

Newham London

# ZOOM INTO SUMMER

CHILDREN AND  
YOUNG PEOPLE'S  
GUIDE TO SUMMER  
ACTIVITIES  
NEWHAM 2020



# ZOOM INTO SUMMER



## Hello Everyone,

I hope you are doing well during what has been a really unusual year for us all because of Covid-19. I know it has been strange adjusting to the changes brought about by lockdown. With many of you not being able to get to school since March, I know

that you have been spending your time learning and studying remotely – which hasn't been easy! You've also been at home every day, for weeks and weeks, away from your friends who you'd ordinarily be hanging out with.

Keeping healthy and safe from Covid-19 has meant we've stopped doing things we usually do, or we've had to do them differently, as well as finding completely new things to do, because of our changed environment. I don't know about you, but I found the changes really difficult at first, and I've had to adjust to this new 'normal'. That's meant loads more virtual meetings, working from all sorts of locations, including my bedroom!

But now it's summer, which always lifts my spirits! I'm looking forward to hanging out with my friends, at a safe social distance and taking my young nieces and nephews out during their school summer holidays.

That's why I'm super excited about our programme of summer activities called **Zoom into Summer** – a range of fun-filled and interesting activities with a social distance twist. There's rowing, basketball, multi-sports, dance, music, creative arts, volunteering, reading challenges, workshops to learn new skills, courses to support your wellbeing and much, much more. We'll also be making sure that all our libraries, Children Centres, parks, Headstart and Youth Zones have an amazing selection of brilliant activities throughout the summer, as will our partners that we work with such as: the East Summer School and the Royal Docks Enterprise Zone.

All our summer activities will be delivered physically or virtually, using platforms such as zoom. I know it won't be the same as getting out and about across the

Borough, but our key priority is for everyone to stay safe and healthy, so that we reduce the risk of Covid-19 in Newham.

We're building on all the activities that we've put in place virtually over the last few months, which loads of our young people have accessed to have fun with, such as: zoom-exercise, zoom-cook, zoom-dance, online courses, reading, art, films and photography, as well as 1-2-1 counselling sessions, zoom-debates and discussions on topical events such as Black Lives Matters, the environment and wellbeing. They've even made new friends to expand their social networks.

So, I hope you'll join me, my nieces and nephews to access the range of exciting, end of school year activities. You can find out more by checking out our website: [www.newham.gov.uk/children-families/activities-young-people-newham/1](http://www.newham.gov.uk/children-families/activities-young-people-newham/1) or you can call 020 8430 2000 for event details and updates. Don't forget, you'll need to book your place in advance for activities that involve you physically attending. More importantly – have a go with something new!

In the meantime, have a fun, magical and glorious summer – but please stay safe, as your wellbeing is so important to us!

I'm really looking forward to checking out what you're getting up too via twitter, instagram, snapchat and TikTok. Don't forget to use the hashtag #ZoomSummer20.

**Stay well and happy.**

Best wishes,

**Rokhsana Fiaz OBE**  
**Mayor of Newham**

**People at the Heart of Everything We Do**

   **@rokhsanafiaz**



# WELCOME

Our summer festival this year is quite unique to other years so please do take a moment to look at some of the key messages below to help you: Stay Connected, join in and have fun.

Events will be both physical and online and will include: street dance, multi-sports, cross curricular, discussions and debates, bike repair courses, games nights, self-development, music production, boxing, creative writing, arts activities, films, rowing, courses... and lots, lots more.

Please get in contact if your child has additional needs so we can do our best to accommodate their participation.

**To find out more - go to:**

**[www.newham.gov.uk/children-families/activities-young-people-newham/1](http://www.newham.gov.uk/children-families/activities-young-people-newham/1)**



## Booking activities /events

All events must be pre-booked, so book your spot early, as spaces will be limited due to social distancing regulations. Please check the website prior to travelling to any event as activities may be subject to change.

## Programme updates

New activities will be confirmed throughout July and August and there may be changes to some of the existing activities. Always check the website for details before attending an event.

## Photographs and Filming

Please note that photographs and footage may be taken at an event. These may be used for marketing and publicity, on partner websites and in social media or in any third party publication. Please contact the event organiser if you have any concerns or if you wish to be exempted from this activity.

## Foodmap links

A variety of organisations will be providing food during the summer. For their details and a map of their locations, go to <https://www.newham.gov.uk/coronavirus-covid-19>

## Health & Safety



Newham festival organisers and partners have given full consideration to the health and safety requirements for every activity and event. Keeping Newham children and young people safe remains our priority. This means

that all events offered for children, young people and families to attend physically, will follow up to-date government Covid-19 guidance.

## Activities using technology

This year there are a lot of activities that require the use of technology. We know that not everyone has access to technology or the Internet. See guidance on online safety on the website.

## Contact Centre

Our Contact Centre will support your enquiries or direct you to activity and event organisers.

Phone: 020 8430 2000

Email: [SummerActivities@newham.gov.uk](mailto:SummerActivities@newham.gov.uk)



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## Key to symbols



**Online activities**



**Indoor activities**



**Outdoor activities**

The information contained within this document was correct at time of going to print. Newham Council is marketing and supporting the range of summer 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.



**Newham  
Together**

**The best place  
for Children and  
Young People**







Online activities



Indoor activities



Outdoor activities



# HEADSTART

Did you know that adults with mental health problems could trace the start of their difficulties to childhood or adolescence? At HeadStart in Newham we offer mental health services to young people from 10 to 16 years through schools and the community. We believe good mental health can positively transform a young person and their family's lives.

To find out more about us visit our website: [www.HeadstartNewham.co.uk](http://www.HeadstartNewham.co.uk)

Mental health problems and challenges don't stop when schools break up for holidays so we are very much a part of Newham's Summer Programme.

## MONDAY 20 JULY - SUNDAY 26 JULY



### On The Move

**Monday 20 July, 4-5pm**

**AGE** 9-13 years, suited for beginners

**Tuesday 21 July, 4-5pm**

**AGE** 9-13 years, most suited for beginners

**Wednesday 22 July, 4-5pm**

**AGE** 3-16 years, most suited for beginners but gifted young dancers aged 9 to 13 years accepted

Learn dance routines, make friends and perfect your moves. Dance with us and feel like the best possible you!

**BOOK** [hello@eastlondondance.org](mailto:hello@eastlondondance.org) or 020 8279 1050  
Contact: [charlene.davies@eastlondondance.org](mailto:charlene.davies@eastlondondance.org)



### Drama

**Tuesday 21 July, 7-8pm**

**AGE** 10-16 years

**1 Woodford Road, Forest Gate, London, E7 0DH**

Are you interested in Drama and Acting? This course will show you how to prepare for a career in this sector and offer you mentorship. Our RADA trained tutor will guide you through the process and show you how to use improvisation skills to boost your self-confidence,

improve your creativity to help you feel motivated and re-energised.

**BOOK** Tel: 020 3373 1018 or 07563 546 725.

Digital Youth Zone Programme

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

Contact: [trisha@rosettaarts.org](mailto:trisha@rosettaarts.org)



### Mindful Mosaic

**Wednesday 22 July, 5-6pm**

**AGE** 10-16 years

Participants will learn about this ancient art form and how to create a traditional or contemporary mosaic using pre-cut ceramic pieces or glass tiles. Our tutor will demonstrate how to design a template, transpose it onto a mosaic panel, how to grout it correctly and polish your final design ready for display

**BOOK** Tel: 020 3373 1018 or 07563 546 725 or go to:  
Digital Youth Zone Programme <https://padlet.com/YESLBN/YESProgramme>



### East London Youth Dance Company

**Thursday 23 July, 4-5pm**

**AGE** 13+ years

This session is for advanced level dance training for 13+ years and led by a leading dance artist. Suitable for young people with good experience in dance from intermediate to advanced level.

**BOOK** [hello@eastlondondance.org](mailto:hello@eastlondondance.org) or 020 8279 1050  
Contact: [charlene.davies@eastlondondance.org](mailto:charlene.davies@eastlondondance.org)



## Youth Panel

**Friday 24 July, 4-5.30pm**

**AGE** 10-16 years

The Newham Youth Panel is an opportunity for young people to be involved in decision making and getting their voices heard. Work with us to shape our service, have a positive impact on your community, develop skills and wellbeing and form links and positive relationships with others. A welcome pack will be provided and includes a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

**BOOK** <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>  
Contact: [sarah.reeves@newham.gov.uk](mailto:sarah.reeves@newham.gov.uk)



## Your Time - Youth Befriending

**Monday 20 July to Friday 24 July, one hour sessions in agreement with young people**

**AGE** 10-18 years (up to 25 years SEND)

1 to 1 chat or catch-up sessions with a trusted professional where you can talk about things that matter to you during these uneasy times. It includes a welcome pack of a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

**BOOK** Referral: [https://newham-self.achieveservice.com/service/COVID19\\_Youth\\_Befriending\\_Referrals](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals)  
Contact: [your.time@newham.gov.uk](mailto:your.time@newham.gov.uk)



## Online One to One Counselling

**Monday 20 July to Friday 24 July**

**AGE** 10-16 years

Free, safe and anonymous support. Kooth is here to support you through anything, big or small. Get access to informative magazines, chat with the team and get one to one support, join conversations with their friendly community and start up a daily journal.

**BOOK** <https://www.kooth.com/signup>

# MONDAY 27 JULY - SUNDAY 2 AUGUST



## On The Move

**Monday 27 July, 4-5pm**

**AGE** 9-13 years suited for beginners

**Tuesday 28 July, 4-5pm**

**AGE** 9-13 years, suited for beginners

**Wednesday 29 July, 4-5pm**

**AGE** 13-16 years, suited for beginners but gifted young dancers aged 9-13 years accepted

Learn dance routines, make friends and perfect your moves. Dance with us and feel like the best possible you!

**BOOK** [hello@eastlondondance.org](mailto:hello@eastlondondance.org) or 020 8279 1050  
Contact: [charlene.davies@eastlondondance.org](mailto:charlene.davies@eastlondondance.org)



## East London Youth Dance Company

**Thursday 30 July, 4-5pm**

**AGE** 13+ years

This session is for advanced level dance training for 13+ years and led by a leading dance artist. Suitable for young people with experience in dance (intermediate to advanced level).

**BOOK** [hello@eastlondondance.org](mailto:hello@eastlondondance.org) or 020 8279 1050  
Contact: [charlene.davies@eastlondondance.org](mailto:charlene.davies@eastlondondance.org)





## Your Time - Youth Befriending

**Monday 27 July to Friday 31 July,  
one hour sessions in agreement with young people**

**AGE** 10 to 18 years (up to 25 years SEND)

One to one chat or catch-up sessions with a trusted professional where you can talk about things that matter to you during these uneasy times. It includes a welcome pack of a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

**BOOK** Referral - [https://newham-self.achieveservice.com/service/COVID19\\_Youth\\_Befriending](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending)  
Referrals or contact: [your.time@newham.gov.uk](mailto:your.time@newham.gov.uk)



## Counselling with Kooth

**Monday 27 July to Friday 02 August**

**AGE** 10-16 years

This is free safe and anonymous 1 to 1 counselling support or conversations with Kooth friendly community or an opportunity to start up a daily journal. Kooth supports young people through anything, big or small and provides informative magazines.

**BOOK** <https://www.kooth.com/signup> or contact: [headstart.programmeteam@newham.gov.uk](mailto:headstart.programmeteam@newham.gov.uk)



## X7eaven with Vocal Explosion

**Monday 27 July to Friday 31 July, 10-3pm**

**AGE** 10-16 years

Come and discover the wonders of your voice, learn to develop and mould your vocals or rap. Learn professional techniques resulting in small presentations to a live audience.

**BOOK** [newhamheadstart@cgl.org.uk](mailto:newhamheadstart@cgl.org.uk)



## Social Action Session

**Date/Time TBC, one hour session**

**AGE** 10-16 years

A fun zoom session to introduce young people to social action and social activism – learn how to have your voice heard. Please note that there are only 15 places available and booking is essential.

**BOOK** <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>  
or contact: [hiwot.ameneshoa@newham.gov.uk](mailto:hiwot.ameneshoa@newham.gov.uk)

# MONDAY 3 AUGUST - SUNDAY 9 AUGUST



## On The Move

**Monday 03 August, 4-5pm**

**AGE** 9-13 years, suitable for beginners

**Tuesday 04 August, 4-5pm**

**AGE** 9-13 years, most suited for beginners

**Wednesday 05 August, 4-5pm**

**AGE** 13-16 years, most suited for beginners but gifted young dancers aged 9 to 13 years accepted

Learn dance routines, make friends and perfect your moves. Dance with us and feel like the best possible you!

**BOOK** [hello@eastlondondance.org](mailto:hello@eastlondondance.org) or 020 8279 1050 or  
or contact: [charlene.davies@eastlondondance.org](mailto:charlene.davies@eastlondondance.org)



## East London Youth Dance Company

**Thursday 06 August, 4-5pm**

**AGE** 13+, most suited for intermediate to advanced level

This is advanced level dance training for 13+ years led by leading dance artists. Suitable for young people with experience in dance.

**BOOK** [hello@eastlondondance.org](mailto:hello@eastlondondance.org)  
or contact: [charlene.davies@eastlondondance.org](mailto:charlene.davies@eastlondondance.org)



## Youth Panel

**Friday 07 August, 4-5.30pm**

**AGE** 10-16 years

The Newham Youth Panel is an opportunity for young people to be involved in decision making and getting their voices heard. Work with us to shape our service, have a positive impact on your community, develop skills and wellbeing and form links and positive relationships with others. A welcome pack will be provided and includes a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

**BOOK** <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>  
or contact: [sarah.reeves@newham.gov.uk](mailto:sarah.reeves@newham.gov.uk)



## Your Time - Youth Befriending

**Monday 03 August to Friday 07 August,  
one hour sessions in agreement with young people**

**AGE** 10-18 (up to 25 SEND)

These one to one regular weekly catch-ups are with a trusted professional, where you can talk about the things that matter to you during these uneasy times. A welcome pack includes a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

**BOOK** Referral - [https://newham-self.achieveservice.com/service/COVID19\\_Youth\\_Befriending](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending)  
Referrals or contact: [your.time@newham.gov.uk](mailto:your.time@newham.gov.uk)



## Counselling with Kooth

**Monday 03 August to Friday 07 August**

**AGE** 10-16 years

This is free, safe and anonymous one to one counselling support or conversations with Kooth friendly community or an opportunity to start up a daily journal. Kooth supports young people through anything, big or small and provides informative magazines.

**BOOK** <https://www.kooth.com/signup> or contact: [headstart.programmeteam@newham.gov.uk](mailto:headstart.programmeteam@newham.gov.uk)



## X7eaven with Moving Stage 1

**Monday 3 August to Friday 7th August, 10-3pm**

**AGE** 10-16 years

**The Nexus Centre, 3 Snowberry Close, London E15 2AH**

Involves various vocal training, recording and dance styles and the end result is to build a professional portfolio including photo shoot and CV.

**BOOK** [newhamheadstart@cgl.org.uk](mailto:newhamheadstart@cgl.org.uk)



## Social Action Session

**Weekly, Date tbc, one hour**

**AGE** 10-16 years

This is via Zoom and is an introduction to Social action and social activism. Please note that there are only 15 places available and booking is essential.

**BOOK** <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/> or contact: [hiwot.ameneshoa@newham.gov.uk](mailto:hiwot.ameneshoa@newham.gov.uk)

# MONDAY 10 AUGUST - SUNDAY 16 AUGUST



## On The Move

**Monday 10 August, 4-5pm**

**AGE** 9-13 years, most suited for beginners

**Tuesday 11 August, 4-5pm**

**AGE** 9-13 years, most suited for beginners

**Wednesday 12 August, 4-5pm**

**AGE** 13-16 years, most suited for beginners but gifted young dancers aged 9 to 13 years accepted

Learn dance routines, make friends and perfect your moves. Dance with us and feel like the best possible you!

**BOOK** [hello@eastlondondance.org](mailto:hello@eastlondondance.org) or 020 8279 1050 or contact: [charlene.davies@eastlondondance.org](mailto:charlene.davies@eastlondondance.org)



## East London Youth Dance Company

**Thursday 13 August, 4-5pm**

**AGE** 13+, most suited for intermediate to advanced level

This is an advanced level dance training session for 13+ years, led by leading dance artists. Suitable for young people with experience in dance.

**BOOK** To book: [Hello@eastlondondance.org](mailto:Hello@eastlondondance.org) or contact: [charlene.davies@eastlondondance.org](mailto:charlene.davies@eastlondondance.org)



## Your Time - Youth Befriending

**Monday 10 August to Friday 14 August,  
one hour sessions**

**AGE** 10-18 years (up to 25 SEND)

One to one regular weekly catch-ups with a trusted professional, where you can talk about the things that matter to you during these uneasy times. A welcome pack includes a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

**BOOK** [your.time@newham.gov.uk](mailto:your.time@newham.gov.uk)



## Counselling with Kooth

**Monday 10 August to Friday 14 August**

**AGE** 10-16 years (up to 17 birthday), when a young person logs on and resources on the site available at all times.

This is free, safe and anonymous one to one counselling support or conversations with Kooth friendly community or an opportunity to start up a daily journal. Kooth supports young people through anything, big or small and provides informative magazines.

**BOOK** <https://www.kooth.com/signup> or contact: [headstart.programmeteam@newham.gov.uk](mailto:headstart.programmeteam@newham.gov.uk)



## CGL with Out & About in Mudchute

**Monday 10 August to Friday 14 August, 10-3pm**

**AGE** 10-16 years

**Mudchute Park and Farm, Piers St, Isle of Dogs, London, E14 3HP**

Activity taster sessions including animal care, horticulture, forest school and horse riding.

**BOOK** [newhamheadstart@cgl.org.uk](mailto:newhamheadstart@cgl.org.uk)



## X7eaven -Moving Stage 2,

**Monday 10 August to Friday 14th August, 10-3pm**

**AGE** 10-16 years

**The Nexus Centre, 3 Snowberry Close, London E15 2AH**

Incorporates various styles of dance and vocal techniques and recording resulting in a professional music video shoot. Want to shoot your own music video and learn all the tricks of filming? Join us!

**BOOK** [newhamheadstart@cgl.org.uk](mailto:newhamheadstart@cgl.org.uk)



## Social Action Session

**Date/Time TBC, one hour session**

**AGE** 10-16 years

This is via Zoom and is an introduction to Social action and social activism. Please note that there are only 15 places available and booking is essential.

**BOOK** <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/> or contact: [hiwot.ameneshoa@newham.gov.uk](mailto:hiwot.ameneshoa@newham.gov.uk)

# MONDAY 17 AUGUST - SUNDAY 23 AUGUST



## On The Move

**Monday 17 August, 4-5pm**

**AGE** 9-13 years suited for beginners

Learn dance routines, make friends and perfect your moves. Dance with us and feel like the best possible you!

**BOOK** [hello@eastlondondance.org](mailto:hello@eastlondondance.org) or 020 8279 1050 or contact: [charlene.davies@eastlondondance.org](mailto:charlene.davies@eastlondondance.org)



## Summer Dance School

**Monday 17 - Friday 21 August, 10am-3pm**

**AGE** 11-16 years

Join East London Dance and Studio Wayne McGregor for an exciting week exploring movement and film. Summer Dance School will be streamed live online from a state-of-the-art dance studio.

**BOOK** Go to [www.eastlondondance.org/classes](http://www.eastlondondance.org/classes) or contact [hello@eastlondondance.org](mailto:hello@eastlondondance.org) or 07732 492408 for more information



## Youth Panel

**Friday 21 August, 4-5.30pm**

**AGE** 10-16 years

The Newham Youth Panel is an opportunity for young people to be involved in decision making and getting their voices heard. Work with us to shape our service, have a positive impact on your community, develop skills and wellbeing and form links and positive relationships with others. A welcome pack will be provided and includes a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

**BOOK** <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/> or contact: [sarah.reeves@newham.gov.uk](mailto:sarah.reeves@newham.gov.uk)





## Your Time - Youth Befriending

**Monday 17 August to Friday 21 August, one hour sessions**

**AGE** 10-18 years (up to 25 SEND), to be arranged with a young person

One to one chat or catch-up sessions with a trusted professional where you can talk about things that matter to you during these uneasy times. It includes a welcome pack of a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

**BOOK** Referral - [https://newham-self.achieveservice.com/service/COVID19\\_Youth\\_Befriending\\_Referrals](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals) or contact: [your.time@newham.gov.uk](mailto:your.time@newham.gov.uk)



## Counselling with Kooth

**Monday to Friday**

**AGE** 10-16 years (up to 17 birthday), when a young person logs on and resources on the site available at all times.

This is free, safe and anonymous one to one counselling support or conversations with Kooth friendly community or an opportunity to start up a daily journal. Kooth supports young people through anything, big or small and provides informative magazines.

**BOOK** <https://www.kooth.com/signup> or contact: [headstart.programmeteam@newham.gov.uk](mailto:headstart.programmeteam@newham.gov.uk)



## Parkour Youth Camp

**Monday 17 August to Friday 21 August, 10-3pm**

**AGE** 10-16 years

**East Ham War Memorial, Central Park, 82 High Street, London, E6 6DY**

Parkour is fun, challenging and great for developing more confidence in using your body for movement. Whether you are into sports or not, Parkour is made up of lots of different movements and skills; we will show you how to swing, climb, jump, balance, vault and more. Please note there are limited places and booking is essential.

**BOOK** [newhamheadstart@cgl.org.uk](mailto:newhamheadstart@cgl.org.uk)



## MHG Music in Film and TV

**Monday 17 August to Friday 21 August, 10.30-3pm**

**AGE** 13-16 years

Soundscapes and soundtracks, music videos for a maximum of 10 people.

**BOOK** [newhamheadstart@cgl.org.uk](mailto:newhamheadstart@cgl.org.uk)



## Social Action Session 1

**Date/Time TBC, one hour session**

**AGE** 10-16 years

A fun zoom session to introduce young people to social action and social activism – learn how to have your voice heard. Please note that there are only 15 places available and booking is essential.

**BOOK** <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/> or contact: [hiwot.ameneshoa@newham.gov.uk](mailto:hiwot.ameneshoa@newham.gov.uk)





# MONDAY 24 AUGUST - SUNDAY 30 AUGUST



## Summer Dance School

**Monday 24 - Friday 28 August, 10am-3pm**

**AGE** 9-13 years

Join East London Dance and Studio Wayne McGregor for an exciting week exploring movement and film. Summer Dance School will be streamed live online from a state-of-the-art dance studio.

**BOOK** Go to [www.eastlondondance.org/classes](http://www.eastlondondance.org/classes) or contact [hello@eastlondondance.org](mailto:hello@eastlondondance.org) or 07732 492408 for more information



## Watercolour for Wellness part of Digital Youth Zone Programme

**Tuesday 25 August, 7-8pm**

**AGE** 10-16 years

**1 Woodford Road, Forest Gate, London, E7 0DH**

Watercolour painting is a great way to relax. In this session the tutor will show you a variety of techniques from traditional, alternative and experimental methods in use of watercolour painting to help you create unique art.

**BOOK** 020 3373 1018 or 07563 546 725 <https://padlet.com/YESLBN/YESProgramme> or contact: [trisha@rosettaarts.org](mailto:trisha@rosettaarts.org)



## Sketchbook Journaling

**Wednesday 26 August, 5-6pm**

**AGE** 10-16 years

**Little Ilford Centre, 1a Rectory Road, Manor Park, London, E12 6JB**

Leaners will be shown how to use sketchbooks and how it can play an essential part of the creative process. Your tutor will show you how to use a sketchbook to visualise your ideas, capture your thoughts and feelings, enhance your creativity and improve your artistic skills.

**BOOK** 020 3373 1018 or 07563 546 725 <https://padlet.com/YESLBN/YESProgramme> or contact: [trisha@rosettaarts.org](mailto:trisha@rosettaarts.org)



## Your Time - Youth Befriending

**Monday 24 August to Friday 28 August, one hour sessions**

**AGE** 10-18 years (up to 25 SEND) arranged with young person.

One to one regular weekly catch-ups with a trusted professional, where you can talk about the things that matter to you during these uneasy times. A welcome pack includes a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

**BOOK** [your.time@newham.gov.uk](mailto:your.time@newham.gov.uk)



## Counselling with Kooth

**Monday 24 August to Friday 28 August**

**AGE** 10-16 years (up to 17 birthday), when a young person logs on and resources on the site available at all times.

This is free, safe and anonymous one to one counselling support or conversations with Kooth friendly community or an opportunity to start up a daily journal. Kooth supports young people through anything: big or small and provides informative magazines.

**BOOK** <https://www.kooth.com/signup> or contact: [headstart.programmeteam@newham.gov.uk](mailto:headstart.programmeteam@newham.gov.uk)



## MHG Outreach Music Production

**Monday 24 August to Friday 28 August, 10-3pm**

**AGE** 13-16 years

Work on creating your own music and recording it using state of the art tech. Level 2 (10 people max).

**BOOK** [newhamheadstart@cgl.org.uk](mailto:newhamheadstart@cgl.org.uk)



## Social Action Session

**Date/Time TBC, one hour session**

**AGE** 10-16 years

A fun zoom session to introduce young people to social action and social activism – learn how to have your voice heard. Please note that there are only 15 places available and booking is essential.

**BOOK** <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/> or contact: [hiwot.ameneshoa@newham.gov.uk](mailto:hiwot.ameneshoa@newham.gov.uk)



# LIBRARIES

## Access to Libraries

**There will be limited library opening times from 13 July**

**Monday to Friday: 10-12pm and 2-4pm**

Adults as well as children and young people will be able to reserve books online for pick up in their local branch. Each library will have bags of pre-selected books by age range, genre and recommended reads for people to borrow with a library card. People can ring libraries to book a collection slot or reserve books online. There will be drop-in availability but some libraries may have less capacity due to space and staffing. Contact your local library or visit our website for up to date information.

## Library Cards

Everyone including children needs a valid/current library card to take out books, resources or use the computers. To find out more or obtain a library card, go to: [www.newham.gov.uk/libraries](http://www.newham.gov.uk/libraries) or call your local library. Cards can be collected at your local library branch.

## Computer Use

People can ring libraries to book a collection slot or to book a computer. There will be drop-in availability but some libraries may have less capacity due to space and staffing. Members of the public will need a library card to use the computer.

## E-Books, E-Audio, Online Resources and Courses

**All summer**

**AGE** all ages

Use your valid/current library card to use resources or sign up to a library activity. You can do this on our website [www.newham.gov.uk/libraries](http://www.newham.gov.uk/libraries)

## Summer Reading Challenge

**All summer long**

**AGE** 4-11 years

Join the summer reading challenge by setting your reading target and unlock your virtual rewards. Children have the opportunity to review books and take part in games, quizzes and more. Children who can't access the digital challenge will be able to collect their reading rewards at libraries in Newham.

## Newham Libraries Online Summer Programme

Visit [www.newham.gov.uk/libraries](http://www.newham.gov.uk/libraries) for a fun packed summer programme of authors, storytellers, fun science facts and lots more.

**Visit [www.newham.gov.uk/libraries](http://www.newham.gov.uk/libraries) for full details of our services.**

### Stratford

3 The Grove, E15 1EL

Tel: 020 3373 0826

### Plaistow

North Street Plaistow,  
E13 9HL

Ph: 020 3373 0859

### Manor Park

685-693 Romford Road,  
E12 5AD

Tel: 020 3373 0858

### Green Street

337-341 Green Street,  
Upton Park, E13 9AR

Tel: 020 3373 0857

### Forest Gate

2-6 Woodgrange Road,  
Forest Gate, E7 0QH

Tel: 020 3373 0856

### East Ham

328 Barking Road, E6 2RT

Tel: 020 3373 0827

### Canning Town

18 Rathbone Market,  
Barking Rd, E16 1EH

Tel: 020 3373 0854

### Custom House

Prince Regent Lane,  
E16 3JJ,

Tel: 020 3373 0855

### Beckton Globe

1 Kingsford Way, E6 5JQ

Tel: 020 3373 0853

### North Woolwich

5 Pier Parade, Pier Road,  
E16 2LJ,

Tel: 020 3373 0843



# PARKS

Whether you want to relax, play or enjoy a day out with friends or family, you will find a park in Newham to suit your needs. All events have a capacity of five (5) people only, unless specified and places will be confirmed on a first-booked basis. Due to Covid-19, all events offered must be pre-booked. Please get in contact if your child has additional needs so we can do our best to accommodate the participation.

## Monday to Friday 27 July - 28 August, various times

**BOOK** Eventbrite (<https://activenewhamparks.eventbrite.co.uk>) for more details or contact: [sports@activenewham.org.uk](mailto:sports@activenewham.org.uk)

### Stratford

**Cross-curricular:** Thursdays, 11.30am-12.30pm, 5-7 years

**Cross-curricular:** Thursdays, 12.30-1.30pm, 7-11 years

### Queen Elizabeth Olympic Park

**Multi-sports:** Mondays-Fridays, 12-4pm, 8-18 years

**Cross-curricular:** Fridays, 12-1pm, 5-7 years

**Cross-curricular:** Fridays, 1-2pm, 7-11 years

### Central Park

**Multi-sports:** Wednesdays, 11.30am-3.30pm, 8-18 years

**Cross-curricular:** Wednesdays, 11.30am-12.30pm, 5-7 years

**Cross-curricular:** Wednesdays, 12.30-1.30pm, 7-11 years

### New Beckton

**Multi-sports:** Wednesdays-Thursdays, 12-4pm, 8-18 years

**Cross-curricular:** Wednesdays, 2-3pm, 5-7 years

**Cross-curricular KS2:** Wednesdays, 3-4pm, 7-11 years

**Boxing:** Wednesdays, 12.30-1.30pm, 8-18 years

### Canning Town Rec

**Multi-sports:** Mondays, Tuesdays & Thursdays, 12-4pm, 8-18 years

**Cross-curricular KS1:** Mondays, 11.30am-12.30pm, 5-7 years

**Cross-curricular KS2:** Mondays, 12.30-1.30pm, 7-11 years

**Street dance** Tuesdays, 2-3pm, 8-18 years

### Plashet Park

**Multi-sports:** Mondays-Fridays, 12-4pm, 8-18 years

**Boxing:** Monday, 12.30-1.30pm, 8-18 years

**Cross-curricular:** Tuesdays, 11.30am-12.30pm, 5-7 years

**Cross-curricular:** Tuesdays, 12.30-1.30pm, 7-11 years

**Dance:** Fridays, 2-3pm, 8-19 years

### Plaistow Park

**Multi-sports:** Wednesdays & Thursdays, 12-4pm, 8-18 years

**Street dance:** Wednesdays, 2-3pm, 8-18 years

**Boxing:** Wednesdays, 12.30-1.30pm, 8-18 years

**Cross-curricular:** Thursdays, 2-3pm, 5-7 years

**Cross-curricular:** Thursdays, 3-4pm, 7-11 years

### Priory Park

**Dance:** Mondays, 2-3pm, 8-18 years

**Multi-sports:** Mondays, Tuesdays & Fridays, 12-4pm, 8-18 years

**Cross-curricular:** Tuesdays, 2-3pm, 5-7 years

**Cross-curricular:** Tuesdays, 3-4pm, 7-11 years

**Boxing:** Fridays, 12.30-1.30pm, 8-18 years

### Keir Hardie

**Multi Sports:** Mondays-Fridays, 12-4pm, 8-18 years

**Cross-curricular:** Mondays, 2-3pm, 5-7 years

**Cross-curricular:** Mondays, 3-4pm, 7-11 years

**Boxing:** Tuesdays, 12.30-1.30pm, 8-18 years

**Street dance:** Thursdays, 2-3pm, 8-18 years

### Victory Park

**Parkour:** Mondays, 1-3pm, 8-18 years



# QUEEN ELIZABETH OLYMPIC PARK

The park remains open to visitors, with the parklands and canal paths still accessible to all, seven days a week. Over the summer come and enjoy the space to exercise and socialise with friends and family. For up to date information about the facilities and venues on the park, please visit: [www.queenelizabetholympicpark.co.uk](http://www.queenelizabetholympicpark.co.uk).

- Most venues and attractions across the park remain closed with some partially open, such as Lee Valley Hockey and Tennis Centre.
- A lot of the restaurants and cafés on and around the Park are open for takeaway only, with some beginning to offer an eat-in service.
- Toilets are open 11am – 6pm and are located at The Podium near the ArcelorMittal Orbit. There is an increased cleaning regime in place to ensure visitors are as safe as possible.
- The Pleasure Gardens play areas in the south of the park are open
- The outdoor gyms at the park have reopened.



## Fun Fair

**Monday 17 July to Sunday 31 August,  
Friday to Monday only, 1-10pm**

Whether it be the dodgems, rollercoasters or a carousel, George Irvin's Ultimate funfair will have something for everyone to enjoy as it arrives in the north of the park for summer! Please note there is an entrance charge of £1 per person, although it is free for under 3s. The rides operate on a token system, which are available to purchase at the funfair for £1.20 per token or 10 for £10. NHS workers can receive 50% off tokens every Friday! Strict social distancing measures will be in place for visitors' safety.



Online activities



Indoor activities



Outdoor activities



# FAMILIES, CHILDCARE AND PLAY SCHEMES

## Parenting Befriending Service

A bespoke parenting befriending service for parents/ carers of children and young people aged 0-16 years who need a space to talk and think through the ways that they are coping in the circumstances and practical suggestions to manage challenges such as their young person's behaviour, anxiety and worries, family relationship challenges and a young person's screen time.

- Befrienders are either trained children centre staff or Newham Parent Peer Facilitators
- 30-60 mins session per week
- 1-8 weeks with a clear transition process put in place for when the contact ends.
- Group sessions – will be developed where this would be helpful and appropriate.
- Virtual Coffee Mornings - Early Years / Primary and Secondary.
- Signposting and referrals to other support and services as and when appropriate.

If you would like to refer a family for the parenting befriending offer please email:  
BSILFamilySupport@newham.gov.uk.

## Family Money Matters - (family finance, housing and returning to work/training)

FREE one to one advice and guidance to all via phone or on-line in partnership with Newham WorkPlace, MoneyWorks and voluntary sector Organisations including Community Links and Shelter.

1. **Advice and assistance** on housing, homelessness, evictions, welfare benefits, tax credits and universal credit, immigration and employment law
2. **Financial support** to access affordable credit, money and debt management and emergency support including access to food bank vouchers, supermarket and energy vouchers
3. **Employment/training** support includes
  - Improving your CV
  - Identifying job/career options
  - Advising on jobs to best suit your skills
  - Good quality apprenticeships for all ages
  - Bespoke training to enhance your existing skills including accredited qualifications
  - Preparing you for attending assessment centres and interviews
  - Advice on childcare options

**BOOK** email: [strengthening.families@newham.gov.uk](mailto:strengthening.families@newham.gov.uk)





## Family Relationship Matters

We all have arguments; it is normal for parents to argue, whether they are together or not. Causes can include; Job loss, births, deaths, illness or separation, money worries or the pressure of family life.

Our Family Relationships Matter programme consists of six sessions delivered one to one by trained facilitators from Early Help, Families First, Children's Centres and Schools. We will match families to the best organisation to deliver based on the family's needs and existing support networks.

These sessions give families the tools to manage conflict effectively and reduce the impact on their children.

**BOOK** email: [strengthening.families@newham.gov.uk](mailto:strengthening.families@newham.gov.uk)



## Carpenter Docklands Settlements Summer Scheme

**Tuesdays, Wednesdays and Thursdays, 9am-3pm**

**AGE** 4-11 years

**98 Gibbins Road, Stratford E15 2HU**

*£15.00 per day includes a hot meal, fruit, snacks and drinks.*

*Childcare vouchers can be used.*

The summer scheme is only open at the Stratford centre but transport will be offered to those needing to drop their children at other centres.

The holiday programme encouraging children to make new friends, learn and develop through play and fun activities.

Bookings: Families need to register first and then they can use the online booking: <https://carpenter-and-dockland-centre.childcare-online-booking.co.uk/>

If your child does not attend one of the feeder schools please choose Carpenter School.

**BOOK** Booking essential as there are only 40 places each day

Contact: Samantha Tel: 020 8534 4121

[Samantha.white@docklandsettlements.org.uk](mailto:Samantha.white@docklandsettlements.org.uk)



## Ascension Community Trust Summer Scheme

**Weekdays Monday 27 July to Friday 28 August, 11am-3pm**

**AGE** 6-11 years

**Ascension Church Centre, Baxter Road, London, E16 3HJ**

Join in to various activities including: crafts, games and sports. Lunch is included

Cost: £10 per child for the whole week

**BOOK** [www.ascensioncommunitytrust.org](http://www.ascensioncommunitytrust.org)  
or by phone 020 7511 1232 or by email  
[admin@ascension.org.uk](mailto:admin@ascension.org.uk)

*Each child can only sign up to one week of the 5 weeks available due to limited spaces available.*

*There is a maximum of 14 children per week.*





## Holiday PlayScheme - Ofsted Registered Years 1-7 Little Manor Play Project

Monday 27 July to Wednesday 02 September

Operating Mondays to Thursdays, 8am-6pm

8-9am Breakfast Club

9am-6pm Holiday Playscheme

2-6pm Activity Session

The Froud Community Centre,  
1 Toronto Avenue, E12 5JF

Daily rates

- Breakfast Club: 1st child £2; Sibling £2
- Holiday Playscheme: 1st child £16; Sibling £11

Activities include, arts & crafts, cooking, sports, games, challenges, and local trips to outdoor spaces. (We will not be using public transport, but we may occasionally use a private minibus/coach)

Children receive a lunch and morning & afternoon snack.

**INFO** [play@aston-mansfield.org.uk](mailto:play@aston-mansfield.org.uk)  
Contact: 020 3355 3978

## The Manor Youth Project for Young People in Years 7-9 Transitional Youth Programme

Monday 27 July to Wednesday 2 September

Tuesdays and Wednesdays

8-9am Breakfast Club

9-10am Volunteering contribution

10am-6pm Transitional Youth

A combination of developmental workshops and off-site activities for young people with lunch and snacks provided.

- Breakfast Club: 1st child £2; Sibling £2
- Activity Session: 1st child £10; Sibling £8
- Transitional Youth: 1st child £5; Sibling £5

**INFO** [play@aston-mansfield.org.uk](mailto:play@aston-mansfield.org.uk)  
Or contact: 020 3355 3978

## Best Start in Life (BSiL) Children's Centres

Newham's Children's Centres offer a range of services to ensure children have the best start in life. The service is free and focuses on families with children aged birth to 5 years.

At the present time, Children's centres are continuing to meet the needs of our community by offering ongoing family support and remotely delivering targeted/specialist groups. In addition to this, the centres are also offering tailored support to families on parenting, early education, child/adult learning, child development and SEND. BSiL Universal Services will be reintroduced in due course.

**INFO** For further information or to locate the nearest centre please visit: <https://families.newham.gov.uk/kb5/newham/directory/family.page?familychannel=3-2>

## BSiL Family Support

Our Family Support Practitioners will continue to work closely with families helping them overcome difficulties they are experiencing including domestic abuse, mental health, housing, and financial struggles. Our practitioners will also promote parenting skills as well as confidence by offering advice around managing behaviour, healthy eating, speech and language or anything else. The length of family support varies from short-term targeted support to more intensive multi-agency Early Help support

Please see the links to web pages below for early years, childcare and holiday provision:

Email: [FIS@newham.gov.uk](mailto:FIS@newham.gov.uk)

### Newham Families website

<https://families.newham.gov.uk/kb5/newham/directory/home.page>

### Family Information Service

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

### Childcare and Early Education Providers

<https://families.newham.gov.uk/kb5/newham/directory/family.page?familychannel=3-1>

### Holiday Clubs

<https://families.newham.gov.uk/kb5/newham/directory/results.page?familychannel=3-1-6>



Online activities



Indoor activities



Outdoor activities



# SUMMER LEARNING



## Summer Saturdays with the Maths Mates!

**Saturday 18th July to the end of August**

4-12 years

Summer Saturdays with the Maths Mates is a 7-week programme each with a different theme exploring a range of mathematical ideas. It can be used by families at home or by play leaders with children at holiday clubs or summer schemes.

Each week Summer Saturdays will introduce you to a new hands-on activity and with the Maths Mates programme we can continue to support families with their children's maths learning, in a creative way.

**INFO** <https://www.mathsontoast.org.uk>



## East Summer School - FREE

**Courses in Creative Arts, Theatre, Engineering, Architecture, Dance and more**

**Monday 27 July to Monday 17 August**

**AGE** Students aged 12-17 years

This year the Summer School experience will be returning online with unique virtual workshops, webinars and learning experiences to all whom sign-up. Summer School courses are being delivered by world-leading organisations, such as the BBC, London College of Fashion and UCL who will be moving to east London as part of East Bank. As well as working alongside institutions that are already here, such as Staffordshire University London, Studio Wayne McGregor, The Yard Theatre and many more.

**BOOK** To book pupils can sign up to the programme by going to: [www.QueenElizabethOlympicPark.co.uk/Summerschool](http://www.QueenElizabethOlympicPark.co.uk/Summerschool)  
Contact: [SummerSchool@Londonlegacy.co.uk](mailto:SummerSchool@Londonlegacy.co.uk) to help with all enquires.



## Academy Achievers STEAM Summer Camp

**Monday 27 July to Friday 21 August, 10-11.30am and 1-2.30pm**

**AGE** 6-10 years

Free learning activities include: science, technology, arts, engineering and mathematics.

**BOOK** Contact: [admin@academyachievers.co.uk](mailto:admin@academyachievers.co.uk)  
Phone: 0333 742 7555 or 07852 621 283



## Arise and Glow Summer School

**3-31 August, Mondays to Thursdays, 11am-3pm**

**Maths and English for Primary, Secondary & GCSE students**

**AGE** 4-16 years

**Intensive 11+ Preparation including mock tests and feedback**

**AGE** 11+ years

**BOOK** Contact/book: Simeon: 020 7018 1697 or 0795651 5252



## Shpresa Summer Programme - Services for Albanian Speakers

**Wednesday, Saturdays and Sundays - English Classes**

**Every Weekday - Virtual Youth Clubs, 6-9pm**

**Weekly - Inspiration Talk**

Shpresa promotes the participation and contribution of the Albanian-speaking community in the UK as well as enable its users to play a positive and active role in the Big Society.

**BOOK** To find out more visit:  
[www.shpresaprogramme.com](http://www.shpresaprogramme.com)  
Contact: Ph:02075111586  
Email: [shpresaprogramme@yahoo.co.uk](mailto:shpresaprogramme@yahoo.co.uk)

# BADU COMMUNITY SCHOOLING AND SPORTS

BADU Community will be providing a FREE tutoring program to developmentally rebuild academic routines and support your child's reintegration back into school ready for September. The scheme is adapted to meet all the social distancing requirements as specified in the COVID-19 guidelines.

## Secondary provision

For students who have just completed year 10, 11, 12 and 13 wanting support in the following subjects: Chemistry, Biology, Physics, Maths, Geography, History and English.

## Primary provision

KS2: year 3, year 4, year 5 and year 6

**BOOK** To apply or for enquires email: [Tutors@baducic.org](mailto:Tutors@baducic.org)

BADU Sports will be running a FREE social distancing summer sports program starting Tuesday 28th July – Thursday 27th August.

**AGE** 12-16 years and 16-21 years

**Gainsborough Playing Fields, East Bay Lane, Here East, London E15 2GW**

### Tuesdays:

**11am -1pm**

Basketball

Football

Athletics

**2-4pm**

Basketball

Football

Multi-sports

**4.30-6.30pm**

Basketball

Football

Athletics

### Wednesdays:

**11am -1pm**

Netball

Football

Tennis

**2-4pm**

Basketball / Netball

Football

Tennis / Multi-sports

**4.30-6.30pm**

Basketball / Netball

Football

Tennis / Multi-sport

### Thursdays:

**11am-1pm**

Basketball

Football

Athletics

**2-4pm**

Basketball

Football

Multi-sports

**4.30-6.30pm**

Basketball

Football

Tennis

**BOOK** Please book a slot at [Info@baducic.org](mailto:Info@baducic.org) or turn up at a sports of your choice.



# YOUTH EMPOWERMENT SERVICES

Throughout the summer there will be a range of Youth Zone centre-based activities, outdoor activities and online activities. Activities will be updated on the website over the coming month, so stay in touch to zoom in or join into our summer fun.

**Forest Gate Youth Zone**  
**Beckton Globe Youth Zone**  
**Little Ilford Youth Zone**  
**Shipman Youth Zone**

**AGE** 9-19 years (up to 25 if SEND)

Zoom / Online / Centred-based / Outdoor Activities, Tuesdays to Fridays, Various Times – see padlet (<https://padlet.com/YESLBN/YESProgramme>) for session details. This is updated every week,

## MONDAY 20 JULY TO SUNDAY 30 AUGUST



### The People Speak Session

**Monday 27 July, 4-5.30pm,**

**AGE** 9-19 years (up to 25 years if SEND)

This is an online pop-up talk show with youth voice sessions, political pizza making and more.

**BOOK** Book via Participation Team



### Mentoring

**Tuesday 28 July, 2-4pm, 13-16 years**

**BOOK** Book through School 21

## Music Production Workshop

**Tuesday 28 July, 4-7pm**

**AGE** 9-19 years

**Stratford Park, 51 Church St, Stratford E15 3JR**

There are only 10 places available, so booking is essential - this is only open to young people we are engaging with through the Detached Sessions (closed group).

**BOOK** Book via Detached Team





## Bicycle Workshop

**Wednesday 29 July, 4-7pm**

**AGE** 9-19 years

This workshop will be run in partnership with BikeWorks – come and learn how to fix a bike. There are only 10 places available, so booking is essential

**BOOK** Book via Detached Team. - This is only open to young people we are engaging with through the Detached Sessions (closed group).



## Basketball

**Thursday 30 July, 4-7pm**

**AGE** 9-19 years

Come and learn or join into basketball games and skills. Please note that there is a capacity of 10 people per time.

**BOOK** Booking not required - this is only open to young people we are engaging with through the Detached Sessions (closed group).



## Children in Care Council

**Thursday 30 July, 3-4pm**

**AGE** 9-19 years (up to 25 years if SEND)

A range of online social sessions for young people living in care are planned throughout the summer – please check the Youth Empowerment Service padlet for more information. This is also an opportunity for young people to talk about issues that they are facing and work together to highlight these.

**BOOK** Book via Participation Team



## Volunteering in the Hub

**Every Thursday from 30 July to 27 August, 10am-4pm**

**AGE** 14-19 years (up to 25 years if SEND)

Young people have the opportunity to volunteer supporting the relief effort being undertaken in two of Newham's Hubs. It's a great for young people to get involved in their communities while learning new skills and meeting new people. This event is being run in association with the Hubs at St Mark's Industrial Estate and Stratford Old Town Hall.

**BOOK** Book via Participation Team



## Multi-sports

**Friday 31 July, 4-7pm**

**AGE** 9-19 years

Come and learn or join into a range of sports activities. Keep active, fit and make friends. Please note that there is a capacity of 10 people per time.

**BOOK** Booking not required - this is only open to young people we are engaging with through the Detached Sessions (closed group).



## Detached Sessions

**Tuesday 28 July to Friday 31 July, 6-9pm**

**AGE** 9-19 years

**Stratford at various locations**

The detached team will be available to meet young people at varied locations around Stratford.

**BOOK** Book via Detached Team. - This is only open to young people we are engaging with through the Detached Sessions (closed group).



## Keeping it Wild

**Monday 20 July to Friday 07 August, 10am-3pm**

**AGE** 9-19 years, (up to 25 years if SEND)

**Freemasons Road Area**

This is a three weeklong environmental Social Action Project which is being delivered in Custom House.

**BOOK** Book via Participation Team



## EET Programme

**Saturday 01 August, 2-5pm**

**AGE** 16-19 years

**Westfield Shopping Centre**

Come join an informative and educational employability programme to help steer you towards your next role. Booking is essential as there are only six places available

**BOOK** Book via Detached Team -this is only open to young people we are engaging with through the Detached Sessions (closed group).



Online activities



Indoor activities



Outdoor activities



# YOUTH OFFENDING SERVICES (YOS)

This summer there is a range of activities for young people apart of YOS. To book please use the internal summer offers referral process. Link for booking?

## MONDAY 27 JULY - SUNDAY 02 AUGUST



### Self-Awareness

**Monday 27 July**

**AGE** 12-1pm for 13-15 years

**AGE** 2-3pm for 16-17 years

This online self-awareness session, delivered by Smartchoices is designed to engage, relate and develop trust amongst young people. These sessions introduce the concept of self-awareness and enables young people to explore their identity and self-perception. Please note that there is a maximum of 14 places for young people with a maximum of seven in each group on this course.

**BOOK** Referral via YOS Case Manager



### Music Production

**Monday 27 July and Tuesday 28 July, 4-5.30pm**

Join our zoom music production session delivered by the Irene Taylor Trust to learn music production and creative writing via spoken word. Please note that there is a maximum of seven places for young people on this course.

**BOOK** Referral via YOS Case Manager



### Junior Attendance Centre (Success Academy)

**Tuesday 28 July, 2-4pm**

**AGE** 14-18 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

Delivered by WIPERS the Success Academy will

involve young people learning and developing key life skills relevant to culture and identity, entrepreneurship and achieving your goals. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



### Real Talk

**Wednesday 29 July**

**AGE** 14-17 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

This session is an opportunity for 'real talk' and will involve young people coming together to discuss and debate relevant current affairs which link into the theme of 'Be the Change' including politics and topical news reports which deal with equality and empowerment. Please note that there is a maximum of 4 places for young people on this course.

**BOOK** Referral via YOS Case Manager



### Bike Repairing

**Wednesday 29 July, 3-4pm**

**AGE** 11-17 years (YOS)

**YOS Offices, 192 Cumberland Road, E13 8LT**

This enjoyable session is run by Streetwise Kids and aims to help young people learn new skills in how to mend bicycles. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager





## Participation and Engagement

**Wednesday 29 July, 11am-12pm**

**AGE** 14-18 years

This is the YOS co-production session and an opportunity for young people to have their say on topical issues that affect them including structural barriers and on the YOS service and how they feel they could be best served.

**BOOK** Referral via YOS Case Manager



## Victim Support

**Wednesday 29th July, 4-5pm**

**AGE** 14-18 years

This session is an opportunity to explore harm and the impact it has on a young person, their family and community, and learning more about Victim Support and the various ways they can support young people known to the YOS.

**BOOK** Referral via YOS Case Manager



## Restorative Justice Awareness

**Wednesday 29 July, 11am-1pm,**

**AGE** 13-15 years

**Thursday 30 July, 11am-1pm**

**AGE** 16-18 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

These sessions are an opportunity to learn about what Restorative Justice is, thinking about the key principles of who is harmed through offending, the voice of the harmed and the concept of empathy. Please note that there is a maximum of 4 places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Identity Workshop

**Thursday 30 July, 11am-12pm**

**AGE** 16-18 years

This is a bespoke session considering culture and identity for YOS BAME cohort thinking about black history, empowerment and how young people can 'Be the Change'.

**BOOK** To book: Referral via YOS Case Manager



## Girls group

**Thursday 30 July, 2-4pm**

**AGE** 14-18 years (female only)

**YOS Offices, 192 Cumberland Road, E13 8LT**

This is a bespoke group for the females who find themselves in the criminal justice system, thinking about issues around sexual exploitation, consent, empowerment and mindfulness including thinking about health and body image in a safe space

**BOOK** Referral via YOS Case Manager



## Workplace Employability One to One

**Thursday 30 July, 1-4pm**

**AGE** 16+ years

This is an opportunity to have a virtual one to one slot with a Workplace NEET advisor who will assist with the registration process, and discuss a bespoke ETE plan and current opportunities

**BOOK** Referral via YOS Case Manager



## Cook Off

**Friday 31 July, 12-1pm**

**AGE** 16-18 years

This session is an opportunity to share and show your cooking skills. It is a competition for young people to showcase their abilities in the kitchen.

**BOOK** Referral via YOS Case Manager

# MONDAY 03 AUGUST - SUNDAY 09 AUGUST



## Self Development

### Monday 03 August

**AGE** 12-1pm, 13-15 years

**AGE** 2-3pm, 16-17 years

This online self-development session, delivered by Smartchoices is designed to help you understand how others see you. It's all about perceptions and the stories out actions tell, how we think others see us and how others actually see us. Please note that there is a maximum of 14 places for young people on this course with five to seven in each group.

**BOOK** Referral via YOS Case Manager



## Music Production

### Monday 03 August and Tuesday 04 August, 4-5.30pm

Join our zoom music production session delivered by the Irene Taylor Trust to learn music production, skills and creative writing. Please note that there is a maximum of seven places for young people on this course.

**BOOK** Referral via YOS Case Manager



## First Aid Skills

### Tuesday 04 August, 2-3pm

**AGE** 16-18 year (YOS)

This online course run by the Street Doctors focuses on practical skills including basic first aid, what to do with knife wounds, deal with shock and CPR while teaching young people the medical effects of knife wounds on the body.

**BOOK** Referral via YOS Case Manager



## Real Talk

### Tuesday 04 August, 11am-1pm

**AGE** 14-18 years

### YOS Offices, 192 Cumberland Road, E13 8LT

This session is an opportunity for 'real talk' and will involve young people coming together to discuss and

debate relevant current affairs which link into the theme of Be the Change including politics and topical news reports which deal with equality and empowerment. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Junior Attendance Centre (Success Academy)

### Tuesday 04 August, 2-4pm

**AGE** 14-18 years

### YOS Offices, 192 Cumberland Road, E13 8LT

Delivered by WIPERS the Success Academy will involve young people's learning and developing key life skills around culture and identity, entrepreneurship and achieving your goals. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Bike Repairing

### Wednesday 05 August, 3-4pm

**AGE** 11-17 years

### YOS Offices, 192 Cumberland Road, E13 8LT

This enjoyable session is run by Streetwise Kids and aims to help young people learn new skills in how to mend bicycles. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Personal Safety

### Wednesday 05 August, 11am-1pm

**AGE** 11-17 years

### YOS Offices, 192 Cumberland Road, E13 8LT

This course run by Safer Schools Police will help you know how to keep personally safe when you are out and about and how to empower yourself and your community to keep safe.

Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Participation and Engagement

**Wednesday 05 August, 11am-12pm**

**AGE** 14-18 years

This is the YOS co-production session and an opportunity for young people to have their say on topical issues which affect them including structural barriers and on the YOS service and how they feel they could be best served

**BOOK** Referral via YOS Case Manager



## Mask Making

**Wednesday 05 August, 2-3pm**

**AGE** 11-17 years

This session is run by Caramel Rock and is a workshop on how to make face coverings at home to remain safe in this current climate. Please note that there is a maximum of seven places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Break the Cycle

**Thursday 06 August, 11am-1pm**

**AGE** 14-18 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

This is a course focussing on thinking and behaviour based on the cognitive behavioural model looking at breaking the negative mind-set that leads to re-offending utilising aspiration and self-determination. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Identity Workshop

**Thursday 06 August, 11am-12pm**

**AGE** 16-18 years

This is a bespoke session considering culture and identity for YOS BAME cohort thinking about black history, empowerment and how young people can "Be the Change"

Please note that there is a maximum of seven places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Girls Group

**Thursday 06 August, 2-4pm**

**AGE** 14-18 years (female only)

**YOS Offices, 192 Cumberland Road, E138LT**

This is a bespoke group for the females who find themselves in the criminal justice system, thinking about issues around sexual exploitation, consent, empowerment and mindfulness including thinking about health and body image in a safe space. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Workplace Employability One to One

**Thursday 06 August, 1-4pm**

**AGE** 16+ years

This is an opportunity to have a virtual one to one slot with a Workplace NEET advisor who will assist with the registration process, and discuss a bespoke ETE plan and current opportunities.

**BOOK** Referral via YOS Case Manager



## Cook Off

**Friday 07 August, time TBC**

**AGE** 16-18 years

This session is an opportunity to share and show your cooking skills. It is a competition for young people to showcase their abilities in the kitchen. Please note that there is a maximum of seven places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Break the Cycle

**Friday 07 August, 11am-12pm**

This is a course focussing on thinking and behaviour based on the cognitive behavioural model looking at breaking the negative mind-set that leads to re-offending utilising aspiration and self-determination. Please note that there is a maximum of seven places for young people on this course.

**BOOK** Referral via YOS Case Manager

# MONDAY 10 AUGUST - SUNDAY 16 AUGUST



## Self Development

### Monday 10 August

**AGE** 12-1pm, 13-15 years

**AGE** 2-3pm, 16-17 years

This online self-development session, delivered by Smartchoices is designed to help you understand how others see you. It's all about perceptions and the stories our actions tell, how we think others see us and how others actually see us. Please note that there is a maximum of 14 young people with five to seven in each group on this course.

**BOOK** Referral via YOS Case Manager



## Music Production

### Monday 10 August and Tuesday 11 August, 4-5.30pm

Join our zoom music production session delivered by the Irene Taylor Trust to learn music production, skills and creative writing. Please note that there is a maximum of seven young people on this course.

**BOOK** Referral via YOS Case Manager



## Employability Workshop

### Monday 10 August, 11-12pm

**AGE** 16+ years

This session run by West Ham will aim to support young people understand the steps to employment including job searching, CV and letter writing and preparation. Please note that there is a maximum of seven young people on this course.

**BOOK** Referral via YOS Case Manager



## Conflict Resolution & Leadership Skills

### Tuesday 11 August to Thursday 13 August, 11am-2pm

**AGE** 14-18 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

These sessions run by LEAP are a three-day programme focussing on leadership and how to manage conflict effectively.

Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Junior Attendance Centre (Success Academy)

### Tuesday 11th August, 2pm-4pm

**AGE** 14-18 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

Delivered by WIPERS the Success Academy will involve young people's learning and developing key life skills around culture and identity, entrepreneurship and achieving your goals. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Bike Repairing

### Wednesday 12 August, 3-4pm

**AGE** 11-17 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

This enjoyable session is run by Streetwise Kids and aims to help young people learn new skills in how to mend bicycles. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Mask making workshop

**Wednesday 12 August, 2pm- 3pm**

**AGE** 16-18 years

This session is run by Caramel Rock to provide a workshop on how to make face coverings at home to remain safe in this current climate. Please note that there is a maximum of seven places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Break the Cycle

**Thursday 13 August, 11am-1pm**

**AGE** 14-18 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

This is a course focussing on thinking and behaviour based on the cognitive behavioural model looking at breaking the negative mindset that leads to re-offending utilising aspiration and self-determination. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Workplace Employability One to One

**Thursday 13 August, 1-4pm**

**AGE** 16+ years

This is an opportunity to have a virtual one to one slot with a Workplace NEET advisor who will assist with the registration process, and discuss a bespoke ETE plan and current opportunities.

**BOOK** Referral via YOS Case Manager



## Reparation

**Friday 14 August, 11am-12pm**

**AGE** 14-18 years

This session will be a group that focuses on a chosen project pertaining to the theme of 'Be the Change' where young people will be expected to take part in an activity that will "give back to the community". Please note that there is a maximum of seven places for young people on this course.

**BOOK** Referral via YOS Case Manager

# MONDAY 17 AUGUST - SUNDAY 23 AUGUST



## Barriers to Growth

**Monday 17 August**

**AGE** 12-1pm, 13-15 years

**AGE** 2-3pm, 15-18 year olds

This online self-development session, delivered by Smartchoices is designed to explore and identify the internal and external barriers to change and growth; self-confidence, self-doubt, self-value, self-image; peer pressure, environment, social / familial connections, healthy/unhealthy relationships. Please note that there is a maximum of 14 young people with five to seven in each group on this course.

**BOOK** Referral via YOS Case Manager



## Real Talk

**Tuesday 18 August, 2-3pm**

**AGE** 16-18 years

This session is an opportunity for 'real talk' and will involve young people coming together to discuss and debate relevant current affairs which link into the theme of Be the Change including politics and topical news reports which deal with equality and empowerment. Please note that there is a maximum of seven places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Participation & Engagement

**Tuesday 18 August, 11am-12pm**

**AGE** 14-18 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

This is the YOS co-production session and an opportunity for young people to have their say on topical issues which affect them including structural barriers and on the YOS service and how they feel they could be best served.

**BOOK** Referral via YOS Case Manager





## **Junior Attendance Centre (Success Academy)**

**Tuesday 18 August, 2-4pm**

**AGE** 14-18 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

Delivered by WIPERS the Success Academy will involve young people's learning and developing key life skills around culture and identity, entrepreneurship and achieving your goals. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## **Rights & Responsibilities**

**Wednesday 19 August, 11am-1pm**

**AGE** 11-17 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

This session facilitated by the Police to assist young people's understanding around their rights when it comes to stop and search and other processes and how to be empowered. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## **T-shirt making and graphic design**

**Wednesday 19 August, 2-3pm**

**AGE** 14-18 years

A workshop run by Caramel Rock on how to design and make your own t-shirt and make a positive statement. Please note that there is a maximum of seven places for young people on this course.

**BOOK** Referral via YOS Case Manager



## **Bike Repairing**

**Wednesday 19 August, 3-4pm**

**AGE** 11-17 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

This enjoyable session is run by Streetwise Kids and aims to help young people learn new skills in how to mend bicycles. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## **Young People Health & Wellbeing**

**Thursday 20 August, 2-4 pm**

**AGE** 13-15 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

This enjoyable session is run by School Health and aims to educate young people on staying healthy including looking at nutrition and self-care. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## **Workplace Employability One to One**

**Thursday 20 August, 1-4pm**

**AGE** 16+ years

This is an opportunity to have a virtual one to one slot with a Workplace NEET advisor who will assist with the registration process, and discuss a bespoke ETE plan and current opportunities

**BOOK** Referral via YOS Case Manager



## **Identity Workshop**

**Thursday 20 August, 11am-12pm**

**AGE** 16-18 years

This is a bespoke session considering culture and identity for YOS BAME cohort thinking about black history, empowerment and how young people can 'Be the Change'. Please note that there is a maximum of seven places for young people on this course.

**BOOK** Referral via YOS Case Manager



## **Break the Cycle Decision Making**

**Friday 21 August, 11am-1pm**

**AGE** 14-18 years (YOS)

**Zoom and YOS Offices, 192 Cumberland Road, E13 8LT**

This is a course focussing on thinking and behaviour based on the cognitive behavioural model looking at breaking the negative mindset that leads to re-offending utilising aspiration and self-determination. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



# MONDAY 24 AUGUST - SUNDAY 30 AUGUST



## Employability Workshop

**Monday 24 August, 11-12pm**

**AGE** 11-17 years

This session run by West Ham will aim to support young people to understand the steps to employment including job searching, CV and letter writing and preparation. Please note that there is a maximum of seven young people on this course.

**BOOK** Referral via YOS Case Manager



## Problem Solving, Reflection & Goal Setting

**Monday 24 August**

**AGE** 12-1pm, 13-15 years

**AGE** 2-3pm, 15-18 years

This online self-development session, delivered by Smartchoices is designed to reflect on the programme to date and make a plan going forward in the theme of Being the Change. Please note that there is a maximum of 14 young people with five to seven in each group on this course.

**BOOK** Referral via YOS Case Manager



## Young People Health & Wellbeing

**Monday 24 August, 4-5pm**

**AGE** 16-18 years (YOS)

**YOS Offices, 192 Cumberland Road, E13 8LT**

This enjoyable session is run by School Health and aims to educate young people on staying healthy including looking at nutrition and self-care. Please note that there is a maximum of seven places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Lift as We Climb

**Tuesday 25 August**

**AGE** 16-18 years

This session is a talk on Leadership, excellence and the keys to breaking barriers to achieve success. Please note that there is a maximum of seven places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Junior Attendance Centre (Success Academy)

**Tuesday 25th August, 2-4pm**

**AGE** 14-18 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

Delivered by WIPERS the Success Academy will involve young people's learning and developing key life skills around culture and identity, entrepreneurship and achieving your goals. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Bike Repairing

**Wednesday 26 August, 3-4pm**

**AGE** 11-17 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

This enjoyable session is run by Streetwise Kids and aims to help young people learn new skills in how to mend bicycles. Please note that there is a maximum of four places for young people on this course.

**BOOK** Referral via YOS Case Manager



## Participation & Engagement

**Wednesday 27 August, 11am-12pm**

**AGE** 14-18 years

**YOS Offices, 192 Cumberland Road, E13 8LT**

This is the YOS co-production session and an opportunity for young people to have their say on topical issues which affect them including structural barriers and on the YOS service and how they feel they could be best served

**BOOK** Referral via YOS Case Manager



## **Workplace Employability One to One**

**Thursday 27 August, 1-4pm**

**AGE** 16+ years

This is an opportunity to have a virtual one to one slot with a Workplace NEET advisor who will assist with the registration process, and discuss a bespoke ETE plan and current opportunities

**BOOK** Referral via YOS Case Manager



## **Identity Workshop**

**Thursday 27 August, 11am-12pm**

**AGE** 16-18 years

This is a bespoke session considering culture and identity for YOS BAME cohort thinking about black history, empowerment and how young people can 'Be the Change'. Please note that there is a maximum of seven places for young people on this course.

**BOOK** Referral via YOS Case Manager



## **Summer Programme Focus Group**

**Thursday 27 August, 11am-12pm**

**AGE** 11-17 years

**Zoom and YOS Offices, 192 Cumberland Road, E13 8LT**

This session run by YOS will aim to gain feedback from young people about the summer programme: what events young people attended, what worked well and what would be even better for next year. Please note that there is a maximum of seven places for young people on this course via Zoom and four at the YOS office.

**BOOK** Referral via YOS Case Manager



## **Summer Celebration**

**Thursday 27 August, 2-3pm**

**AGE** 11-17 years

**Friday 30 August, 1-2pm**

**AGE** 11-17 years (YOS)

**Zoom and YOS Offices, 192 Cumberland Road, E13 8LT**

This session run by YOS will aim to recognise and celebrate young people's achievements throughout the summer programme. Please note that there is a maximum of seven places for young people on this course via Zoom and four at the YOS office

**BOOK** Referral via YOS Case Manager





Online activities



Indoor activities



Outdoor activities



# OTHER EVENTS



## Short Breaks at Arc in the Park

**Saturdays, four sessions:**

**10-11.30am, 11.40am-1.10pm, 1.20-2.50pm, 3-4.30pm**

**Bethell Avenue, E16 4JT**

No cost, available to families on a first-booked basis, free parking nearby.

London Borough of Newham have teamed up with Ambition, Aspire, Achieve to offer families most in need of a short break, the opportunity to attend Arc in the Park. It is for families of a child or children with SEND who do not have access to an outdoor space. A family group from the same household will be able to attend a 1½-hour session on Saturdays. Arc in the Park is a self-contained and fully fenced indoor/outdoor activity centre based in. Families will need to enter the Arc via the pedestrian gate next to the fenced games area.

Outdoor activities include: giant Connect 4, mini trampolines, hoppers, table tennis, Frisbees, variety of bats and balls, skipping ropes, den building materials, large climbing frame, Multi-use games area. Indoors activities include: Lego/Duplo, stickle bricks, cars and roadway mat, wooden train set, Jenga, musical instruments, basic arts/crafts materials, table football.

Families will need to bring refreshments with them, as no food or drinks are available

**BOOK** To book call Arc in the Park:  
Tel: 020 7511 4253



## Pop-Up Newham CAMHS

**Every 2nd and last Saturday of the month, 40-minute consultations**

When you have signed up a link will be sent to you to join a video call with a friendly mental health clinician.

For on the spot support, help and consultation for young people and families who live in Newham or have a Newham GP. Sessions aim to promote emotional wellbeing and positive mental health in children, young people and families. Great for young people or families who are perhaps struggling a bit and require early advice, support or intervention and excellent for running ideas past ie where families might be concerned about the development or wellbeing of their young people.

**BOOK** To book: <https://www.eventbrite.co.uk/e/online-pop-up-camhs-newham-registration-102088330946>

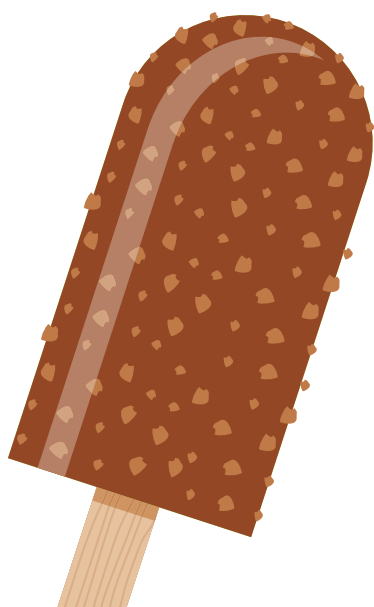


## Therapeutic Workshops

Newham CAMHS offers online therapeutic workshops for young people and parents/carers who live in Newham and would like advice and support to improve their mental health and wellbeing.

Workshop Topics include:

- Mindfulness and self-care: For children, young people and their parents/carers on self-care and an introduction to mindfulness.
- Parenting and self-care: For parents/carers on managing the anxieties and stresses commonly experienced in parenting.
- Managing worry: For primary school children and their parents/carers on worry and how to manage our worries.
- Coping with anxiety: For secondary school young people and their parents/carers on anxiety and how to cope with experiences of anxiety.
- Managing my mood: For young people and their parents/carers that explores mood and specifically how to manage low mood.



## OTHER EVENTS

- **Managing anger:** For children, young people and their parents/carers that explores what anger is and how to manage anger in ourselves and others.
- **Relationship tips:** For young people and their parents/carers on different types of relationships and how to handle relationship difficulties.
- **Bullying:** For children, young people and their parents/carers focused on understanding bullying and how to support those affected by it.
- **Sleep:** For children, young people, and their parents/carers on understanding sleep and finding ways to get a good nights sleep.
- **Coping with exam stress:** For children, young people and their families on practical strategies for coping with exam stress.

**BOOK** <https://tinyurl.com/yxzmha8q> or Google Newham CAMHS Workshops



## Story Time and Singalong

**Wednesday 29 July to Wednesday 26 August (Every Wednesday) 10.30-11.30am**

**AGE** Parents/Carers and their babies/children 0-3 years

**BOOK** [www.newham.gov.uk/childrenshealth](http://www.newham.gov.uk/childrenshealth) or contact: 020 3373 9983 for further information



## Living your best life- Programme

This programme is run over two days (AM and PM) and sessions are two hours. It is for young people in school Years 10, 11 and 12. There are 60 pupils per group

**BOOK** To book: online Eventbrite  
Tel: 020 3373 9983  
[www.newham.gov.uk/childrenshealth](http://www.newham.gov.uk/childrenshealth)



## Acts of creativity summer school

**10 August to 14 August**

**AGE** 11-15 years

**24 August to 28 August**

**AGE** 16-21 years

**Stratford East, Gerry Raffles Square, London E15 1BN**

Both summer schools are completely free.

For younger people it is a series of individual workshops so people can sign up for one or join us every day.

The summer school for 16+ involves attending for the whole week.

**BOOK** The sign up has opened up for our younger age group - and details of the programme and the sign up are here <https://www.stratfordeast.com/get-involved/acts-of-creativity-summer-school/>



## Go for it - inspiring the next fashion generation

**11 to 13 August**

Caramel Rock online event includes a three-day event; giving opportunities for people to go for it in fashion including workshops based around textile and craft other fashion processes.

The three-day workshop includes the following on each day:

11am-1pm: two hour workshop

2-3pm: live podcast and Q&A with an industry panel some of the most cutting edge new designers east London has to offer.

**BOOK** <https://www.eventbrite.co.uk/e/113619306404>



## RDLAC X CARAMEL ROCK Online Summer Fashion Workshop

28 to 29 August, 12-2pm  
(please see page 34).



## Face covering initiative

We are running this initiative to help support key workers by providing them with face mask covering.

If your organisation is interested in receiving facemasks or you would like to volunteer and help us produce some face masks, please sign up via the link below:

**BOOK** <https://caramelrock.com>



## Caramel Rock: Online Courses

**BOOK** To view the amazing online courses we have to offer, please find link below:  
<https://caramelrock.com/online-courses/>

## DanceSyndrome, dancer-led, disability-inspired



## Online Zoom infant session

22 July 10-11am

**AGE** Suitable for pre-school children



## Everybody dance

July 22 and July 29, 3-4pm

**AGE** Suitable for all ages

August 5, 8am-5pm

**AGE** Suitable for all ages

Join DanceSyndrome for our Everybody Dance classes delivered online via Zoom and dance your way to feeling better!



## Contemporary dance

August 3, 11-12pm, six-week block

**AGE** Suitable for all ages

Weekly sessions with a video performance at the end



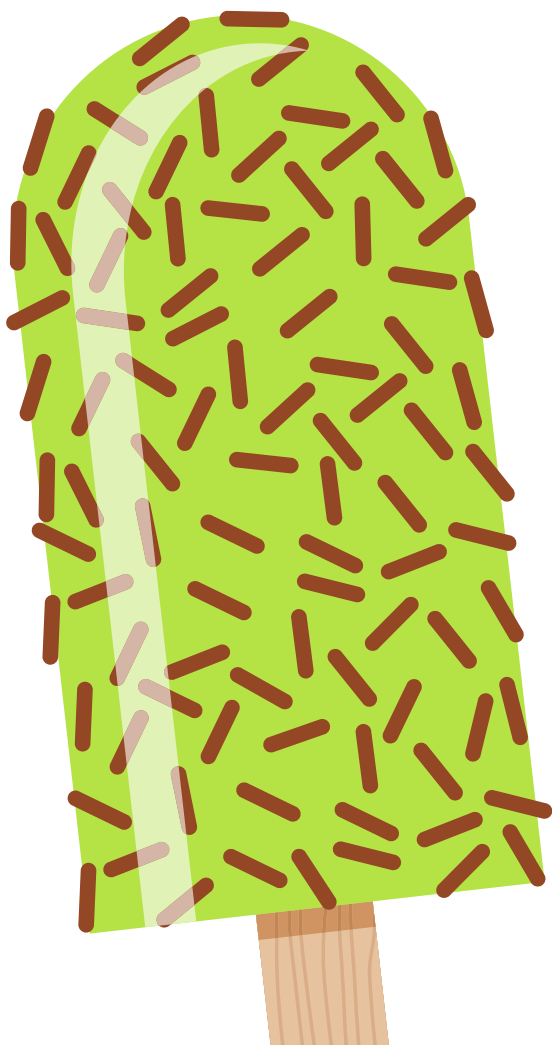
## Street Dance

August 3, 1-2pm, six-week block

**AGE** Suitable for all ages

Join us for the next Zoom Street Dance block of SIX sessions

**BOOK** To book all these classes via Zoom <https://dancesyndrome.co.uk/venue/online-via-zoom-2/>







## Together! 2012 CIC

**Arts Award online. Mondays and Wednesdays, hours adaptable**

**AGE** 11-25 years

The Youth Together! programme is offering young Disabled people the opportunity to complete an Arts Award at home. This offer is for young Disabled people who are being home-schooled long-term or will be isolated beyond lockdown. It's a great way to develop your creativity and gain an arts qualification at the same time. As part of the award, you will take part in a range of arts activities, explore the work of artists and arts organisations, create a piece of artwork and share with others what you have enjoyed. You can explore any art-form and each Arts Award will be personalised around your interests.

**BOOK** [hazel@together2012.org.uk](mailto:hazel@together2012.org.uk)



## Early Start Group

**Weaning Your Baby Webinar**

**Friday 31st July at 1.30pm**

**Monday 10th August 10.30am**

**Tuesday 18th August 8pm**

**Thursday 27th August 1.30pm**

This 30-minute webinar from the Early Start Nutritionists will support parents on their weaning journey. Covering topics such as, when to introduce solid foods, what types of foods to offer and how to support your baby at mealtimes.

**BOOK** To register for free visit: <https://www.earlystartgroup.com/nutrition/parents-page/weaning-your-baby-webinar-for-parents/>



## Toddler Meals and Snacks

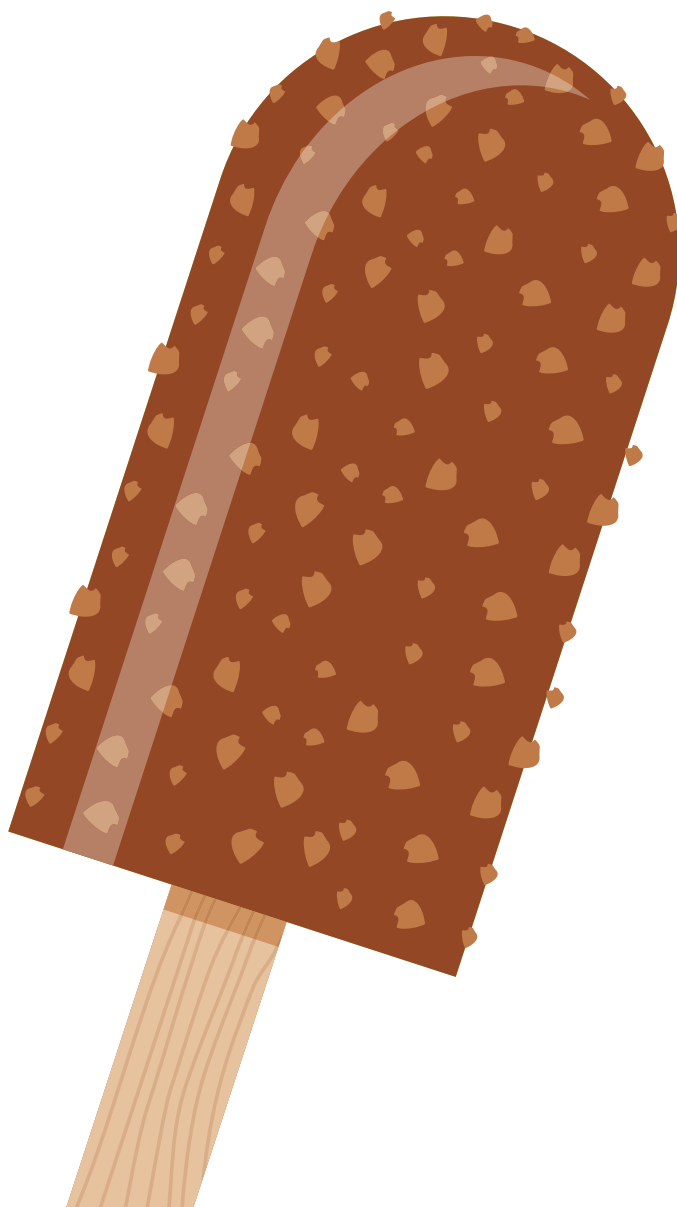
**Wednesday 5th August 10.30am**

**Friday 21st August 1.30pm**

**Tuesday 25th August 8pm**

This 30-minute webinar from the Early Start Nutritionists will support parents on planning meals and snacks for their little ones. Covering topics such as, what foods to offer, creating a positive mealtime environment and nutritious snacks and drinks. To register for free visit:

**BOOK** <https://www.earlystartgroup.com/nutrition/parents-page/toddlers-meals-and-snacks-webinar-for-parents/>



# Fairplay House



Fairplay House is a spectacular and inspiring 12-acre natural location less than one-hour drive from London. There is wide variety of tailored, flexible outdoor activities available, all overseen by highly qualified and experienced instructors and managed in accordance with social distancing guidelines.

Four families that live in the same house (up to a maximum of seven individuals per household) will be able to attend each day. Families will be able to book in for one day during the Summer holiday period. One instructor will support each family group and only one group will participate in an activity at any given time. There is no charge to attend this service.

## Who is the Service For?

It is for families of children with special educational needs and disabilities (SEND) living in Newham. The service is available for children and young people from the ages of 0 – 25 and their families, however not all activities are suitable for younger children. Activities will be designed to meet the individual needs of families on the day.

We recognise that not all families will want to access this service, but it is available to those families who are most concerned about the effect the lock down has had during this challenging time. Given the need for social distancing, numbers are very limited therefore, it is available on a first come-first served basis.

## Transport

Families are responsible for their own transport arrangements and there is free parking available if families wish to travel by car.

## Food and Drink

No food or drinks are available for purchase at Fairplay House, therefore families will need to bring all necessary lunch, snacks and refreshments with them on the day.

## Health and Safety

Whilst we cannot fully remove the risk of infection, we have taken the following steps to minimise the risk as far as is reasonably possible:

- The appearance of symptoms is observed at all times.
- Hand washing facilities are available.
- PE is available for on-site staff as required and appropriate
- Disinfectant spray and tissues are available for families to use on equipment.

Adults in each household group will be responsible for their children during the sessions. The number of adults in each group must be sufficient to meet the needs of their children.

## Cancellation

This service takes place outdoors and should there be adverse weather conditions on the day then it may be cancelled. Everyone who has booked a ticket will be contacted beforehand where possible.

For more information about Fairplay House, please visit [www.fairplayhouse.org](http://www.fairplayhouse.org)

## Permission and Consent

In order to ensure we have the information we need about your children's needs (and for insurance purposes) we need you to complete a permission form at least two days in advance of your visit.

We also need to gather your contact details in the event of needing to track and trace due to Covid-19 infection.

More information on this can be found at: <https://www.newham.gov.uk/coronavirus-covid-19/c19-information-advice/4>



**BADU**

AGES  
**5-12**

**27th Jul - 28th Aug**

# **SUMMER**

**CAMP 2020**

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## **LOCATION**

➤ **HOLY TRINITY  
PRIMARY SCHOOL**  
Beechwood Rd, Dalston,  
Hackney, E8 3DY

➤ **CONTACT US!**  
**INSTA: BADU\_SPORTS\_**  
TWITTER: BADUSPORTS

**BOOKINGS VIA:**  
CAMPS@BADUSPORTS.COM  
WITH THE REQUESTED DATES

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**BOOK  
NOW!**



# BADU SUMMER FUN!

BADU will be running a summer camp which will adhere to the Government social distancing guidelines. Your children's safety is our priority

Please provide your child with a suitable packed lunch and other snacks they can have throughout the day.

Bookings will be available from Monday 6th July to Thursday 23rd July. We can only accept bookings made a week in advance. Day bookings can not be accepted due to COVID-19 government guidelines.

**Please contact us at:**

**Camps@badusports.com  
or call on 0749 824 4650**



## Camp Prices

### ➤ NON EXTENDED

£80 a week | 9:30am - 3.30pm  
Sibling discount  
(£75 per week)

### ➤ EXTENDED DAY

£90 a week | 8:30am - 5:30pm  
Sibling discount  
(£85 per week)

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## NHS / Key workers prices (NHS ID must be provided)

### ➤ NON EXTENDED

£60 a week | 9:30am - 3.30pm  
Sibling discount  
(£50 per week)

### ➤ EXTENDED DAY

£70 a week | 8:30am - 5:30pm  
Sibling discount  
(£60 per week)



# Summer Holiday Programme

**Free activities for young people  
with free healthy lunch at each  
session!**





# What's it all about?

Our **Summer Programme** offers a range of activities connected to the environment designed to help young people develop, learn, enjoy, achieve, challenge, understand and grow. All sessions are open to local young people aged between 8 and 19 years old.

With lots of FREE activities on offer, you're sure to find something to do! To take part, please register on our website stating which activity interests you:

[www.renewalprogramme.org.uk](http://www.renewalprogramme.org.uk) or call 020 8471 6954 for more information.-we will call you back!

Following government guidelines regarding COVID-19, participant numbers will be restricted so that social distancing can be strictly observed, so please register early to avoid disappointment.



*Brush up your maths!*

*Learn to paint and draw*

*BMX cycling*

*Creative Arts*

*Make a terrarium*

*Wildlife spotting*

*Walk the Greenway*

*Join a Social Action Group-*

*Make a video*

*Sports*

# Our Programme...

Day	Sessions	Venue	Time
Monday 3 August	Make bird feeders , learn to draw wildlife and flowers, lunch in the park, bird spotting and plant identification	The Renewal Programme 395 High Street North E12. 6PG & Plashet Park, Plashet Grove E6 1BX	10:00-14:00
Tuesday 4 August	Online Maths—tuition support	Via Zoom	11:00-12:00
	Mixed Sports: badminton archery & cricket	Barking Recreational Ground, Barking Road, E6 2LW	13.00-16.00
Wednesday 5 August	Make a video about the environment	The Renewal Programme 395 High Street North E12. 6PG	10.00-14.00
Thursday 6 August	Join a Social Action Group—help save the environment!	The Renewal Programme 395 High Street North E12. 6PG	11.00-15.00
Friday 7 August	Football Skills and penalty shoot out!	Barking Recreational Ground, Barking Road, E6 2LW	13.00-16.00
Monday 10 August	Painting bird houses and bug hotels	The Renewal Programme 395 High Street North E12. 6PG & Wanstead Park , Warren Road, E12 5HA	10.00-14.00
Tuesday 11 August	Online Maths—tuition support	Via Zoom	11:00-12:00
	Mixed Sports: badminton, archery & cricket	Barking Recreational Ground, Barking Road, E6 2LW	13.00-16.00
Friday 14 August	Football Skills and penalty shoot out!	Barking Recreational Ground, Barking Road, E6 2LW	13.00-16.00
Monday 17 August	Water colours, painting wildlife, lunch in the park	The Renewal Programme 395 High Street North E12. 6PG & Plashet Park, Plashet Grove E6 1BX	10:00-14:00
Tuesday 18 August	Online Maths—tuition support	Via Zoom	11:00-12:00
	Mixed Sports: badminton, archery & cricket	Barking Recreational Ground, Barking Road, E6 2LW	13.00-16.00
Wednesday 19 August	Walk the Greenway	Meet at The Renewal Programme 395 High Street North E12. 6PG	10.00-14.00
Friday 21 August	Football Skills and penalty shoot out!	Barking Recreational Ground, Barking Road, E6 2LW	13.00-16.00
Monday 24 August	Make a terrarium, glass painting of wildlife	The Renewal Programme 395 High Street North E12. 6PG & Plashet Park, Plashet Grove E6 1BX	10:00-14:00
Tuesday 25 August	Online Maths—tuition support	Via Zoom	11:00-12:00
	Mixed Sports: badminton, archery & cricket	Barking Recreational Ground, Barking Road, E6 2LW	13.00-16.00
Wednesday 26 August	Environmental and wildlife quiz	Via Zoom	18.00-19.00
Thursday 27 August	Join a Social Action Group—help save the environment!	The Renewal Programme 395 High Street North E12. 6PG	11.00-15.00
Friday 28 August	Football Skills and penalty shoot out!	Barking Recreational Ground, Barking Road, E6 2LW	13.00-16.00
Saturday 29 August	BMX cycling	Goosley Park, St Albans Avenue, E6 6HH	13.00-16.00

To find out more about our Summer Programme, contact:

**The Renewal Programme**  
**395 High Street North**  
**Manor Park**  
**London E12 6PG**

**Tel: 0208 471 6954**

**Email: [info@renewalprogramme.org.uk](mailto:info@renewalprogramme.org.uk)**

**Web: [www.renewalprogramme.org.uk](http://www.renewalprogramme.org.uk)**



**@NewhamRenewalProgramme**



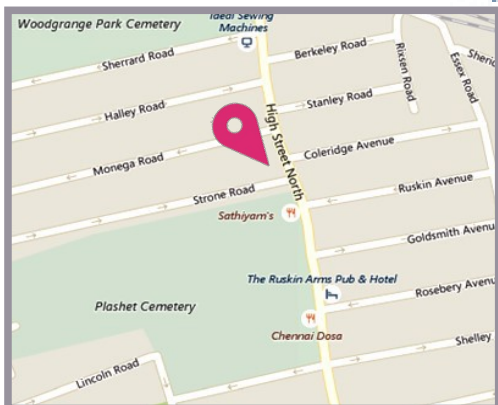
**@rprogramme**



**@TheRenewalProgramme**

## How to find us

The Renewal Programme is easily accessible by public transport. Buses 101, 104 and 474 pass the entrance and East Ham Underground Station is less than 10 minutes walk away. We are situated opposite the Post Office.



A woman with dark hair pulled back, wearing a vibrant, multi-colored dress with a geometric pattern of red, yellow, and black stripes on a white background. She is standing against a light gray background with large, diagonal geometric shapes in shades of purple and pink. The text is overlaid on the lower half of the image.

RDLAC x CAMEL ROCK Presents

# FASHION SUMMER WORKSHOP

In paternship with Caramel Rock

*Online workshop*  
28th - 29th July  
12pm - 2pm

# ***ONLINE WORKSHOP WILL COVER:***



Creative use of materials



Embroidery illustration design



Garment manufacturing processes



Hand and machine sewing techniques and processes

## **FOR MORE INFORMATION CONTACT US ON:**

EMAIL: ADMIN@CARMELROCK.COM

PHONE NUMBER: 07494436950

<https://www.rdlac.org>



Funded by the Violence  
Reduction Unit. Find out  
more:



Rights & Equalities in Newham

rein

**REIN**

**'EVERYONE'S BUSINESS'**

# **RAISING AWARENESS PROGRAMME**

**FOR YOUNG PEOPLE IN NEWHAM AGED 16-25**

## **WHAT WILL I GET FROM RAP?**

**Group work**

**Mentoring**

**First Aid Certificate**

**Arts & music sessions**

**Self-defence**

**Skills & training**

**Work & training opportunities**

**Confidence**

**Leadership Skills**

## **HOW TO FIND US:**

**TEXT/WHATSAPP: 07933 605 377 / PHONE: 020 3929 9869**



**@reinukorg**



**@reincharity**



**@reinukorg**



**EMAIL: MO@REIN.UK.COM / NICHOLAS@REIN.UK.COM**

**REGISTERED CHARITY  
IN ENGLAND & WALES - NO.  
03859428**

# HOLIDAY PLAYSCHEME

Ofsted  
registered

**MON 27TH JULY– WED 2ND SEPTEMBER 2020**

- Affordable childcare (5-12yrs)
- Mon, Tues, Wed and Thurs (8am-6pm)
- The Froud Community Centre  
1 Toronto Avenue, E12 5JF

Can't wait to  
go on trips,  
cook & cycle!

I love all the  
sports activities  
& camping!



**REGISTER NOW**

[play@aston-mansfield.org.uk](mailto:play@aston-mansfield.org.uk)  
**020 3355 3978**





# WIRELESS 2GETHER



Want to learn **new skills** during lockdown?

Keen to connect with a vibrant **network** of young people?

Join our FREE virtual Youth Programme  
for 14-21 yr olds who live, study or work  
in Newham

## WHAT'S INVOLVED?

- Interactive **learning & training sessions**: resilience building, college/uni prep, life skills, personal brand
- **Group Coaching**
- Individual **1-2-1 support**
- **Social Activities**: challenges, quizzes with prizes, online gaming and more!



Email: [shanaz.begum@aston-mansfield.org.uk](mailto:shanaz.begum@aston-mansfield.org.uk)

**SIGN UP NOW:**  
[bit.ly/WIRELESS2GETHER](https://bit.ly/WIRELESS2GETHER)



in partnership with



# YOUNG ACHIEVERS GROUP

A group for SEND young people aged 14+ to meet bi-weekly to learn new skills and increase their social network starting 8 August

WE MEET  
TWICE A  
MONTH

## JOIN US FOR

- Dance
- Arts & Crafts
- Sexual Health
- Lifeskills
- Bowling
- Cinema
- Music
- Cooking



THE FROUD CENTRE  
1 TORONTO AVENUE  
E12 5JF

**SIGN UP NOW**

**YOKEU.KUSNAMA@ASTON-MANSFIELD.ORG.UK**

**079 5049 0034**







**LONDON LEGACY**  
DEVELOPMENT  
CORPORATION

Fri: Family Designing.. 17:00-18:00..@ D-Lab (East Village)







**For more information visit:**  
**[www.newham.gov.uk](http://www.newham.gov.uk)**  
**Tel: 020 8430 2000**



**#NewhamSummerActivities2020**  
**#HelpNewham**