct 2022, 12:30 - 1:30

Family music sessions where children can come along with their parents and explore/create music together. There will be a soft start where children can enjoy some musical play with instruments followed by a session with singing and games.

## Sound Gardens (0-7years)

Location: Arc in the Park, Bethell Ave, London E16 4JT

Via Ambition Aspire Achieve

Website: <https://www.theaaazone.com/>

Sunday 23rd Oct 2022, 11am - 3 pm

Sunday 30th October 2022, 11am - 3 pm

Come and discover, explore and play in an immersive sensory experience with different textures and sound makers, and also some more traditional instruments.

## Many East Ends Festival (with the Museum of London Docklands) - All ages

Location: Museum of London Docklands, 1 Warehouse,

West India Quay, No, Hertsmere Rd, London E14 4AL

Email: [info@newham-music.org.uk](mailto:info@newham-music.org.uk)

Website: <https://www.museumoflondon.org.uk/families/many-east-ends-celebration?id=314408>

Saturday 29 October 2022, 12 - 1 pm

A selection of community performances for all ages. Newham Music Repz Choir and Bridging Sounds Orchestra will be performing.

## SCIENCE & TECH

### Academy Achievers

October Virtual STEAM Camp

Date: 24th October - 28th October Ages 6-10 years

Our virtual STEAM camp is for students ages 6-10 on an online learning platform, Google Classroom. With this curated educational experience, students participate in a combo of science and engineering, learn about the theory behind collisions and car safety features, design, build and test your own egg protector, with a mix of demos and experiments that can be done at home. This virtual STEAM camp will immerse your child in independent, curated online experiences that will give them access to STEAM and will empower them to pursue STEM/STEAM careers.

Please email [admin@academyachievers.co.uk](mailto:admin@academyachievers.co.uk) /

[centremanager@academyachievers.co.uk](mailto:centremanager@academyachievers.co.uk) for more de-tails

Register here: <https://forms.gle/HwoLCH6FePc82KmM8>

## PHYSICAL ACTIVITIES

### Street Tag Family Activity

Street Tag is an online platform which supports residents to become active.

Points can be earned by collecting virtual tags around the borough, turning steps into Street Tag points. Teams can win a range of prizes including vouchers for sports equipment.

Cost: Free

Booking not required

Download the Street Tag app for free from the App Store or Playstore. For more information on Street Tag, visit [www.streettag.co.uk](http://www.streettag.co.uk)

### Active Newham

Email: [Sports@activeNewham.org.uk](mailto:Sports@activeNewham.org.uk)

Website: <https://tinyurl.com/OctoberHalf-termactivity>

Tel: 07741 293506





## Table Tennis (14-19 years)

Tuesdays 3:30pm -5pm

Little Ilford Youth Centre, 1A Rectory Road, Manor Park E12 6ET

## Mini Tennis (3-5years)

Monday 24th October, 11am-12pm

Serve, Volley, and Smash your way through Autumn with this tennis session

Location: East Ham Leisure centre

## Badminton (10-14 years)

Fridays 3:30pm-4:30pm

Newham Leisure Centre, 281 Prince Regent Lane E13 8SD

Website: <https://tinyurl.com/CYPBadminton>

## BMX sessions (£2)

Saturdays 10.00am-11.00 am - Balance to Pedal Bike sessions (ages 3-6) , 12:00pm -1:30pm – Beginners BMX session, 1:30-3pm – Intermediate BMX session (ages 6-17)

Free BMX sessions with Community Outdoor Group (COG).

No booking required. Just turn up. Bikes and helmets provided.

Must wear trainers, trousers and long sleeved top.

Gooseley Playing Fields (BMX Track), St Albans Avenue, East Ham E6 6HU

Email: [info@cogcycling.co.uk](mailto:info@cogcycling.co.uk)

## Combat Sport (5-11years)

Monday 24th October , 12pm -2pm

(5-11 years) and 2pm-4pm (12-16 years)

Come and have fun with Judo, Karate, boxing and Taekwondo

Location: East Ham Leisure centre

## Athletics

Monday 24th October 2pm-4pm (12-16 years)

Wednesday 26th October 12pm -2pm (5-11years) and 2pm-4pm (12-16years)

Thursday 27th October 12pm -2pm (5-11years) and 2pm-4pm (12-16years)

Run, jump, twist and turn your way through October with these fun focused sports

Location: East Ham Leisure centre

## Team Sports

Monday 24th October, 12pm -2pm (5-11 years) and 2pm-4pm (12-16 years)

Tuesday 25th October, 12pm -2pm (5-11years) and 2pm-4pm (12-16 years)

Friday 28th October 12pm -2pm (5-11years) and 2pm-4pm (12-16 years)

Kick, Bounce and tackle your way to fitness, with these fun Team based sports

Location: Stratford Park

## Mini Kickers

Tuesday 25th October, 11am-12pm and Friday 28th October 11am-12pm (3-5years)

Fun participation sessions that provide the ideal first step on a young person's Football for Life journey

Location: East Ham Leisure centre

## Rowing

Monday 24th October, 10-11.30am, 12-1.30pm (12-16years)

Tuesday 25th October 10-11.30am and 12:00-1:30pm (12-16years)

Thursday 27th October 10:00am -11.30am and 12:00pm -1.30pm (12-16 years)

Friday 28th October 10-11.30am and 12:00-1:30pm (12-16years)

Get on the water and row your way to success with this Rowing session

Location: Royal Docks Activity centre

## Mini Yoga (3-5years)

Wednesday 26th October 11am-12pm

Simple yoga poses can be great to help kids get to know their bodies and work on balance and stretching.

Location: East Ham Leisure Centre





## Racket sports including tennis

Tuesday 25th October 12pm -2pm, (5-11years) , 2pm-4pm

12-16years

Wednesday 26th October 12pm -2pm (5-11years) and 2pm-4pm (12-16 years)

Thursday 27th October 11am-12pm (3-5 years), 12pm -2pm (5-11 years) and 2pm-4pm (12-16years)

Friday 28th October 12pm -2pm (5-11years) and 2pm-4pm (12-16 years)

Serve, Volley, and Smash your way through Autumn with these fun racket focused sports

**Location: Keir Hardie rec**

## Combat Sports (5-11 years)

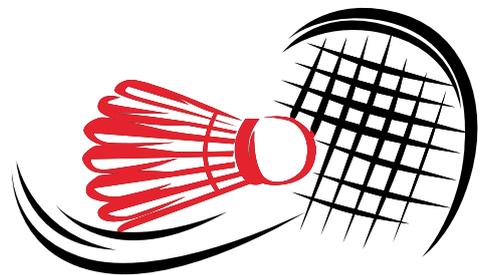
Wednesday 26th October, 12pm -2pm (5-11 years) and 2pm-4pm (12-16 years)

Thursday 27th October, 12pm -2pm (5-11 years) and 2pm-4pm (12-16 years)

Friday 28th October , 12pm -2pm (5-11 years) and 2pm-4pm (12-16 years)

Come and have fun with Judo, Karate, Boxing and Taekwondo

**Location: Stratford Park**





# LIBRARIES

Library times and services are subject to change.

Visit [newham.gov.uk/libraries](http://newham.gov.uk/libraries) or contact your library directly for the most up to date information.

For full details of our services visit: [www.newham.gov.uk/libraries](http://www.newham.gov.uk/libraries)

## Beckton

1 Kingsford Way, London E6 5JQ  
020 3373 0853  
Monday – Saturday 10am – 8pm

## Canning Town

18 Rathbone Market, Barking Road,  
London E16 1EH  
020 3373 0854  
Monday – Saturday: 8am – 11pm

## Custom House

Prince Regent Lane, E16 3JJ  
020 3373 0855  
Monday, Tuesday, Thursday, Saturday:  
10am – 6pm

## East Ham

328 Barking Road, E6 2RT  
020 3373 0827  
Monday – Saturday: 9am – 8pm

## Forest Gate

2-6 Woodgrange Road, E7 0QH  
020 3373 0856  
Monday – Saturday: 9am – 8pm

## Green Street

337 -341 Green Street, E13 9AR  
020 3373 0857  
Monday – Saturday: 10am – 8pm

## Manor Park

658 – 693 Romford Road, E12 5AD  
020 3373 0858  
Monday - Friday 10am - 8pm  
Saturday - 10:30am - 8pm

## North Woolwich

5 Pier Rd, E16 2LJ  
02033730843  
Monday 9:30am–5:30pm  
Tuesday 9:30am–8pm  
Wednesday 9:30am–5:30pm  
Thursday 9:30am–8pm  
Friday 9:30am–5:30pm  
Saturday 9:30am–5:30pm  
Sunday Closed

## Plaistow Library

North Street, E13 9HL  
020 3373 0859  
Monday 9.30am - 5.30pm  
Tuesday 9.30am - 5.30pm  
Wednesday 9.30am - 5pm  
Thursday 1pm - 8pm  
Friday 9.30am - 5pm  
Saturday 9.30am - 5.30pm

## Stratford Library

3 The Grove, E15 1EL  
020 3373 0826  
Monday - Friday 9am - 8pm  
Saturday 9.30am - 8pm  
Sunday 1pm - 5pm

## Online Library

Your Newham library card gives you access to thousands of e-books and e-audiobooks for children, teenagers and adults, as well as online courses, resources for studying and more. Not a member yet? You can sign up on our website and gain instant access to our online library.

Visit [www.newham.gov.uk/libraries-arts-culture/newham-library-services](http://www.newham.gov.uk/libraries-arts-culture/newham-library-services)

## Newham Libraries on YouTube

Our lovely library team are waiting for you on YouTube! Enjoy stories, crafts and activities at home brought to you by library staff from across Newham. Enjoy amazing new videos including author events added for the Autumn break!

Watch the Newham Libraries Playlist on Newham Council's YouTube: [www.youtube.com/user/LBNewham](http://www.youtube.com/user/LBNewham)





# ACTIVITIES AT YOUR LOCAL LIBRARY

## BecktonLibrary

Spaces are limited, booking advised for all our face-to-face events. Contact Beckton Library for details on how to book. Email [CN.BecktonRoyalDocks@newham.gov.uk](mailto:CN.BecktonRoyalDocks@newham.gov.uk) or call 020 3373 0853. Please bring your library card with you.

### Spooky Dress- up Celebration (All welcome)

**Saturday 29.10.22 1:00 - 3:00pm**

Come dressed in your best creepy outfit or party wear. Move to the monster mash. Have fun and play games!

### Arts and Crafts (3+ years)

**Monday 24/10/22 2:00pm- 3:00pm**

Lantern themed craft to make and take home

### Sing along Story Time (0-5years)

**Tuesday 25/10/22 10.30am - 11.30am**

All families welcome to come and sing along and join in with storytelling with our friendly volunteers

### Table Tennis (6+ years)

**Tuesday 25/10/22 12:00pm -1:00pm**

Family Table tennis

### Art and Crafts (5+ years)

**Tuesday 25/10/22 3:00pm - 4:00pm**

Spooky spider art

### Sing along Story Time (5+ years)

**Wednesday 26/10/22 2:00pm - 3:00pm**

Come and join staff for a story telling

### Arts and Crafts (6+ years)

**Wednesday 26/10/22 2:00pm - 3:00pm**

Spooky paper pumpkins

### Scavenger Hunt (6+ years)

**2:00pm -3:00pm**

Scavenger Hunt in the children's Library

### Lego Club (4+ years)

**Wednesday 26/10/22 4:00pm - 5:00pm**

Lego Club for families

### Arts and Crafts (5+ years)

**Friday 28/10/22 4:00pm - 5:00pm**

Make a mask

### Play Dough (3+ years)

**Friday 28/10/22 1:00pm- 2:00pm**

Have fun with Homemade play dough and take home your creations

### Dance Excersize (6+ years)

**Saturday 29/10/22 11:00 am -12:00pm**

Dance Excersize Everyone welcome, children must be accompanied by an adult

### Lego Club (4+ years)

**Saturday 29/10/22 4:00pm - 5:00pm**

Lego Club for families

### Spooky Film (6+ years)

**Saturday 29/10/22 2:00pm -3:00pm**

Spooky Family Film (Dress up Spooky!)





## Canning Town Library

Spaces are limited, booking advised for all our face-to-face events. Contact Custom House Library for details on how to book. Email [CN.CustomHouseCanningTown@newham.gov.uk](mailto:CN.CustomHouseCanningTown@newham.gov.uk) or call **020 3373 0854**. Please bring your library card with you.

### Spooky Arts & Crafts (5-12 years)

**Monday 24/10/2022 2:00 - 3:00pm**

Creative session for parents/carers and children. Create your very own Halloween Monster!

### Creepy Halloween Stories (All ages)

**Tuesday 25/10/2022 11-12pm**

Spooky Stories and Rhymes for young and curious minds.

### Joy of Diwali (5+)

**Tuesday 25/10/2022 2-3pm**

Sewing Diwali decorations to celebrate the Festival of Light

### Scary Cupcakes (5-12 years)

**Wednesday 26/10/2022 11-12pm**

Halloween themed cupcake decorating

### Wicked Games (5-12 years)

**Wednesday 26/10/2022 3-4pm**

Have fun with your friends playing wicked and silly games

### Halloween Quiz (5-12 year)

**Thursday 27/10/2022 2-3pm**

Test your knowledge of all things scary!  
Bring Horrible History back to life!

### One Jah Music (5 years +)

**Friday 28/10/2022 2-4pm**

Storytelling session with music to celebrate Black History Month



### Haunted Movie Club (5+ Years)

**Friday 28/10/2022 4.30-6pm**

Scary movie to entertain the whole family

### Monster Mayhem Party (5+ years)

**Saturday 29/10/2022 2-4pm**

Dress up and embrace the spirit of Halloween!  
Two hours of magical activities for all ages



## Custom House Library

Spaces are limited, booking advised for all our face-to-face events. Contact Custom House Library for details on how to book. Email [CN.CustomHouseCanningTown@newham.gov.uk](mailto:CN.CustomHouseCanningTown@newham.gov.uk) or call **020 3373 0855**. Please bring your library card with you.

### Mysterious Theatrical Storytelling (All welcome)

**Monday 24/10/22 11.00 - 11.30am**

Get cosy parents and children. Listen and watch a mysterious story

### Newham Music (age 3-7 years)

**Monday 24/10/22 12:30 - 1:30pm**

Join in with the musical fun – play fun games!

### Halloween family Quiz (All welcome)

**Monday 24/10/22 3:00 -4:00pm**

Come in and join in with a creepy quiz!

### Explore Learning- A step in your spring (7-9 years)

**Tuesday 25/10/22 11:30-12:30pm**

A session delivered by Explore Learning, focusing on English comprehension

### Arts and Crafts (5-10years)

**Tuesday 25/10/22 2:00-3:00pm**

Let's see if you can create a spooky bat that can fly!

### Make your own Diya (light) for the festival of lights (5-10years)

**Tuesday 25/10/22 3:30-4:00pm**

To celebrate the festival of lights, join in to create a Diya (light candle)

### Fun and cool games! (5-10years)

**Thursday 27/10/22 11:30am-12:30pm**

Let's see what games you like best! We will have a selection of board games and Play Station

### Scary Movie for brave little children (PG)

**Thursday 27/10/22 2:00- 4:00pm**

Bring a snack and a drink to enjoy our spooky movie. Parents are welcome to watch.

### Arts and Crafts (5-10years)

**Saturday 29/10/22 10:30am- 11:30am**

Make your own Autumn seasons bird house!





## East Ham Library

Spaces are limited, booking advised. Contact East Ham for details of how to book. Email [CN.EastHam@Newham.gov.uk](mailto:CN.EastHam@Newham.gov.uk) or call **0203 373 0859**. Please bring your library card with you.

### Diwali Art&Craft (4-12 years)

**Monday 24/10/2022 12:00-13:00**

Create your own Diwali vision and Divas

### Spooky Lego (2-12 years)

**Monday 24/10/2022 13:00-15:00**

Build your own personal haunted mansion

### Mini Yoga/Active Newham (3-5 years)

**Tuesday 25/10/2022 11:00-12:00**

Enjoy a relaxing and soothing exercise with your child



### Monster Mask Making (All Ages)

**Tuesday 25/10/2022 14:30-15:30**

Relax and enjoy creating your own scary monster mask

### Spooky Storytelling (Under's 9)

**Wednesday 26/10/2022 10:00-10:45**

Come and listen to a spooky story, will you be scared?

### Change 4 life/Active Newham (Under's5)

**26/10/2022 11:00-12:00**

### Spooky Slippery Slime

**Wednesday 26/10/2022 (under 12's) 14:00-15:00**

Come and get your hands slimey and scary

### Spelling Bee & Spooky quiz (Under 12's)

**Thursday 27/10/2022 13:00-14:30**

Come and be the champion for the spooky Quizzer and speller

### Halloween Art&Craft (All Ages)

**Thursday 27/10/2022 12:00-13:00**

Create your own spooky/ scary art and craft for Halloween

### Trick or Treat (All ages)

**Friday 28/10/2022 12:00-13:00**

Come and decorate your favourite treat. Who will be trick?

### Halloween Costume party (All Ages)

**Friday 28/10/2022 14:00-16:00**

Enjoy the fun and laughter and a costume competition who will win the prize

### World Reimagined and Black History Month. ( 6+ years)

**Saturday 29/10/2022 11:30-13:00**

Helen McDonald and Paula David tell the stories of black people and their presence in British history

### Halloween movies with Popcorn (All Ages)

**Saturday 29/10/2022 15:00-16:30**

Enjoy a spooky movie and eat your popcorn. Scaryyyyy!

## Forest Gate Library

Spaces are limited, booking advised for all our face-to-face events. Contact Forest Gate Library for details on how to book. Email [CN.TheGateRoomBookings@newham.gov.uk](mailto:CN.TheGateRoomBookings@newham.gov.uk) or call **020 3373 0856**. Please bring your library card with you.

### Diwali Art&Craft 4-12 years

**Monday 24/10/2022 12:00-13:00**

Create your own Diwali vision and Divas



### Spooky Lego (2-12 years)

**Monday 24/10/2022 13:00-15:00**

Build your own personal haunted mansion

### Mini Yoga/ Active Newham (3-5 years)

**Tuesday 25/10/2022 11:00-12:00**

Enjoy a relaxing and soothing exercise with your child

### Monster Mask Making (All Ages)

**Tuesday 25/10/2022 14:30-15:30**

Relax and enjoy creating your own scary monster mask

### Spooky Storytelling (Under's 9 years)

**Wednesday 26/10/2022 10:00-10:45**

Come and listen to a spooky story, will you be scared?

### Change 4 life/ Active Newham (Under's 5 years)

**26/10/2022 11:00-12:00**





**Spooky Slippery Slime (under 12's years)**

**Wednesday 26/10/2022 14:00-15:00**

Come and get your hands slimy and scary

**Spelling Bee & Spooky quiz (Under 12's years)**

**Thursday 27/10/2022 13:00-14:30**

Come and be the champion for the spooky quizzier and speller

**Halloween Art&Craft (All Ages)**

**Thursday 27/10/2022 12:00-13:00**

Create your own spooky/ scary art and craft for Halloween

**Trick or Treat (All Ages)**

**Friday 28/10/2022 12:00-13:00**

Come and decorate your favourite treat. Who will be trick?

**Halloween Costume party (All Ages)**

**Friday 28/10/2022 14:00-16:00**

Enjoy the fun and laughter and a costume competition who will win the prize

**World Reimagined and Black History Month. (6+ years)**

**Saturday 29/10/2022 11:30-13:00**

Helen McDonald and Paula David tell the stories of black people and their presence in British history

**Halloween movies with Popcorn (All Ages)**

**Saturday 29/10/2022 15:00-16:30**

Enjoy a spooky movie and eat your popcorn. Scaryyyyy!

**Green Street Library**

Spaces are limited, booking early advised. Contact Green Street Library for details on how to book. Telephone booking – **0203 373 0857**, [CN.greenstreet@newham.gov.uk](mailto:CN.greenstreet@newham.gov.uk).

Please bring your library card with you.

**Diwali Family Fun**

**Saturday 22th Oct 2:00 -4:00 pm**

A Cultural Celebration for the festival of Diwali, enjoying Face painting, Henna art, music and lots of fun

**Art and Craft (5-12yrs)**

**Monday 24th Oct - 29th Oct 2:00 - 4:00 pm**

Enjoy a creative session with fun craft, spooky and firework art that will make your imagination go wild.

**Film Club (All)**

**Wednesday 26th Oct and 28th Oct 4:00 - 6:00pm**

Cosy up with a fun movie for the whole family, with popcorn and laughs.

**Spooky Storytelling (All)**

**Thursday 27th Oct 12:00 -1:00 pm**

Join us for spooky tales during Halloween week, if you dare we will see you there.

**Diwali Stories and Card Making (All)**

**Monday 24th Oct 12:00 -1:00 pm**

Join us for stories about the festival of lights during Diwali and card making.

**Messy Play (0-5yrs)**

**Tuesday 25th Oct 10:30 -11:30am**

Fun session for your babies and toddlers, get your fingers messy and have a session of fun and free play.

**Tots Group (0-5yrs)**

**Thursday 27th Oct 10:30 -11:30am**

Join us for a morning session of sensory play and storytelling, escape into a different world.

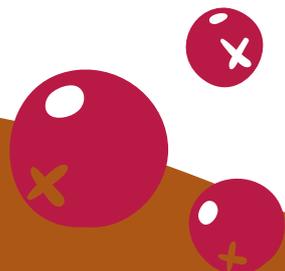
**Halloween Party (All)**

**Friday 28th Oct 4-6pm**

Come and join us for a fancy dress party this Halloween, enjoy scary music, face painting, treasure hunt and a fancy dress competition



**HALLOWEEN**





## Manor Park Library

Spaces are limited, booking required for all of our face-to-face events. Contact Manor Park for details on how to book. Email [CN.Manorpark@newham.gov.uk](mailto:CN.Manorpark@newham.gov.uk) or call **0203 373 0858**. Please bring your library card with you.

### Family Lego Club (All ages)

**Monday 24th Oct 2022 10:30am -11:30am**

Fun time to build a Lego model

### Celebrating Black History Month Heroes (4 -12 yrs)

**Monday 24th Oct 2022 2pm - 3:30pm**

Design your own poster to celebrate Newham's Black History Month Heroes

### Family Movie Time (All ages)

**Monday 24th Oct 2022 5:30pm - 7:00pm**

Family Fun Movie time.

### Make a colourful Rangoli pattern (All ages)

**Tuesday 25th Oct 2022 10:30am -11:30am**

Creative time to design and colour a Rangoli pattern as your wall art.

### Making Diwali Diva (4 -12 yrs)

**Tuesday 25th Oct 2022 2pm - 3:30pm**

Make colourful Diwali Diva to celebrate Festival of Lights

### Family Movie Time (All ages)

**Tuesday 25th Oct 2022 5:30pm - 7:00pm**

Family Fun Movie time

### Board Games Club (4+ years)

Bring your friends and play board game to keep boredom away

### Book making about Local Black History Month Heroes (4 -12 years)

**Wednesday 26th Oct 2022 2pm -3:30pm**

Create a book of Local Black People you know who are Black History Month Heroes

### Family Movie Time (All ages)

**Wednesday 26th Oct 2022 5:30pm - 7:00pm**

Family Fun Movie time

### Holiday Chess club (5+ Years)

**Thursday 27th Oct 2022 10:30am -11:30am**

Come and challenge yourself to win a game in chess

### Make your own Creepy mask (4-12 years)

**Thursday 27th Oct 2022 2pm -3:30pm**

Make your own creepy mask for Halloween

### Family Movie Time (All ages)

**Thursday 27th Oct 2022 5:30pm - 7:00pm**

Family Fun Movie time

### Fun word games (5+ years)

**Friday 28th Oct 2022 10:30am -11:30am**

Have fun by playing word games

### Spooky Puppet Making (4- 12 years)

**Friday 28th Oct 2022 2pm -3:30pm**

### Family Movie Time (All ages)

**Friday 28th Oct 2022 5:30pm - 7:00pm**

Family Fun Movie time

### Create your own spooky story (5+ years)

**Saturday 29th Oct 2022 10:30am -11:30am**

Interactive story creating time to write a scary story

### World Reimagined - Special Storytelling and workshop (6 + years , siblings are also welcome)

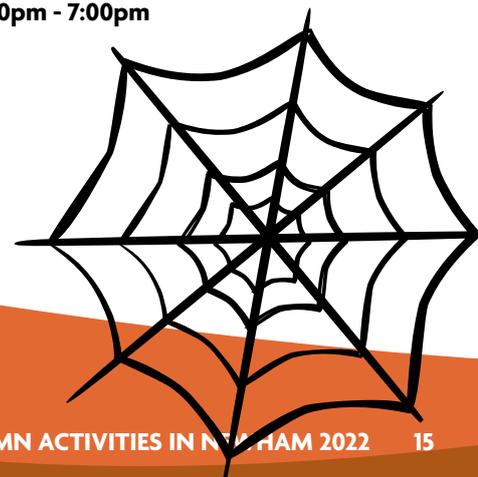
**Saturday 29th Oct 2022 2pm -3:30pm**

Join storytellers Helen McDonald and Paula David as they tell the stories of black people and their presence in British history. From Tudor England to the Windrush, from World War I to Notting Hill Carnival, from Victorian models to those living now and followed by special work-shop

### Family Movie Time (All ages)

**Saturday 29th Oct 2022 5:30pm - 7:00pm**

Family Fun Movie time





## North Woolwich Library

Spaces are limited, booking advised. Contact North Woolwich Library for details on how to book. Email [CN.BecktonRoyalDocks@newham.gov.uk](mailto:CN.BecktonRoyalDocks@newham.gov.uk) or call **020 3373 0843**. Please bring your library card with you.

### Arts and Crafts (Diwali) (under 16years )

**Monday 24/10/2022 15:00-16:00**

Diwali themed arts and crafts session

### Spooky Arts and crafts (under 16years )

**Tuesday 25/10/2022 15:00-16:00**

Spooky themed arts and crafts session

### Capoeira (part of black history month) (under 16years )

**Wednesday 26/10/2022 14:00-15:00**

Come and join us for a fusion of music, movement, acrobatics, freedom, joy and expression

### Play Library (Under 5s )

**Wednesday 26/10/2022 11.00-12.00**

Bringing back the joy of playing with toys. You can swap a toy if you would like to keep the ones you like.

### Badge making session (under 16 years )

**Thursday 27/10/2022 14:00-15:00**

Come and make your own special badge

### Spooky Story Telling (Under 10)

**Friday 28/10/2022 11.00-12.00**

Do you dare join us for spooky story telling?

### Spooky Movie (Under 16)

**Friday 28/10/2022 14:00-16.00**

Pop in to the library to find out what spooky film we'll be showing (family friendly of course)

### Halloween Dress up Party (under 16)

**Saturday 29/10/2022 14:00-15:00**

Come and join just for a fantastic time in your spooky costume, the session will be packed with games for you to have fun and a fashion show to show us your halloween costume.

## Plaistow Library

Spaces are limited, booking advised. Contact North Woolwich Library for details on how to book. Email [CN.Plaistow@newham.gov.uk](mailto:CN.Plaistow@newham.gov.uk) or call **020 3373 0859**. Please bring your library card with you.

### Arts and Crafts (5 years upwards)

**Sat 22/10/22 11.00am-12.30pm**

Come and have fun making something creative.

### Movie and Popcorn (All Welcome)

**Sat 22/10/22 2.00-3.30pm**

Relax and enjoy a movie with us

### Table Tennis and Lego (All welcome)

**Saturday 22/10/22 3.30-5.00pm**

Fun for everyone.

### Messy Play (Under 5 years)

**Monday 24/10/22 10.30am-12 noon**

Come and get messy. Help us to make play dough.

### Colouring Sheets, Word Searches etc (All welcome)

**Monday 24/10/22 1.00-2.00pm**

Halloween and Black History Month sheets.

### Dominoes (All welcome)

**Monday 24/10/22 2.00-3.00pm**

Can you play dominoes? Yes, then great. If not, we can teach you.

### Diwali Arts and Crafts (Age 5 upwards)

**Monday 24/10/22 3.00-4.30pm**

Help us make bright and colourful Diwali crafts to decorate the library.

### Storytelling (Under 5s)

**Tuesday 25/10/22 10.30-11.15am**

We use puppets, instruments and sing songs for everyone to enjoy

### Stay and Play (Under 5s)

**Tuesday 25/10/22 11.15am-12.15pm**

A chance to explore different activities.

### Chess Club (Age 5 upwards)

**Tuesday 25/10/22 3.30-4.30pm**

Come and learn to play or practice your skills.





### Stay and Play (Under 5s)

**Wednesday 26/10/22 10.30-12 noon**

A chance to explore different activities.

### Lego Club (All welcome)

**Wednesday 26/10/22 1.30-2.30pm**

Use your imagination to build whatever you like.

### Scavenger Hunt (KS1 and KS2 age)

**Wednesday 26/10/22 3.00-4.30pm**

Explore the Library, unravel the quiz and find the prizes in the hunt.

### Diwali Arts and Crafts (Age 5 upwards)

**Thursday 27/10/22 2.00-3.30pm**

Come along and make divas to light up your celebration decorations.

### Diwali Evening Light Festival (All welcome)

**Thursday 27/10/22 4.00-7.30pm**

Help us light up our library with divas, Music and fun activities, dress your best to impress.

### Storytelling (Under 5s)

**Friday 28/10/22 10.00-10.45am**

We use puppets, instruments and sing songs for everyone to enjoy.

### Halloween Arts and Craft (All welcome)

**Friday 28/10/22 11.00am-12 noon**

Get ready for trick or treating, make mask and baskets

### Spooky Song Karaoke (All welcome)

**Friday 28/10/22 2.00-3.00pm**

Come and have fun with us singing and dancing with your favourite scary songs.

### Lego Club (All welcome)

**Friday 28/10/22 3.30-4.30pm**

Use your imagination to build whatever you like.

### Halloween Scream Party (Age 5 upwards)

**Saturday 29/10/22 1am to 4pm**

Come and join the scream party with face painting, fancy dress parade and scream screening.

## Stratford Library

Spaces are limited, booking advised. Contact Stratford Library for details on how to book. Telephone booking –

**0203 373 0826, CN.StratfordLibraryMailbox@newham.gov.uk.**

Please bring your library card with you.

### Diwali Arts & Crafts (All Ages)

**Monday 24/10/2022 3pm-4pm**

Celebrate the Indian festival of lights - Diwali with Diwali themed Arts & Crafts **Book here: [www.eventbrite.co.uk/e/diwali-arts-crafts-tickets-430943181657](http://www.eventbrite.co.uk/e/diwali-arts-crafts-tickets-430943181657)**

### Lego Club (All Ages)

**Tuesday 25/10/2022 10am-12pm**

Come and build a haunted house.

### Halloween Arts & Crafts (All Ages)

**Wednesday 26/10/2022 3pm-4pm**

Make a spooky craft for Halloween **Book here: [www.eventbrite.co.uk/e/make-a-spooky-craft-for-halloween-tickets-430951837547](http://www.eventbrite.co.uk/e/make-a-spooky-craft-for-halloween-tickets-430951837547)**

### Chess Club (All Ages)

**Wednesday 26/10/2022 5.30-7.30pm**

Come and learn to play or practice your skills.

### Spooky Film (All Ages)

**Thursday 27/10/2022 3pm-5pm**

Scary family film.

### Spooky Storytime-dress up (under 7's )

**Friday 28/10/2022 11am-12pm**

Do you dare to come and listen to scary stories? Come dressed to scare!

### Scary Scavenger Hunt - dress up (All Ages)

**Saturday 29/10/2022 3pm-4pm**

Search around the library for favourite characters. Dress in your best Halloween costume. You will have Spooktacular Fun!

### Halloween crossword & coloring sheets (All Ages)

**Saturday 29/10/2022 10am-12pm**

Coloring sheets, crossword and more... Buahahaha

### Bingo (All Ages)

**Sunday 30/10/2022 12pm-1pm**

Competition is up, just remember to say "Bingo!!!"

### Table Tennis (All Ages)

**Sunday 30/10/2022 1pm-3pm**

Fun for everyone.





# YOUTH EMPOWERMENT SERVICES

Our Youth Zones are for young people aged nine-19 years old and up to 25 with SEND

You can find out more information on each youth zone's autumn programme below or by visiting: [padlet.com/YESLBN/YESProgramme](https://padlet.com/YESLBN/YESProgramme)

## Beckton Youth Zone

**Address:** Beckton Globe, 1 Kingsford Way Beckton, London, E6 5JQ

**Contact Info:** David Bigglestone - [david.bigglestone@newham.gov.uk](mailto:david.bigglestone@newham.gov.uk)

**Tel:** 0203 373 4025

For more click here <https://padlet.com/YESLBN/YESProgramme>

### Universal Session -

**Date:** 25th October 2022 **Time:** 1:00pm-5:00pm

**Age:** 11-19 - up to 25 for SEND

Youth Zone Activities

**Cost:** Free

### Universal Session

**Date:** 26th October 2022 **Time:** 1:00pm-5:00pm

11-19 - up to 25 for SEND

Youth Zone Activities

**Cost:** Free

### Universal Session

**Date:** 27th Oct **Time:** 1:00pm-5:00pm

**Age:** 11-19 - up to 25 for SEND

**Cost:** Free

Youth Zone Activities

### Universal Session

**Date:** 28th October 2022 **Time:** 1:00pm-5:00pm

**Age:** 11-19 - up to 25 for SEND

**Cost:** Free

## Forest Gate Youth Zone

**Address:** 1 Woodford Rd, London E7 0DH

**Instagram:** @forestgateyouthzoneln

For more click here <https://padlet.com/YESLBN/YESProgramme>

### Black History Month (BHM) Vue Cinema Trip (The Woman King)

Monday 24th October 2022 Time: 12.00 – 3.30pm

### BHM Movie Night (Forest Gate Youth Zone)

Thursday 27th October 2022 Time : 6.00-8.00 pm

### Universal Session

Tuesday 25th October 2022 Time: 3.00-7.30pm

Wednesday 26th October 2022 Time: 4.00-6.00 pm

Thursday 27th October 2022 Time : 4.00-6.00 pm

Friday 28th October 2022 Time : 3.00 -7.30pm

### Health & Fitness

Tuesday 25th October 2022 Time: 3.00-5.00pm

### Volley Ball Competition

Tuesday 25th October 2022 Time: 3.00-4.00pm

### Sharing Journeys & Stories BHM Video Project

Tuesday 25th October 2022 Time: 4.00-5.00pm

As part of Black History Month and in line with this years' theme we are asking young people to capture slices of their experiences and journeys that have inspired them"

### Street Doctors First Aid Workshop

Wednesday 26th October 2022 Time: 3.00-4.00 pm

It was once said "Whoever saves a life, it will be as if they saved all of humanity", and in this ever changing world and reality that we live in it is important to be equipped in case of emergency, so Street Doctors will be delivering 2 workshops that aims to teach young people what to do if you are ever needed to be someone's hero"



**BHM Rep Your Roots Art Project**

Wednesday 26th October 2022 Time: 4.00-5.00 pm  
Black History Month draws strength from exploring roots, knowing our histories and being proud of our heritage, so to honour this we are using art to map our journeys and show the beauty of our lineage”

**Basketball Training**

Wednesday 26th October 2022 Time: 5.00-7.00 pm

**Street Doctors First Aid Workshop**

Thursday 27th October 2022 Time: 3.00-4.00 pm

**Non-Contact Boxing**

Thursday 27th October 2022 Time: 6.00-7.30 pm

**Dodgeball Last 1 Standing**

Friday 28th October 2022 Time: 3.00-4.00pm

**Football Tournament**

Friday 28th October 2022 Time: 4.00-6.00 pm

**Kulture Kitchen**

Friday 28th October 2022 Time: 2.30 – 4.30pm

**BHM Talent Show**

Friday 28th October 2022 Time: 6.00-7.30pm

**Little Ilford Youth Zone**

**Address:** 1a , Rectory Road Manor Park London E12 6J

**Contact info:** Victor Wilcock - victor.wilcock@newham.gov.uk

**Tel :** 020 3373 7637

For more information Youth Empowerment Weekly Programme (padlet.com)

**Caribbean tasting event at the Little Ilford Youth Zone**

**Date:** 25 October 2022 Time 12:00pm-4pm

**Age:** 9-19

Try various Caribbean foods and drinks. Celebrating BHM

**Cost:** Free

**Address:** 1a Rectory Road Manor Park London Greater London Authority E12 6JB

**Go Ape visit at Alexandra Palace**

**Date:** 26 October 2022 **Time:** 10:00am – 5:00pm

**Age:** 9-19

**Cost:** £3

Visit to Alexandra palace to try their high ropes course.

Pick up a consent form from Little Ilford Youth Zone

**Hamilton Theatre Visit Location: Central London**

**Date:** 27 October 2022 Time: 12:00pm-6:00pm

**Age:** 9-19

**Cost:** £3

Central London visit to see the Hamilton show.

Learn about the history of USA and the positive contributions made by influential black community leaders.

**Pick up a consent form from LIYZ**

**Black History Month Celebration - 1a , Rectory Road Manor**

Park London E12 6J

**Date:** 28 October 2022 Time: 12:00pm -4.00pm

**Age:** 9-19

**Cost:** Free

Celebration of events over the month with various activities to try in celebration of BHM

**Outwards Bounds Lake District residential**

**Location:** Penrith, Lake District

**Date:** 24 October 2022 - 28 October 2022

**Age:** 15-19

5 Day residential in the Lake District, climbing mountains, water sports, team building activities.

**Cost:** £20

**Pick up a consent form from LIYZ**

**Stratford Youth Zone**

**Address:** Theatre Square, London E15 1BX

**Contact:** stratfordyz@newham.gov.uk

**Tel:** 07811593208

**Instagram:** @stratforyouthzonelbn

<https://padlet.com/YESLBN/YESProgramme>

**MAKE Space with V&A**

**30 October 2022 5:30-7:30pm (11-25yrs)**

Once a month, the V&A bring an artist along share arts and craft skills - stay tuned to find out who's coming along on for this session Stratford Youth Zone

**Must sign up as a member, contact:**

stratfordyz@newham.gov.uk





### Friday Creative Hang Out

**21 October 2022 - 30 October 2022 3:30-8:30pm (14-25yrs)**

Bring your friends, and make new ones. Play games. PS5, make music, art, chat with a youth worker or just hang.

**Must sign up as a member, contact:**

stratfordyz@newham.gov.uk

### Music Producer Club

**Every Friday:** 21 October 2022 – 30 October 2022

6:30-8:30pm (14-25yrs)

Create your own beats, use samples or write and record your own songs using industry-standard software and hardware, guided by music industry professionals & artists from CDR

**Must sign up as a member, contact:**

stratfordyz@newham.gov.uk

### October Newham Collab

**24 – 28 October 2022 10:30-4:30pm (14-25yrs)**

Create your own music, collaborate with others, share your tracks and learn from the pros! To celebrate Black History Month, we'll be inspired the history of Black music, play around with sampling and synthesizers and learn from special guests, Afrorack, who're coming all the way from Chicago!

**Must sign up as a member, contact:**

stratfordyz@newham.gov.uk

### Half Term Creative Hang out

**25– 27October 2022 10:30-5:30pm (11-17yrs)**

Bring your friends, and make new ones. Play games. PS5, make music, art, chat with a youth worker or just hang.

**Must sign up as a member, contact:**

stratfordyz@newham.gov.uk

### Half Term Party

**28 October 2022 4pm - 8:30pm (14-17yrs)**

"Food, drinks, games, treasure hunt, photo booth & face painting and more... If you would like to DJ - get in touch"

**Must sign up as a member, contact:**

stratfordyz@newham.gov.uk

## Shipman Youth Zone

**Address:** 340 Prince Regent Ln, London E16 3JH

Trinity Centre: East Ave, London E12 6SG

<https://padlet.com/YESLBN/YESProgramme>

### I Am Black History project

**24 - 28 October 2022 10:00 - 15:00 (10-25 years)**

Working in partnership with Beckton Globe and CAMHS - The young people will discuss the impact of racism on mental health, express their thoughts and feelings around Black History and engage in pose, play writing and spoken word Beckton Globe Youth Zone and Trinity centre

**Contact:** zoe.cumberbatch@newham.gov.uk / 07999601118

### Universal session - Arts and Crafts:

**25 October 2022 3:30 - 6:00 (10-25 years)**

African mask making at Trinity Centre

**Contact:** zoe.cumberbatch@newham.gov.uk / 07999601118

### Universal session - Games from Home

**26 October 2022 3:30 - 6:00pm (10-25 years)**

Games from Home - Various activities e.g. Dominos, Oware Learn about the history of African games at the Trinity Centre

**Contact:** jason.bent@newham.gov.uk / 07791413377

### Universal session - BHM quiz

**27 October 2022 1:30 - 5:30pm (10-25 years)**

Young people to utilise the library resources in order to participate in a BHM quiz at Custom House library

**Contact:** florina.stmarthe@newham.gov.uk / 07791413377

### Uncovering the Roots of African and Caribbean

**Cooking: 28th October 2022 3:30 - 6:00pm (10-25 years)**

Young people will hear stories and experiences to better understand the impacts the trans-Atlantic slave trade and colonisation has had on the migration of people and the historical significance of African and Caribbean cuisines at the Trinity Centre

### Detached Youth Work Team

For more click here <https://padlet.com/YESLBN/YESProgramme>





### Basketball Sessions

**Address:** Priory Park, Grangewood Street, East Ham. E6 1QZ

**Date:** 24 October 2022 **Time:** 2pm - 4pm

**Ages:** 14 - 25

Free community Basketball coaching sessions for young people to build their skills and fitness delivered by qualified coaches.

Please book via contacting Venetta Edwards on [venetta.edwards@newham.gov.uk](mailto:venetta.edwards@newham.gov.uk)

**Tel:** 07773481118

### MBOX Boxing Sessions

**Address:** MBOX, Railway Arches, 438 Cranmer Road, E7 0JN

**Date:** 25 October 2022 **Time:** 4.30pm - 5.30pm **Age:** 13 - 19

Boxing Session, to improve fitness, coordination and have fun

Please book via contacting Venetta Edwards on [venetta.edwards@newham.gov.uk](mailto:venetta.edwards@newham.gov.uk)

**Tel:** 07773481118

### Detached Football Session

**Address:** Stratford Park, West Ham Lane Essex E15 4PT

**Date:** 26 October 2022 **Time:** 4pm - 5.30pm

Depending on numbers, age ranges will be split up in to two groups.

**Ages:** 11 - 14 and 15 - 19

Community Football sessions in partnership with West Ham Foundation for young people to build their skills and fitness delivered by qualified coaches.

For further information please contact Chelsie Sparks - [Chelsie.sparks@newham.gov.uk](mailto:Chelsie.sparks@newham.gov.uk)

**Tel:** 07773481367

### Basketball @ Westfield's Future You, Youth Week

**Address:** Westfield's Stratford, Chestnut Plaza

**Date:** 27 October 2022 **Time:** 12pm - 6pm

**Age:** 12 years - 18 years

The Basketball taster sessions are an opportunity for young people to engage in a structured, fun and interactive basketball session. Young people will have the opportunity to practice and improve their basketball skills and receive free training from a qualified coach.

**Contact Info:** Chelsie Sparks on [chelsie.sparks@newham.gov.uk](mailto:chelsie.sparks@newham.gov.uk) and Venetta Edwards on [venetta.edwards@newham.gov.uk](mailto:venetta.edwards@newham.gov.uk)





# SPECIAL EDUCATIONAL NEEDS & DISABILITIES

## MULTI-SPORTS CLUB

### Bikeworks All Ability Club (5+ years)

QEOP - in front of the Velodrome

E20 3AB

all.ability@bikeworks.org.uk, Tel: 02089807998

www.bikeworks.org.uk

Tuesday 25/10/2022 and Thursday 27/10/2022, 10:00am -1.30pm

Wide range of adapted and two wheel cycles available to borrow for a ride in the park. Wheelchair platform bike, trikes and recumbents and two wheelers all available

### Bikeworks All Ability Club (5+ years)

Central Park,

East Ham, by the Cafe.

E6 3AJ

all.ability@bikeworks.org.uk, Tel: 02089807998,

www.bikeworks.org.uk

Friday 28/10/2022 10:00-13.30

Wide range of adapted and two wheel cycles available to borrow for a ride in the park. Wheelchair platform bike, trikes and recumbents and two wheelers all available



## Together! 2012 CIC

Youth Together! Thursday Club

Thursday 27 October 2022

11am-12noon, Ages 18-25 online via Zoom and free

A weekly peer support arts Club for Disabled young people. Come join us via Zoom in writing and performing poetry together.

Email for Zoom link: Kate Rolison kate@together2012.org.uk

<https://www.together2012.org.uk/activities-programme/youth-together/Y>

## Royal Society for Blind Students (RSBS)

Virtually via zoom or

Life Without Limits Centre,

10 Lower Thames St, London EC3R 6EN

Website: <https://www.rsbc.org.uk/calendar-of-activities/>

## Audio Book Club (ages 10 to 25)

Monday 24 October 2022 & Wednesday 26 October 2022, 4pm -5pm

Wednesday 02 November 2022 ,5pm-6pm

A session where young people gather together to listen to a voted for AudioBook

Email: [Owain.robinson@rsbc.org.uk](mailto:Owain.robinson@rsbc.org.uk) Tel: 07826267341

## Creative - song rehearsal (ages 10 to 25)

Saturday 22 October 2022, 10am to 1pm

A Creative music session, where young people get together and rehearse singing an original song project

Email: [Owain.robinson@rsbc.org.uk](mailto:Owain.robinson@rsbc.org.uk) Tel: 07826267341

## Autumnal Family Fun Day (all ages)

Thursday 27 October 2022, 11am to 3pm

Come down to our Life Without Limits centre for an afternoon of autumnal family fun! Filled with music, pizza making and Pumpkin Carving!

Assistive tech (ages 10 to 25)

Friday 28 October, 03 November, 04 November 2022; 2pm to 6pm





Come and book in a session with our assistive tech officer.

Email: alex.man@rsbc.org.uk Tel: 07867362183

## Sight and Sound workshop (all ages)

Monday 24 October 2022, 1pm to 3pm

Come to our centre and meet the fantastic people at 'Sight and Sound' who will be showcasing the amazing gadgets and gizmos they have available for vision impairments.

Email: alex.man@rsbc.org.uk Tel: 07867362183

## Cook-A-Long (ages 11-25)

03 November 2022 6pm to 7pm

Come on down to our life without limits centre and use our specialist kitchen to cook up some treats!

Email: vivek.joshi@rsbc.org.uk

Tel: 07809656996

## Creative - Music Quiz (ages 10 to 25)

01 November 2022 5pm to 6pm

An evening musical quiz session for young people to test their musical general knowledge.

Email: Owain.robinson@rsbc.org.uk

Tel: 07826267341

## Creative - Open Mic (ages 10 to 25)

05 November 2022 10am to 1pm

A virtual open mic club for young people to come and showcase various performances such as singing, instrument playing and readings.

Email: Owain.robinson@rsbc.org.uk

Tel: 07826267341

## BMX sessions (£2)

Balance to Pedal Bike sessions 11am-12noon – SEND only

BMX session (ages 5-17)

Free BMX sessions with Community Outdoor Group (COG).

No booking required. Just turn up. Bikes and helmets provided.

Must wear trainers, trousers and long sleeved top.

Location: Gooseley Playing Fields (BMX Track), St Albans Avenue, East Ham E6 6HU

Email: info@cogcycling.co.uk

Newham Ability Camp (all ages)

Mondays, 5-6pm at Newham Leisure Centre.

Wednesdays, 5-6pm at NewVic College

Saturdays, 10-11am at Newham Leisure Centre

The Newham Ability Camp is a multi-sports club run by Paul Archer and specialised coaches, which aims to give children and young adults with disabilities their first steps into sports! Sports include Cricket, Table Tennis, athletics, volleyball, basketball. Badminton, Frisbee, Archery, Fitness, Fencing, Softball and much more!

Membership Fee is £10 per term or £30 per year per participant. This gives access to all 3 sessions per week (the first session is free).

Email: paul495@btinternet.com

Tel: 07811 671082

## Inclusive Youth Dance (8-19 years)

Thursdays 5:30pm-6:30pm

No matter what your ability, this inclusive youth dance session for young people with a disability enables participants to learn new skills and explore movement in a fun and supportive environment. Come and dance with us!

Newham Leisure Centre, 281 Prince Regent Lane, E13 8SD

Website: <https://tinyurl.com/Inclusiveyouthdance>

Email: Sports@activeNewham.org.uk

Tel: 07741 293506

## Inclusive activity (11-25 years)

Monday 24th October, 12pm -2pm

Tuesday 25th October 12pm -2pm

A variety of sports/athletics and activities for children and young people with disabilities.

Location: Stratford Park

Email: Sports@activeNewham.org.uk

Tel: 07741 293506





# NURSERIES, CHILDREN CENTRES & PLAY SCHEMES

## Aston Mansfield

### Little Manor Play Project's Holiday Playscheme

Every weekday, 8am-6pm

Monday 24th October – Friday 28th October

Aston-Mansfield Community Centre, 1 Toronto Avenue,  
Manor Park, London, E12 5JF

Ages 5 – 12, breakfast club 8am-9am, holiday playscheme  
9am-6pm

Cost: £18 per session, £2.50 for breakfast club (price includes  
snacks, lunch and trip costs).

A fun packed programme of play sessions including a mixture of on-site activities and trips. Activities include sports, games, arts & crafts, cookery, experiments, drama and IT. There's something for everyone.

For children with low-level SEND. Dependent on full assessment to establish if our service is suitable to meet the child's needs.

Ofsted registered

Minimum of three trips per week

To book phone **020 3355 3978** or email  
**play@aston-mansfield.org.uk**

### The Manor – Transitional Youth Programme

Monday 24th October & Tuesday 25th October

The Froud Centre, 1 Toronto Avenue, Manor Park,  
London, E12 5JF.

Children in Year 7 to Year 9, breakfast club 8am-9am,  
Youth Programme 10am-6pm

Cost: £5 per session, £2.50 for breakfast club (price includes  
snacks, lunch and trip costs).

A mixture of activity sessions and outings, planned in partnership with the young people, and workshops focused on life-skills, covering topics such as keeping yourself safe online, negotiating peer pressure, self-defence, volunteering, citizenship, and money management.

For children with low-level SEND. Dependent on full assessment to establish if our service is suitable to meet the child's needs.

Ofsted registered

To book phone **020 3355 3978** or email  
**play@aston-mansfield.org.uk**

## Children's centres

### Best Start in Life Children's Centres

#### Children's Centre activities

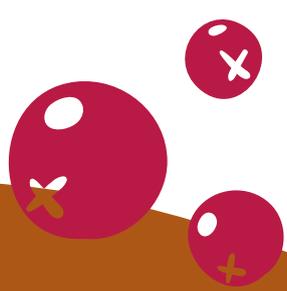
Children's Centre activities are primarily for children aged 5 and under

Children's Centres will run a range of activities for families with children aged 5 and under in settings across the borough. These activities will support your child's learning and development, including speech and language.

Please note that you will need to register with Best Start in Life to access activities. You can register in person at your local children's centre, or online – please see Best Start in Life (BSiL) Children's Centres | Newham Families Advice and Support for the online form.

<https://families.newham.gov.uk/kb5/newham/directory/family.page?familychannel=10&familychannel=0>

Email: **local.offer@Newham.gov.uk**





**Beckton and Royal Neighbourhood**

[Activity\\_Calendar\\_BaRD\\_October\\_2022.pdf](#) (bardcc.org.uk)

**Canning Town and Custom House  
(Edith Kerrison and Keir Hardie)**

<https://www.edithkerrison.newham.sch.uk/activity-programme.html>

**East Ham Neighbourhood  
(Altmore Children Centre and Oliver Thomas Children Centre)**

[Activity\\_Calendar\\_October\\_2022.pdf](#) (oliverthomas.org.uk)

**Forest Gate Neighbourhood  
(Kay Rowe Children Centre and Maryland Children Centre)**

[HalfTerm-activities-Oct22.pdf](#) (kayrowe.newham.sch.uk)

**Green Street Neighbourhood  
(St Stephens Children Centre)**

<https://www.st-stephens-nurserychildrenscentre.org.uk/Calendar/>

**Manor Park Neighbourhood  
(Manor Park Community Children Centre/Sheringham)**

PowerPoint Presentation (sheringham-nur.org.uk)

**Plaistow Neighbourhood  
(Plaistow Children Centre)**

<https://plaistow.newham.sch.uk/Plaistow-Children-s-Centre/>

**Stratford and West Ham Neighbourhood  
(Rebecca Cheetham Children Centre)**

STRATFORD AND WEST HAM CHILDREN'S CENTRE VIRTUAL AND SESSIONAL TIMETABLE (rebeccacheetham.newham.sch.uk)





# SUPPORT SERVICES

CLICK!



HEALTH

FOOD &  
FUNDING  
SUPPORT

CRISIS &  
COUNSELLING

**If you need support during the holiday period, the following services will be open and able to assist you:**

**For questions about council services, get in touch with the Newham Council Contact Centre on:**

**T: 020 8430 2000 (9am-5pm, weekdays).**

**Textphone: 18001 020 8430 2000**

# WE ARE HEALTHY.



# WE ARE NEWHAM.

## HEALTHY START SCHEME IS GOING PAPERLESS AND YOU NEED TO REAPPLY

**Do you currently receive Healthy Start paper vouchers? If yes, you need to reapply or your payments will stop.**

In 2022, Healthy Start is launching a digital scheme that offers eligible residents a prepaid card. This card will replace the old paper vouchers.

**To apply for the Healthy Start prepaid card:**

1. Go to [www.healthystart.nhs.uk/how-to-apply](http://www.healthystart.nhs.uk/how-to-apply)
2. Scroll down and click on the 'Apply Now' green button. You can also scan the QR code on this poster.
3. Answer the questions and press submit.

**Have you received your letter to apply for your new Healthy Start prepaid card?**

Once you submit your online application, the Healthy Start team will send eligible families a prepaid card by post. You will need to activate your card by calling **0300 330 7010**.

If you need help to apply online, contact your local midwife, health visitor or children centre. You can also visit one of Newham's libraries.



For more information, visit  
[www.newham.gov.uk/healthystart](http://www.newham.gov.uk/healthystart)





# HEALTH

## Autumn and Winter Vaccination

This Autumn and Winter, Vaccination UK will be visiting your child's school to offer the free flu vaccine to all eligible children from reception to year 6. The nasal flu vaccine is painless, quick, and side effects are uncommon and generally mild.

You can now complete consent for your child online. Please click <https://london.schoolvaccination.uk/flu/2022/newham> to give consent, or to decline consent. For parents who want their child to have the vaccine that does not contain porcine gelatine, you can also do this by using the consent link above. If you wish for your child to receive the injection (which does not contain porcine gelatine), please say no to the nasal flu vaccine, you will then be taken to the page where you can consent for the injection instead. For more information, please click here <https://youtu.be/cl2eYPEIcCU> If you are unsure or have any questions, please contact the Immunisation team on 02082141393

## School Health Service (SHS)

School Health's Young Carers organize events for young people aged 5-18 who have caring responsibilities. Info: Visit: <https://www.newhamconnect.uk/Services/3580> for more information.

The school health service (SHS) is part of the Children's Health 0-19 Service and support children, young people (aged 5-19) and their families, who live in Newham. We provide information and support for a wide range of health issues including: oral health, healthy growth, managing stress, improving sleep, healthy relationships, as well ensuring the right support is in place in school for children with long term health conditions.

Make a referral to see a school nurse [www.newham.goc.uk/schoolhealthreferral](http://www.newham.goc.uk/schoolhealthreferral) or email [schoolhealth@newham.gov.uk](mailto:schoolhealth@newham.gov.uk) Check out our pages on Newham Connect for more details about our offer <https://www.newhamconnect.uk/Services/3580>

## National Health Service

**Phone: 999 for emergencies**

**Phone: 111 (free from a landline or mobile phone)**

**Online: [111.nhs.uk](https://111.nhs.uk) (for assessment of people aged 5 and over only)**

To get the right advice or treatment you need for physical or mental health. The advice is available 24 hours a day, 7 days a week.

## National Child Measurement Programme (NCMP)

The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception class (aged 4 to 5) and year 6 (aged 10 to 11). We are running parent information workshops in person for anyone who may have any questions and is an opportunity to meet members of the school health service that will be providing the NCMP in your child's school.

If you have an enquiry about the National Child Measurement Programme, please call 0300 303 5678 or email [enquiries@nhsdigital.nhs.uk](mailto:enquiries@nhsdigital.nhs.uk).

## ChatHealth

ChatHealth is a confidential text messaging service in Newham that enables children and young people (aged 11-19) to contact the school health service and get advice from a qualified nurse about anything to do with their health and wellness.

The service is available between 9-5 pm Monday to Friday (except Bank Holidays) and you should expect a response to your text within 24 hrs.

Text the service on: 07507 326645



## Filming Health Videos

We have been busy with children and young people making short films providing health information. Check them out on YouTube using the links below.

If you want to get involved in creating short films or interested in getting involved behind the camera, contact us on [schoolhealth@newham.gov.uk](mailto:schoolhealth@newham.gov.uk)

### We're Back to Secondary School/Sixth form/College:

<https://youtu.be/kYhf9jAlHxk>

#### School Readiness-Early Years

<https://youtu.be/RK85GXs3qVo>

#### Vision and Hearing for 4/5 year olds

<https://www.youtube.com/watch?v=YQK0nmSpFE0>

#### Thinking Inside the Box- A Health Visiting Story

<https://youtu.be/LxBNTudWyCw>

#### Family Nurse Partnership

[https://youtu.be/NSQX9C7u3\\_s](https://youtu.be/NSQX9C7u3_s)

## Covid related

### #WeGotThis Back to School

<https://youtu.be/T94-iNblImg>

### #GotoAandE

<https://youtu.be/m3xBUR5FI9I>

### #KidsTalk

<https://youtu.be/3cGRyNL-UfU>

## Asthma Videos

### Asthma a Hero Story

<https://www.youtube.com/watch?v=OyOdu7hAjL0>

### Implementing A Whole School Asthma Approach

<https://www.youtube.com/watch?v=lIj4cTwMev0>

### My Asthma Hero travel pack:

[https://www.youtube.com/watch?v=pfaG\\_Rz5CwQ](https://www.youtube.com/watch?v=pfaG_Rz5CwQ)

### Asthma, the Straw Game:

<https://www.youtube.com/watch?v=ZNvqMDpfFQs>

### Looking after my Asthma Spacer:

<https://www.youtube.com/watch?v=NblqBgmfTFE>

## Children and Young People's Services, Public Health via the Children and Young People's Mental Health & Wellbeing Partnership presents NewhamFlix-The Courageous Superior Three (CS3)

7 short films made by young people, for young people about emotional health and wellbeing, expressed through spoken word. This series takes us through their spoken word performance and behind the scenes.

### Episode 1-Turning up

<https://www.youtube.com/watch?v=tq4Ne-NNHw8>

### Episode 2-Meeting Poetess Jess

[https://www.youtube.com/watch?v=K\\_CgsNHLVMU](https://www.youtube.com/watch?v=K_CgsNHLVMU)

### Episode 3-Rehearsals

<https://www.youtube.com/watch?v=jaM32GbO4zs>

### Episode 4- Getting in the zone

<https://www.youtube.com/watch?v=rdBKqtUpy6Q>

### Episode 5- It's Showtime

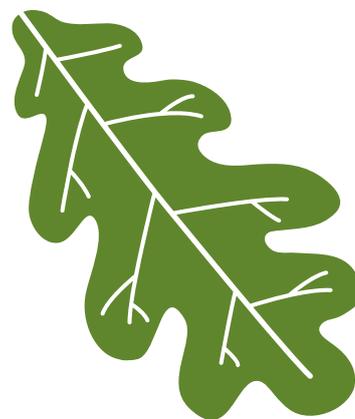
<https://www.youtube.com/watch?v=3-PPcsgeFrY>

### Episode 6- Q&A

<https://www.youtube.com/watch?v=qo4r62dbNsw>

### Episode 7- I get it - Full performance

<https://www.youtube.com/watch?v=su6ceKePDVE>





# FOOD AND FUNDING SUPPORT

**For the most up to date list of support available visit:**  
[www.newham.gov.uk/corona virus](http://www.newham.gov.uk/corona-virus)

Residents who need assistance with accessing, setting up or placing orders for online shopping can contact the Newham COVID-19 Helpline: **020 7473 9711** or [covidhelp@community-links.org](mailto:covidhelp@community-links.org)

Open: 9am–7pm, 7 days a week

Residents who need assistance with accessing food, are able to afford groceries, but do not want to use the online shopping can use the NHS volunteers service helpline: **0808 196 3646**

Open: 8am–8pm, 7 days a week. Eligibility details here:

<https://nhsvolunteerresponders.org.uk/services>

Residents who do not want to use the online shopping can use Morrison's telephone ordering service: **0345 611 6111** (choose option 5). Delivery is free if you are elderly or vulnerable. Order by 5pm for next day delivery.

## Financial support for those who do not have sufficient income or savings

Residents who are employed but unable to work during isolation periods can find out more about eligibility and apply for the £500 isolation support payment on the Newham Council website: [www.newham.gov.uk/CovidSupportPayment](http://www.newham.gov.uk/CovidSupportPayment)

Residents who are unable to be supported by other services can get supermarket and energy vouchers from the Our Newham Money Emergency Loans team

Call 020 8430 2041 or email [ournewhammoney@newham.gov.uk](mailto:ournewhammoney@newham.gov.uk) (9am-5pm, weekdays)

**For further information about Our Newham Money and loan applications, including emergency support, visit [www.ournewhammoney.co.uk](http://www.ournewhammoney.co.uk)**

## Support for those who do not have sufficient income or savings to access food

For those who cannot afford to buy food the Newham Food Alliance can provide support. The food provided by Newham Food Alliance partners is predominantly a weekly box of groceries to be collected.

1. Residents who have difficulty accessing food due to financial issues e.g. loss of or reduced employment, issues with benefits or no recourse to public funds should be referred to the Newham Food Alliance.
2. Residents who require food support during isolation periods due to income interruption can be referred to the Newham Food Alliance.

**Residents can refer themselves or be referred by organisations or others via the form at: [www.newham.gov.uk/newhamfoodalliance](http://www.newham.gov.uk/newhamfoodalliance)**





# CRISIS & COUNSELLING

## Adult Social Care

020 8430 2000 (Select option 2), 9am-5pm, Monday-Thursday & 9am-4.45pm, Friday

<https://www.newham.gov.uk/health-adult-social-care>

The team consists of qualified and experienced: Social Workers; Approved Mental Health Professionals (AMPH) and Safeguarding workers to respond to urgent safeguarding concerns. The Emergency Duty Team provides support in an emergency out-of-hours: evenings, overnight, weekends and Bank Holidays. An emergency is anything that cannot wait until the next day. The team will provide emergency support to: Children and Families and anyone over the age of 18.

## Children's Social Care

999 if a child is at risk of serious harm, abuse or neglect

020 3373 4600 (Option 1) for Children's Social Emergency

Monday to Thursday, 9am to 5.15pm or Friday 9am to 5.00pm

Out of Hours Phone: 020 8430 2000

Make a request online or request support or protection of a child.

<https://families.newham.gov.uk/kb5/newham/directory/family.page?familychannel=7>

## Child Line

0800 1111

0808 800 5000 for adults concerned about a child

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

Childline is a counselling service for children and young people up to their 19th birthday provided by the National Society for the Prevention of Cruelty to Children. Children can get help and advice from a counsellor (by phone or online) about a wide range of issues.

## Crisis Line

020 7771 5888

The crisis line is provided by East London NHS Foundation Trust (ELFT) to support people living in Newham. It is available 24 hours a day including weekends and Bank Holidays.

Callers will be given support and advice from mental health professionals. The service aims to provide the right care at the right time and prevent people spending unnecessary time at the Emergency Department. The Crisis Helpline can: support and help you if you have mental health problems, provide accurate information and advice about local mental health services and communicate with other services or teams on your behalf, if you wish for support in a non-directive way, or empower and encourage you to take control.

@NHS\_ELFT's Newham Mental Health Crisis Line phone number updates: 24hr Mental Health Crisis Line number from today is 020 7771 5888.

The Newham Home Treatment Team no. is now: 020 7540 6759.

Full details: <https://tinyurl.com/jd6v2vb3>

@Gill\_NHS

@NHSNewhamCCG

@MindITHN

@NewhamLondon

## Hestia Domestic Violence Support

999 if you are in immediate danger

0808 196 1482 - this number is also available after 6pm for emergencies

Email: [InfoNewhamDSV@hestia.org](mailto:InfoNewhamDSV@hestia.org) or

[www.hestia.org/newham](http://www.hestia.org/newham)

These services are still running and a professional support worker can be contacted by phone on the above numbers.

## Change Grow Live Charity

0800 652 3879

[www.changegrowlive.org/local-support/find-a-service](http://www.changegrowlive.org/local-support/find-a-service)

Advice and support on drug or alcohol issues.





## Kooth

0203 984 9337

[www.kooth.com](http://www.kooth.com)

[contact@kooth.com](mailto:contact@kooth.com)

[www.koothplc.com/contact-us](http://www.koothplc.com/contact-us)

Please note Kooth is accessible throughout the school holidays.

Kooth is available if you're aged 11 to 18 years, and offers: a live chat function so young people can contact a qualified counsellor. Scheduled and drop-in counselling sessions available all year round (including evenings and weekends) and anonymous support.

## Samaritans

116 123 for free

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

[www.samaritans.org/](http://www.samaritans.org/)

Samaritans is a charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout. Whatever you're going through, a Samaritan will face it with you. The service is available 24 hours a day, 365 days a year.

## Family Advocacy

020 8519 8312 between 10am - 4pm

Advocacy is when you get support to:

- Share your views, wishes and feelings
- Be listened to and understood
- Access and understand relevant information
- Explore choices and options
- Make informed choices and decisions about your life
- Access services
- Defend and promote your rights and responsibilities
- Speak out about issues that matter to you and be valued and included in your community

<https://www.bizseek.co.uk/the-family-advocacy-project-020-8519-8312>

## Shine – Sexual Health & Relationship Advice

020 8496 7237

Clinics are for young people 21 years and younger and are discreet, confidential and services are completely free to young

people living in Newham. Advice and information includes:

- Hormonal contraception - pills, patches, contraceptive injections, IUS' (coil), implants and vaginal rings
- Emergency contraception (the morning after pill – taken within 5 days/120 hours of unprotected sex)
- Screening for sexually transmitted infections (STIs)
- Condoms and c-cards (condom cards)
- Support to access other services, such as abortion services if necessary.

Shine educational programmes can include sessions such as:

- Sex and the risks – STIs, pregnancy and contraception
- relationships
- Recognising abuse in relationships
- Sex and the law
- Building self esteem
- Assertiveness and saying no

## Switchboard LGBT+ Helpline

0300 330 0630

Information, support and referral service for lesbians, gay men, and bisexual and trans people, and anyone considering issues around their sexuality and/or gender.

<https://switchboard.lgbt/how-we-can-help>

## Befriending Support

Our "Connect Newham" Telephone Befriending Service brings local people together through conversation so they can stay positive and connected.

You will be matched with a "telephone befriender" who will call you at an agreed time. We will agree with you how many calls you would like, from 3 up to 20, and how frequently you would like them, weekly or fortnightly.

The support is provided by our trained "Connect Newham" Volunteer Befrienders, all of whom have a wealth of varied experience, skills and backgrounds.

You can access Connect Newham if you are:

- A resident of Newham
- Age 18+
- Experiencing feelings of loneliness and isolation

You can call Connect Newham on 020 3954 3224 or email [contact@connectnewham.org.uk](mailto:contact@connectnewham.org.uk) (9am-5pm on weekdays).



# GENERAL INFORMATION & STAYING SAFE ONLINE

## Health & Safety

Keeping Newham's children and young people safe remains our priority. Therefore, some programme organisers will be offering online activities only.

## Special Educational Needs and Disabilities (SEND)

Please contact the Activity Organiser, if your child has additional needs so we can do our best to accommodate their participation.

## Booking Activities & Events

Please make sure to check if the event or activity needs to be pre-booked. If yes, please book your spot early, as even online events often have limited spaces.

## Photographs & Filming

Please note that photographs and footage may be taken by the Council or organisers at an activity. These may be used for marketing and publicity, on partner websites and in social media or in any third-party publication. Please contact the Activity Organiser if you have any concerns or if you wish to be exempt from photographs or film.

## Contact Centre

Please direct all your questions and make all bookings directly with Activity Organisers.

Should you have any other enquiries about Newham's Autumn Programme, please email: [CYPactivities@newham.gov.uk](mailto:CYPactivities@newham.gov.uk)

## Online Activities

Due to COVID-19, some activities will still be delivered online using a range of technologies. The following is guidance for:

- Participants are those who are eligible to take part in activities on offer
  - Parents/Carers of children and young people under the age of 16 years and are eligible to take part in activities on offer
- Organisers will provide a session as described in the Programme. Please note that due to COVID-19, online sessions are subject to changes and children, young people and families should continue to check the website for updates. Parents/Carers are responsible for informing Activity Organisers of any medical conditions or needs which may affect the online experience and interaction of the participants.

## Data

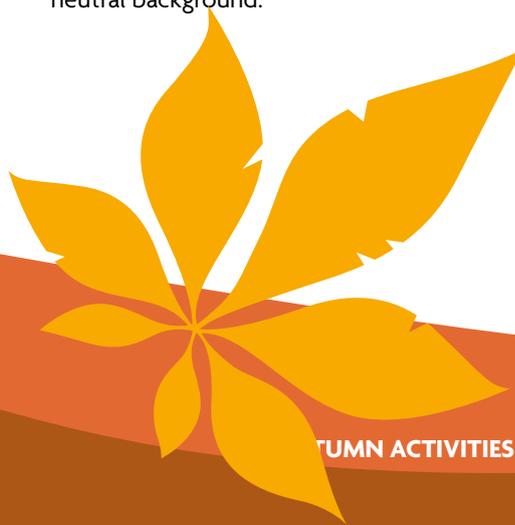
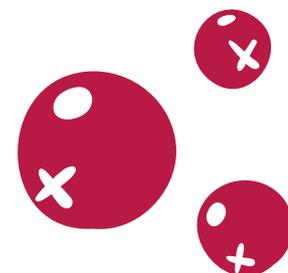
Activity Organisers agree to comply with all applicable laws, statutes and regulations including in relation to confidentiality, privacy and GDPR and the protection of personal data.

## Technology & Equipment

Activity Organisers are not responsible for installing or supporting technology or platforms on participant's computers, tablets or phones. Activity Organisers are not liable for any technical faults, failure or damage to equipment used by participants during the activity. If due to equipment faults or failure, or poor or no internet connectivity experienced by either the Activity Organisers or participant's technology, Activity Organisers are not required to make up time lost on activities.

## Space

Parents/Carers of participants are responsible for providing a suitable space to enable the online activity. Parents/Carers are responsible for ensuring participants are available for the arranged online activity on the advertised date and time. Both Activity Organisers and participants should aim to present during the online activity, against a neutral background.





## Safeguarding

Activities must not be recorded by participants or parents/carers without consent. If recordings are made, they should not be shared with third parties or uploaded to social media. The online platforms used, must not be used for any other purposes during the advertised activity e.g. sharing photos or general messaging. Where possible parents/carers should assist participants in limiting their profile online e.g. using settings and preferences to maximise privacy. Activity Organisers will commit to doing the same.

## Communications

For the purposes of confidentiality and privacy, all communications between parents/carers and the Activity Organisers should be via email. Any defamatory, offensive or illegal materials aired online by participants will result in the immediate termination of their participation.

## Dress

Activity Organisers and Participants must dress appropriately for online activities.

## During the Activity

Some Activity Organisers may ask parents/carers to remain in the room during the lesson as an added precaution, although this may not always be possible or desirable. As an alternative, Activity Organisers may ask a parent/carer to be nearby. In all cases, parents/carers should be fully informed that the online activity is happening and given information about appropriate practice relating to it.

## Reporting Concerns

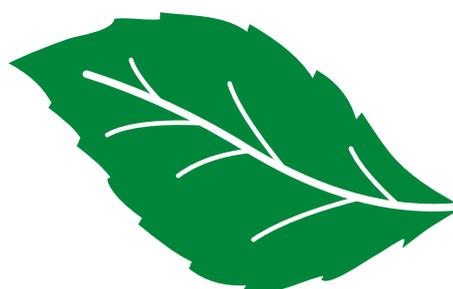
It is important that all parties have the ability to raise any safeguarding or other concerns. These are guidance signposts where all parties can report harmful or upsetting content, as well as bullying or online abuse.

Harmful or Upsetting content

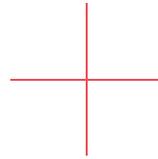
- Report harmful online content to:  
<https://saferinternet.org.uk/>
- Review guidance from: <https://educateagainsthate.com/>

## Bullying or Abuse Online

- Advice from National Crime Agency's: Child Exploitation and Online Protection command  
<https://www.ceop.police.uk/Safety-Centre/>
- Advice and support from Anti-Bullying Alliance for children who are being bullied  
Advice and support from <https://anti-bullyingalliance.org.uk/>
- Tootoot to provide a confidential route for children and young people to report bullying or abuse  
<https://tootoot.co.uk/>



**11 - 19**  
**YEARS**  
**OLD?**



We help young people with all kinds of things like...

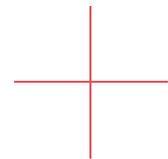
**RELATIONSHIPS**  
**MENTAL HEALTH**  
**BULLYING**  
**ALCOHOL**  
**SELF HARM**  
**HEALTHY EATING**  
**DRUGS**  
**SMOKING**

Message us for confidential advice and support

Send a message to

**07507 326 645**

and chat with a  
 school nurse



Find @NwhmSchHealth at [chathealth.nhs.uk](https://chathealth.nhs.uk)

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.

NSR

 App coming soon

 Newham London

 NHS

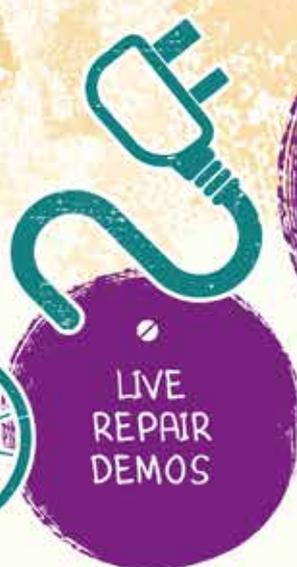
 ChatHealth



**DO YOU HAVE  
AN ITEM THAT  
NEEDS REPAIRING?  
BRING IT ALONG!**



**— FREE REPAIRS —**



### **NEXT REPAIR CAFÉ EVENT**

**Date: WED 26th OCTOBER**

**Time: 11:00 - 14:00**

**Location: FOREST GATE YOUTH ZONE  
Woodford Road, E7 0DH**

For more information visit

[www.eastlondonwaste.gov.uk/repair-cafes/](http://www.eastlondonwaste.gov.uk/repair-cafes/)



# OPEN FOOTBALL SESSIONS

EVERY WEDNESDAY  
STRATFORD PARK MUGA PITCH  
4PM - 5:30PM

AGES 11-19

ALL ABILITIES

ALL WELCOME

DETACHED YOUTH WORK TEAM  
&  
WEST HAM FOUNDATION

INSTA - @DETACHEDYOUTHTEAMLBN



# CHILDHOOD VACCINES

Get your **FREE** vaccines -  
they protect you from disease

**8**  
WEEKS

- 6-in-1 vaccine
- Rotavirus vaccine
- MenB

**2** — **10**  
YEARS — YEARS

- Flu vaccine (annual)

**12**  
WEEKS

- 6-in-1 vaccine (2<sup>nd</sup> dose)
- Pneumococcal (PCV) vaccine
- Rotavirus vaccine (2<sup>nd</sup> dose)

**3** **4**  
YEARS MONTHS

- MMR (2<sup>nd</sup> dose)
- 4-in-1 pre-school booster

**16**  
WEEKS

- 6-in-1 vaccine (3<sup>rd</sup> dose)
- MenB (2<sup>nd</sup> dose)

**5** — **15**  
YEARS — YEARS

- COVID-19 vaccine (2 doses)

**1**  
YEAR

- Hib/Men C (1<sup>st</sup> dose)
- MMR (1<sup>st</sup> dose)
- Pneumococcal (PCV) (2<sup>nd</sup> dose)
- MenB (3<sup>rd</sup> dose)

**12** — **13**  
YEARS — YEARS

- HPV vaccine

**14**  
YEARS

- 3-in-1 teenage booster
- MenACWY

Call your GP to book an appointment for vaccines for children under 5.  
For school vaccines, speak to your school.

[www.newham.gov.uk/childhoodimms](http://www.newham.gov.uk/childhoodimms)

Become a Community Health Champion

[chc@newham.gov.uk](mailto:chc@newham.gov.uk)

Whatsapp / text 07929 792873

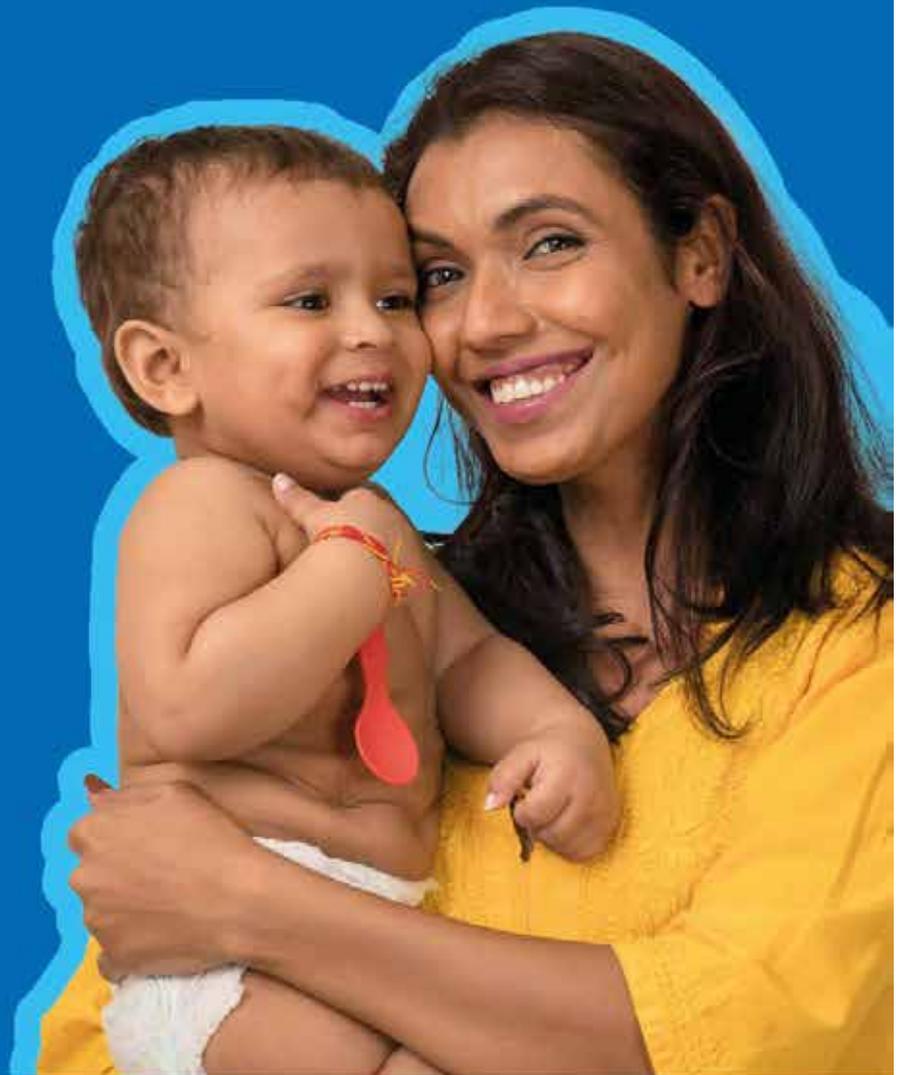
# BOOST YOUR IMMUNITY THIS WINTER

## ○ FLU JAB

**Parent of a toddler?  
Flu can be  
life-threatening and  
spread more easily  
in winter.**

If your child is aged 2 or 3 years old, you can help boost their natural immunity and help protect others from this virus.

**Talk to your GP  
practice and book your  
vaccination soon.**



# FREE SCHOOL MEALS

**FREE**  
school meals  
You could save  
**£500**  
a year  
per child!

# FOR PRIMARY SCHOOL CHILDREN



All primary children in Newham are eligible for a nutritious lunch every school day.

**WE ARE NEWHAM.**

# WE ARE HEALTHY.

# WE ARE NEWHAM.



**£8.50  
a week**  
for babies under  
1 year old



**FREE**  
Healthy Start  
vitamins including  
**Vitamin D**



**£4.25 a week**  
for pregnant women and  
children from 1 up to  
4 years old

## HEALTHY START FOOD AND VITAMINS

### FREE HEALTHY FOOD

#### Pregnant? Children under 4?

You may be able to get money to help you buy fruit, vegetables and milk.

Apply online by visiting [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk).

If you need help applying, speak to your local Children's Centre, library, midwife or health visitor.

Applying is easy and DOES NOT affect your other financial benefits.

### FREE VITAMINS!

In Newham, ALL pregnant women, new mums and children under 4 years old are entitled to free vitamins. You can collect a bottle from your midwife or local children centre.

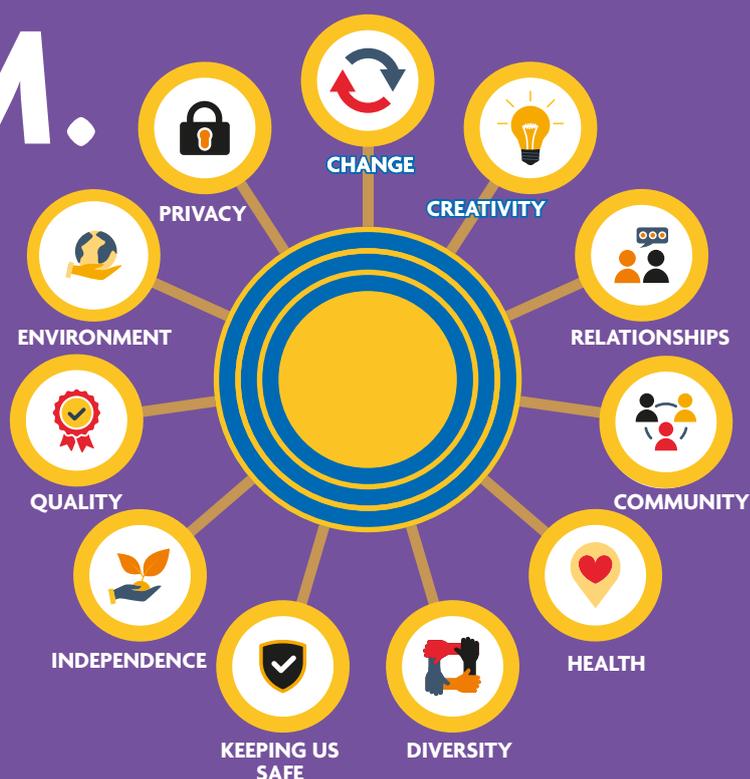


To find your nearest vitamin distribution site, visit [www.newham.gov.uk/healthystart](http://www.newham.gov.uk/healthystart)

# WE ARE AMBITIOUS.

# WE ARE NEWHAM.

# YOUNG PEOPLE'S CHARTER



Wishing all young people and families a safe, healthy and exciting Autumn break.

[www.newham.gov.uk/ActivitiesForYoungPeople](http://www.newham.gov.uk/ActivitiesForYoungPeople)

The information contained within this document was correct at time of going to print. Newham Council is marketing and supporting the range of autumn activities. Event organisers are responsible for activity risk assessments and the health and safety of all participants. Please contact the event organiser if you have any questions.