

# WE ARE FUN.

# WE ARE NEWHAM.



## AUTUMN 21 HOLIDAY PROGRAMME

People at the Heart  
of Everything We Do



# WELCOME

Autumn has arrived and the young people of Newham are looking forward to exciting October Half-term holidays. This programme offers a wide range of fun and engaging activities for children and young people of all ages. The programme is provided by Newham Council and local organisations.

Most of the activities offered are face-to-face but there are a few that are online. We encourage you to review the information on each activity and follow the advice on restrictions provided by the activity organisers. It's important we keep everyone healthy and safe.

In this holiday programme, you will also find information for young people and families on how to stay healthy and secure and how to access advice and support.

This programme is available to access online: <https://www.newham.gov.uk/children-families/activities-young-people-newham>

We hope you will find lots of activities that you like to join and have a brilliant October Half-term.

## **Lynne Crank**

Assistant Director,  
Youth Empowerment,  
Brighter Futures



CLICK!

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For your online version of this Autumn half-term activity programme, click here:  
<https://www.newham.gov.uk/children-families/activities-young-people-newham>



Newham  
Together

The best place  
for Children and  
Young People





# GENERAL INFORMATION & STAYING SAFE ONLINE

## Health & Safety

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

## Children with Special Educational Needs (SEND)

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

## Booking activities/events

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

## Photographs and Filming

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

## Contact Centre

Please direct all your questions and make all bookings directly with activity organisers.

For any other enquiries about Newham's October Half-term Holiday Programme, please email:

Volker.Nissen@newham.gov.uk

## Online Activities

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

- Participants - young people and children who are eligible to take part in activities on offer
- Parents/Carers of children and young people under the age of 16 years and are eligible to take part in activities on offer

Organisers will provide a session as described in the programme. Please note that due to COVID-19, online sessions are subject to changes and children, young people and families should continue to check the website for updates. Parents/Carers are responsible for informing activity organisers of any medical conditions or needs which may affect the online experience and interaction of the participants.

## Data

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

## Technology & Equipment

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







## Space

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

## Safeguarding

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

## Communications

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

## Appropriate clothing

Activity organisers and participants must dress appropriately for online activities.

## During the activity

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

## Reporting concerns

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

## Harmful or upsetting content

- Report harmful online content to: UK Safer Internet Centre
- Review guidance from: Educate Against Hate.

## Bullying or abuse online

- Advice from National Crime Agency's: Child Exploitation and Online Protection command
- Advice and support from Anti-Bullying Alliance for children who are being bullied
- Tootoot to provide a confidential route for children and young people to report bullying or abuse.





CLICK!



**PHYSICAL  
HEALTH**

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**YOUTH  
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**SPECIAL  
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**NURSERIES,  
CHILDREN  
CENTRES &  
PLAY  
SCHEMES**

# PHYSICAL HEALTH

## activeNewham

activeNewham is providing a range of sports sessions during the October half-term holidays.

All activities are face-to-face.

### Baseball/Softball

**14+ (siblings welcome) FREE**

**Sunday 24 & 31 October, 1-2pm**

**Venue: Keir Hardie Recreation ground, E16 1GX**

Pitch, Bat and Field in this fun Baseball session, learning the basics and playing games.

### Boxing

**14+ FREE**

**Tuesday, 26 October**

**Venue: Mbox, Railway Arches, Forest Gate, E7 0JN**

Learn how to dodge and weave with MBOX boxing club

**INFO** Email. [Sports@activenewham.org.uk](mailto:Sports@activenewham.org.uk) or call Craig 07741293510

### Football Mixed

**14+ FREE**

**Thursday, 28 October**

**Shipman Youth Zone, 30 Prince Regents Lane, Canning Town, E16 3JH**

Have fun learning how to dribble and shoot with Lymore Gardens Football Club.

## Football Female only

**13+ FREE**

**Wednesday, 27 October, 5-6pm**

**Venue: Newham Leisure Centre, Prince Regents Lane, E13 8SD**

Have fun learning how to dribble and shoot with Forest Crusader Women's Football Club.

**INFO** Email. [Sports@activenewham.org.uk](mailto:Sports@activenewham.org.uk) or call Lisa 07741292893

## Freaky Friday Halloween Fun Run

**All ages, (inclusive offer) FREE**

**Friday, 29 October 4.30-6pm**

**Venue: Newham Leisure Centre, Prince Regents Lane, E13 8SD**

Have fun dressing up and running up to 5K on our running track.

**INFO** Booking Fee: £6 for adults, children go FREE

All children have to be accompanied by parents or carers

Bookings: <https://www.eventbrite.co.uk/e/freaky-friday-family-fun-run-tickets-182737582027>

## Youth Multi-Sports

**8 – 13 years (inclusive offer) FREE**

**Monday 25 – Friday 29 October**

Try different sports such as basketball, football, badminton and lots more!

All children have to be accompanied by parents or carers

Venues:

- New Beckton, Savage Gardens, E6 5NB
- Central Park, East Ham, E6 3HW
- Stratford Park West Ham Lane, Stratford, E15 4PT
- Priory Park, William Morley Close, Upton Park, E6 1QY
- Plashet Park, East Ham, E6 1DQ



## Ping! Table tennis

**(All ages) - FREE**

**Monday 25 October - Saturday 30 October, various time (please check Eventbrite)**

A ball around on the borough's new table tennis tables in parks and open spaces.

Equipment will be provided.

Venues:

- Savage Gardens, Beckton, E6 5NB
- Albert Road, North Woolwich, E16 2FH
- Central Park Rd, East Ham, E6 3HW
- Lonsdale Ave, East Ham, E6 3JX
- Chandos Road, Maryland, E15 1TB
- West Ham Lane, Stratford, E15 4PT
- Abbey Lane Open Space, Stratford, E15 2RY
- Priory Park, William Morley Close, Upton Park, E6 1QY
- Valetta Grove, Plaistow, E13 0LD
- Star Lane Park, Star Lane, Canning Town, E16 4HW
- Hermit Road Play Area, Hermit Road, Canning Town, E16 4JT

**INFO** Visit: <https://activenewhamsummer.eventbrite.co.uk> or email [Sports@activenewham.org.uk](mailto:Sports@activenewham.org.uk) or call 07741 293 506.

## Street Tag

**(All ages) FREE - ONLINE**

Street Tag is an online platform, which supports residents to become more physically active. It's a family friendly game, which encourages greater participation in outdoor activities such as walking, running and cycling. Points can be earned by collecting virtual tags around the borough, turning steps into Street Tag points. Teams can win a range of prizes including vouchers for sports equipment.

Residents can download the Street Tag app for free from the App Store or Playstore.

**INFO** For more information on Street Tag, visit [www.streettag.co.uk](http://www.streettag.co.uk)

## Fairplay Adventure Days

**(7 – 14 years, inclusive provision)**

**Monday 25 October 9.30am - 3.30pm**

**Tuesday 26 October, 9.30am - 3.30pm**

**Wednesday 27 October, 9.30am – 3.30pm**

**Thursday - not available**

**Friday 29 October, 9.30am - 3.30pm**

**Please arrive at 9.30am and allow minimum 1 hour travel time from Newham.**

**Fairplay House, Station Road, Wickham Bishops, Witham, Essex CO5 8AA**

Fairplay House is offering exciting adventure days. The days will consist of five hours of outdoor activities split into 2 x 2 ½ hour sessions with an hour's lunch break (please bring your own lunch).

Activities offered will be chosen from:

High Ropes \* Caving \* Zip Wire \* Mountain Biking \* Canoeing \* Orienteering \* Giant Swing \* Archery \* Bushcraft \* Rock Climbing and Abseiling

(Activities actually offered each day will depend on ages, abilities, numbers in attendance and the weather)

Please note: Fairplay House is 45-50 miles from Newham and you will need to arrange your own transport. Pick up by minibus from Witham Station MAY be possible.

Inclusive event, but please contact Fairplay House to discuss options. They will make adaptations as far as practicably possible. If you are a wheelchair user, please be aware that the grounds can be quite rough. We will assist when required/requested. Specialist feeding/ changing will require accompanying support please.

If hoists are used, the hoist sling may be needed to access the high ropes.

**INFO** For information and booking:

Email: [fairplay.house@newham.gov.uk](mailto:fairplay.house@newham.gov.uk);

Phone: 01621 891 213 Website: [www.fairplayhouse.org](http://www.fairplayhouse.org)





# LIBRARIES

Library times and services are subject to change. Visit [www.newham.gov.uk/libraries](http://www.newham.gov.uk/libraries) or contact your library directly for the most up to date information.

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

## Beckton

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

## Canning Town

18 Rathbone Market, Barking Road,  
E16 1EH  
020 3373 0854  
Monday – Saturday: 9am-5pm

## Custom House

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

## East Ham

328 Barking Road, E6 2RT  
020 3373 0827  
Monday – Friday: 9am-5pm  
Saturday 9am-5pm

## Forest Gate

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

## Green Street

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

## Manor Park

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

## North Woolwich

5 Pier Rd, E16 2LJ  
Monday, Wednesday, Friday,  
Saturday: 9.30am-5.30pm  
Tuesday and Thursday: 9.30am-8pm

## Plaistow Library

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

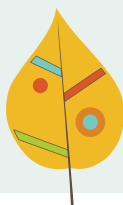
## Stratford Library

3 The Grove, E15 1EL  
020 3373 0826  
Monday – Saturday: 9am-8pm  
Sunday: 12noon-4pm

## Online Library

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

**INFO** Visit [newham.gov.uk/libraries](http://newham.gov.uk/libraries) to get started.





# LIBRARY ACTIVITIES

All activities are free. Please check if they require booking

## Beckton Library

### Monday Monster Craft

**(3 – 12 years) FREE**

**Monday 25 October 2pm-3pm**

**Please arrive 10 minutes before the start time.**

Make some monster craft to take home this half term holiday. Spaces limited to 25 children. Please be aware you may have to wait to enter the session. Adults should stay with their children in the session.

### Story telling with Sade Fadipe

**(0 – 6 years) FREE**

**Tuesday 26 October, 10.30am**

**Please arrive 10 minutes before the start time.**

Sade Fadipe will read from her books 'A Snowy Day' and 'A visit to Grandpa'.

Only 25 spaces available. We ask adults to stay with their children and join in!

### Black History Month Quiz and Spelling Bee

**(6 – 12 years) FREE**

**Thursday 28 October, 2pm-3pm**

Team up and use our books to test your knowledge and learning against our Black History Month Quiz and Spelling Bee.

Only 25 spaces available in the workshop, so you may have to wait for your turn. Adults are asked to stay with their children in the session.

### Launch Lego Club

**(5 – 12 years) FREE**

**Wednesday, 27 October, 2pm-3pm**

**Please arrive 10 minutes before the start time.**

Come and be the first to play and create with our new Lego sets. Only 15 spaces available in the session, so you may have to wait for a space to become available. Adults are asked to stay with their children in the sessions.

### Make a pot of glowing slime

**5 – 12 years) FREE**

**Friday 29t October, 2pm-2.40pm**

**Please arrive 10 minutes before start time**

Come and make one pot of wonderful glow in the dark slime to take away.

Only 25 spaces available for the workshop, so you may have to wait for your turn.

### Spooky Saturday Afternoon Film

**(5 -12 Years) FREE**

**Saturday 30 October, 2.30pm. Film lasts approx. 90 minutes. Please arrive 10 minutes before start time**

Enjoy a spine tingling and goosebumps filled family film (PG rated).

Only 25 spaces available. Film will be shown on a temporary screen. Adults are asked to stay with their children.

**INFO** Email: [CN.BecktonandRoyalDcoks@newham.gov.uk](mailto:CN.BecktonandRoyalDcoks@newham.gov.uk), Phone: 020 3373 0853

## Forest Gate Library

All events are inclusive – support of a parent or carer required

### Spooky Crafts

**(5-12 years) FREE**

**Monday 25 October, 4pm-5pm**

Get creative in this spooky craft session

No booking! Limited to 10 children on first come basis

### Rotten Rhyme Time and Craft

**FREE**

**Tuesday 26 October, 11am-12noon**

Come and enjoy a spooky themed rhyme time session  
No booking! Limit of 10 children on first come basis.





## Ghost Hunt

(7+ years) FREE

**Tuesday 26 October, 4pm-5pm**

A ghostly treasure hunt awaits. Beware!

No booking! Limit of 10 children on first come basis

## Creepy Console games

(7 – 12 years) FREE

**Wednesday 27 October, 4pm-5pm**

Play a few console games in our haunted house

No booking! Limit of six children on first come basis.

## Terrifying Table Tennis

(5 – 12 years) FREE

**Thursday 28 October, 3.30pm-5.30pm**

Show off your table tennis skills

## Creepy Construction Lego

(5 – 12 years, inclusive offer – support of parent or carer required) FREE

**Friday, 29 October, 4pm-5pm**

Come and test your construction skills in our Lego club.

No booking! Limit of 10 children on first come basis.

## Frightful Film Club

(5 – 12 years, inclusive offer – support of parent or carer required) FREE

**Saturday, 30 October, 12.30pm-2pm**

Enjoy a family film at our movie club

No booking! Limit of 10 children on first come basis.

**INFO** [Kris.krishnarajah@newham.gov.uk](mailto:Kris.krishnarajah@newham.gov.uk), [Rebecca.biggenden@newham.gov.uk](mailto:Rebecca.biggenden@newham.gov.uk), Phone: 0203 373 0856

## Green Street Library

All activities are suitable for children 5+ years.

### Story Telling with Jane Grell

FREE

**Monday 25 October, 2pm-3pm**

### BOCCIA – Para Olympic Bowls

FREE

**Tuesday 26 October, 12noon-1pm**

### Story Telling with Iroko

FREE

**Thursday 28 October, 10.30am-11.30am**

Story telling based on traditional African theatre.

### Harvest Theme Tots

FREE

**Friday 29 October, 10.30am-11.30am**

Children's play session

### Sharing Your Culture Day

FREE

**Friday 29 October, From 12noon**

Quiz, music, stories

### Halloween Hunt

FREE

**Saturday 30 October, 12noon-12.45pm**

Solve the clues in our Halloween hunt.





## Zumba for Children

**FREE**

**Saturday 30 October, 1.30pm-2.30pm**

For information: Email: [cn.greenstreet@newham.gov.uk](mailto:cn.greenstreet@newham.gov.uk),  
Phone: 0203 3730457

## Manor Park Library

All events are suitable for children 4 – 12 years old,  
inclusive events – support of parent or carer required.  
No booking required, all events are on first come basis.

### Make your own Halloween Mask

**FREE**

**Monday 25 October, 2pm-3.30pm**

### Construction Club with Lego Bricks

**FREE**

**Tuesday 26 October, 2pm-3.30pm**

### Wicked arts and crafts session

**FREE**

**Wednesday 27 October, 2pm-3.30pm**

### Time to create your own dough monster

**FREE**

**Thursday 28 October, 2pm-3.30pm**

### Fabulous time of lantern making

**FREE**

**Friday 29 October, 2pm-3.30pm**

### Halloween special fun session

**FREE**

**Saturday 30 October 2pm-3.30pm**

**INFO** Email: [CN.Manorpark@newham.gov.uk](mailto:CN.Manorpark@newham.gov.uk),  
Phone: 0203 373 0858

## North Woolwich Library

All events are suitable for the marked age groups.  
Inclusive events – support of parent or carer required.

### Paper Bead and necklace making

**(5+ years) FREE**

**Monday 25 October, 11am-12.30pm**

### Crafty gardening session and Halloween quiz

**(5+ years) FREE**

**Tuesday 26 October, 11am-1pm**

### Family film

**(5+ years) FREE**

**Tuesday 26 October, 4pm-6pm**

### Lego

**(5+ years) FREE**

**Wednesday 27 October, 11am-12.30pm**

### Black History Month family quiz

**(7+ years) FREE**

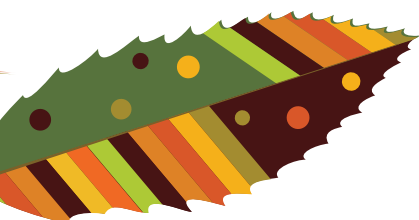
**Thursday 28 October, 4pm-5.30pm**

### Make your own slime

**(5+ years) FREE**

**Friday 30 October, 11am-12noon**

**INFO** Phone: 0203 373 0843







## Custom House Library

### Autumn season's spectacular storytelling

(under 5 years) FREE

**Monday 25 October, 11am-11.30am**

Parents and carers get cosy with your tiny tots and listen to a spectacular story.

### Family Arts and Crafts

(4+ years) FREE

**Tuesday 26 October, 2pm-3.30pm**

Can you turn a paper plate into a monster or a witch? Come and learn the trick at Custom House Library.

### Children's movie time (PG)

FREE

**Thursday 28 October, 2pm-4pm**

Bring snacks and a drink to enjoy the spooky movie. Parents are welcome.

### Spooky Dress-up Party

(0 – 12 years) FREE

**Saturday 30 October, 1pm-3pm**

Dressed up in your best creepy outfit or party wear. Move to the Monster mash. Have fun playing games and be ready to win prizes.

**INFO** [CN.CustomHouseCanningTown@newham.gov.uk](mailto:CN.CustomHouseCanningTown@newham.gov.uk)  
Email: 02033730855

## Canning Town Library

All events are suitable for children 4+ years (except for nursery rhymes). Inclusive events – support of parent or carer required.

### Special Half-term LEGO Club

FREE

**Monday, 25 October, 2pm-3pm**

Build the scariest monster to win a prize.

### Nursery rhymes and storytelling

(under 5 years) FREE

**Tuesday 26 October, 10am-10.30am**

Rain, Rain go away and other seasonal nursery rhymes.

## Fun Treasure Hunt

FREE

**Tuesday 26 October, 2pm-3pm**

Riddles and book quizzes to get to know your library.

## Arts and Crafts session with recycling material

**Wednesday 27 October, 2pm-3pm**

Create your own Halloween pumpkin using recycling materials.

## Learn about the fantastic world of nature

FREE

**Thursday 28 October, 2pm-3pm**

Join us at the library for some interesting natural facts discovery.

## Half-Term Happy Day

FREE

**Friday 29 October, 3pm-5pm**

Music, games and Halloween costume parade.

## Family film session

FREE

**Saturday 30 October 2pm-4pm**

A Spook-tacular film session.

**INFO** Phone 02033730854





## Plaistow Library

Due to limited spaces, please arrive early to avoid disappointment. Adults are asked to stay and supervise any children under the age of eight years at events and activities.

Activity days and times are subject to change.  
All events are inclusive, but children must be accompanied by a parent or carer.

### iOi - Institution of Imagination

**FREE**

**Monday 25 October, 10am-12noon**

Take resources home e.g. a hobby motor and batteries, to make your own junk bots.

### Messy Play

**(ages under 5) FREE**

**Monday 25 October, 11.30am-12.30pm**

Make play-dough with ingredients you can find at home. Great for toddlers and older children alike.

### Karaoke

**(all ages) FREE**

**Monday 25 October, 2pm-3pm**

Join in the fun and sing along to your favourite songs.

### Lego

**(all ages) FREE**

**Monday 25 October, 3.30pm-4.30pm**

### Family Halloween Quiz

**(all ages) FREE**

**Monday 25th, 3.30pm-4.30pm**

A fun session for children and adults to play together with a chance of winning a prize.

### Storytelling

**(ages under 5) FREE**

**Tuesday 26 October, 10.30pm-11.30pm**

### Arts & Crafts

**(ages 7+) FREE**

**Tuesday 26 October, 2pm-4pm**

Join to make your own Halloween wristband.

### Table Tennis and Lego

**(all ages) FREE**

**Tuesday, 26 October, 3.30pm-5pm**

### Family Time

**(all ages) FREE**

**Wednesday 27 October, 11.30pm-12.30pm**

Board games, Black History Month, Halloween word searches and colouring sheets.

### Movie & popcorn

**(all ages) FREE**

**Wednesday 27 October, 2pm-3.30pm**

Welcome to Hotel Transylvania, Dracula's lavish five-stake resort, where monsters and their families can live it up. No humans allowed!

### Chess

**(all ages) FREE**

**Wednesday 27 October, 3.30pm-5pm**

### Storytelling Session

**(ages under 5) FREE**

**Thursday 28 October, 2pm-3pm**

### Arts and Crafts

**(all ages) FREE**

**Thursday 28 October, 2pm-3.30pm**

Black History Month celebrations.

### Games Club and Table Tennis

**(all ages) FREE**

**Thursday 28 October, 3.45pm-5.45pm**

### Movie and Popcorn

**(all ages) FREE**

**Thursday 28 October, 6pm-7.30pm**

## Recycling Arts and Crafts

(ages 5 -12 years) FREE

Friday 29 October, 11am-12.30pm

## Bingo

(all ages) FREE

Friday 29 October, 2pm-3pm

Family- fun prize bingo.

## Lego Club

(all ages) FREE

Friday 29 October, 3.30-4.30pm

## Halloween Arts and Crafts

(ages 5-12) FREE

Saturday 30 October, 11am-12.30pm

## Halloween Scavenger Hunt and Fancy Dress competition

(all ages) FREE

Saturday 30 October, 2pm-3.30pm

Prizes for the best costume and the most creative costume!

## Table Tennis

(all ages) FREE

Saturday 30 October, 3pm-5pm

## Movie and Popcorn

(all ages) FREE

Saturday 30 October, 3.30pm-5pm

**INFO** Email: [CN.Plaistow@newham.gov.uk](mailto:CN.Plaistow@newham.gov.uk)

Phone: 020 3373 0859



## East Ham Community Neighbourhood @ East Ham Libraries

This half-term holiday theme is Celebrating Famous People. All offers are for ages three-12 years. No booking required.

### Story Telling

**FREE**

**Monday 25, Thursday 28 October, 11am-12noon**

Come join us and enjoy a story from your famous characters. Enjoy a session and let your imagination take you to amazing places.

### Arts & Craft

**FREE**

**Monday 25, Thursday 28 October, 1pm-3pm**

Enjoy fun facts about famous people and get creative with some exciting craft.

### A Walk Down Memory Lane

**FREE**

**Friday 29 October, 12noon-4pm**

**Venue: East Ham Nature Reserve, Norman Road, High St South, E6 4HN**

Join us at East Ham Nature Reserve for a walk into the lives of the famous and learn interesting facts about them.

**INFO** Email: [CN.EasthamMailbox@newham.gov.uk](mailto:CN.EasthamMailbox@newham.gov.uk),

Phone: 0208 337 30827



# HOLIDAY ACTIVITIES

## MULTI-THEMED ACTIVITY SESSIONS

### The Royal Docks Learning & Activity Centre (RDLAC)

#### Family Fun Day

(4 – 13 years) FREE

Wednesday 27 October, 11am-3pm

**Venue: The Royal Docks Learning & Activity Centre, Albert Road, E16 2JB**

Fun day, including arts & crafts, sports activities and gardening. Lunch and refreshments included.

Advance booking required.

Inclusive event, but children must be accompanied by a parent or carer.

**INFO** Email: [admin@rdlac.org.uk](mailto:admin@rdlac.org.uk),  
Phone: 020 7476 1666

## MUSIC, ART, THEATRE & DANCE

### Newham Music

#### Jazz & Beats

(ages 11+) FREE

Tuesday 26 – Thursday 28 October, 10am-3.30pm

**Venue: Community Links, 105 Barking Rd, London, E16 4HQ**

This October Half Term, Newham Music is celebrating Black History Month for a 3-day fusion project of Jazz and Music Tech.

You will have access to a music studio and will be guided by industry professionals and our teachers exploring how to bring the two genres together.

Instrumentalists: please bring your own instruments (Keyboards, brass and wind players).

Budding Producers: no experience required.

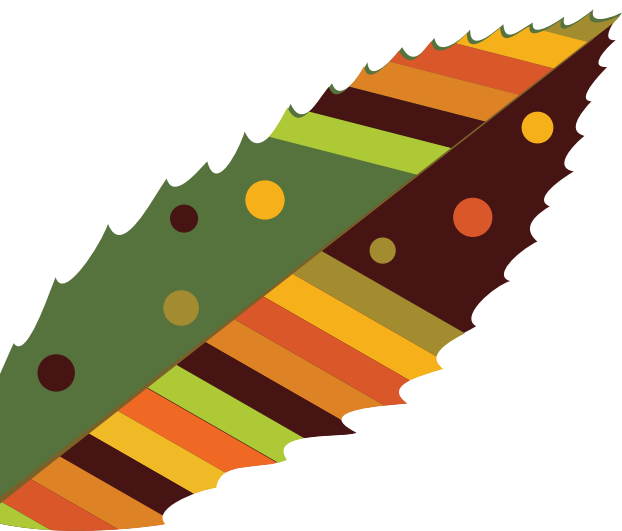
The week includes:

- Writing and production of original material
- Meeting other young people and building artistic partnerships
- Free mentorship by industry professionals.

Please bring a packed lunch.

**INFO** Sign up on a first come, first served basis:  
<https://forms.gle/HNwP175obKgC4JxP8>

Email: [info@newham-music.org.uk](mailto:info@newham-music.org.uk) or visit  
[www.newham-music.org.uk](http://www.newham-music.org.uk)





## Community Links

### Music production, lyric writing and vocal recording

**(11 – 17 years) FREE**

**Arrival time: 9.45am for morning sessions & 1.45pm for afternoon sessions**

**Venue: Community Links, 105 Barking Road, Canning Town E16 4HQ**

Whether you have an existing song or not, we will help you write and record vocals for rappers and singers.

Our media suite is a dedicated space for focus and productivity, allowing you to develop production skills and prepare your music.

We have the latest industry software running the latest versions of Logic X Pro and Komplete Native Instruments.

### Music production

**Monday 25 October, 10am-1pm**

### Lyric writing & vocal recording

**Monday 25 October, 2pm-5pm**

### Lyric writing & vocal recording

**Friday 29 October, 10am-1pm**

### Music production

**Friday 29 October, 2pm-5pm**

**INFO** Booking essential: Only four places per session

For information and booking:

Email: [Joelle.reefer@community-links.org](mailto:Joelle.reefer@community-links.org),

Phone: 07739 687 521

## Institute of Imagination IOI

### IOI at Home

**(5-11 years) – FREE & ONLINE**

Experiment and tinker from the comfort of your own home with iOi at Home – the free, accessible, and fun platform to discover creative on demand content. Explore ad-free creative videos, how-to guides and inspiration for you and your family. Learn how to make

a lava lamp, build your own wind tunnel or even design your own virtual cities!

Visit: [home.ioi.london](http://home.ioi.london) and sign up now to unlock your iOi experience.

**INFO** Email: [hello@loi.london](mailto:hello@loi.london)

## Rights & Equalities in Newham (REIN)

**(9 – 19 years) FREE**

REIN is providing an exciting programme throughout the holidays ranging from pool, table tennis, music production and a Youth Takeover Day.

**Monday 25th October, 10am -3.30pm**

**The Mix, 1a Cumberland Road, E13 8LH**

Pool, table tennis, PS4, Crafts and planning of the Youth Takeover Day. Lunch provided

**Tuesday 26th October, 3.30pm – 6.00pm**

**The Mix, 1a Cumberland Road, E13 8LH**

Music production session

**Wednesday 27th October, 12.30pm – 5.30pm**

**The Barking Road Community Centre, 627-633 Barking Road, E13 9EZ**

Physical Activity Day with football, basketball, walking circuits, skipping & pizza making. Trip to Flip Out. Lunch provided

**Thursday 28th October, 10am – 6.30pm**

**The Mix, 1a Cumberland Road, E13 8LH**

Activities all planned and presented by young people, to include slime making, preparation of lunch, Halloween activities. Lunch provided

**Thursday 28th October, 3.30pm – 6.30pm**

Trip to Stratford for Youth Assembly. Refreshments provided

**Friday, 29th October, 15.30 – 20.30**

**The Mix, 1a Cumberland Road, E13 8LH**

3.30pm – 5.30pm – Pride Youth Network Drop in for LGBTQ YP aged 11+

6.00pm – 8.30pm – Showcase to Celebrate Black History and promote the talent within our community aged 16+ (Ticket only event)

**INFO** For booking and details: Email: [Sarah Scott sarah@rein.uk.com](mailto:sarah@rein.uk.com), Phone: 07933 605377



## YOUTH EMPOWERMENT SERVICES

Our Youth Zones are for young people aged nine-25 years:

- Forest Gate Youth Zone
- Beckton Globe Youth Zone
- Little Ilford Youth Zone
- Shipman Youth Zone
- Detached Youth Team
- Participation Team
- Bonny Downs & Renewal Youth Zone
- Fight for Peace
- West Silvertown Foundation
- Ambition, Aspire, Achieve

Our Youth Zones are open to provide youth support sessions, 1 to 1 support and outreach as well as digital sessions!

**INFO** To find out more, join and sign up to activities <https://padlet.com/YESLBN/YESProgramme>

Once we have received your details, a youth worker from your local zone will be in touch to get permission from your parent/carer to arrange a session.

In the first session you'll get a chance to ask any questions, meet the youth workers, find out more about what's going on, and the team will complete your registration by taking a photo for your record. You'll then be sent the links which will enable you to access the sessions you are interested in. If you would like to keep up to date with what is going on you can follow each zone's Instagram account, as well as the Youth Empowerment Service's main Instagram account.

## YOUTH OFFENDING SERVICES (YOS)

This provision is open to children who attend Newham YOS only – referral via YOS Worker. It is an inclusive service. Children are referred based on their assessed need by a YOS Worker. YOS offers a range of activities during the October Half-term holidays.

All the events are for young people between 10 -17 years.

**Venue: Newham YOS, 192 Cumberland Road  
Plaistow E13 8LT**

### Routines

**(10 -17 years) FREE**

**Tuesday 26 October, 11am-12.30pm**

A space to think about our current routines and what small changes can be made that would support wellbeing. The session aims to offer empowerment to children and young people to take responsibility for what they can put in place to assist their regular routines, which will be a life skill they can develop moving forward.

### First Aid Skills

**FREE**

**Tuesday 26 October, 2pm-4pm**

### ETHER Programme

**FREE**

**Tuesday 26 October, 4.30pm-6pm**

An interactive motivational and inspiring leadership programme offering a safe space to develop leadership skills and explore social issues such as race, identity, perceptions of self, as well to explore self-esteem, confidence, attitude, behaviour and independent thinking.



## Toilet Twinning

**FREE**

**Wednesday 27 October, 11am-12.30pm**

Become a social activist by designing and completing fundraising initiatives. Participants will raise money and awareness for the charity Toilet Twinning who provide clean sanitation for families in developing countries.

## Keeping Safe

**FREE**

**Wednesday 27 October, 11am-12.30pm**

Delivered in conjunction with Schools Engagement Police Team, this session will explore common issues that have an impact on children and young people such as exploitation and violence and empower them with information on how to keep safe.

## Disclosures and careers in a Post-Covid world

**FREE**

**Wednesday, 27 October, 2pm-4pm**

How has Covid19 impacted/changed the world of work? What opportunities are available? This is an interactive employability skills session delivered by Our Newham Work, where children and young people have the opportunity to explore how to secure employment and careers in an ever-changing world. The session will also include information on the rules on disclosures to future employers

## Reparation

**FREE**

**Wednesday 27 October, 2pm-4pm**

This session will engage young people in positive social action and practical activities that benefit the community.

## Participation

**FREE**

**Thursday 28 October, 11am-12.30pm**

Our Participation and Engagement programme is an opportunity to consider issues important to children and young people and explore opportunities to shape services, share their views, and be empowered to make informed choices about their lives.

## Cook Off

**FREE**

**Thursday 28 October, 11am-1pm**

Young people can share and showcase their cooking skills. YOS Cook-off is a competition for young people to showcase their abilities in the kitchen whilst learning about healthy eating and developing their cooking skills

## The Edge

**FREE**

**Thursday 28 October, 2pm-4pm**

The Edge is a programme, which aims to help individuals identify the skills that they have and how these can be transferred into different areas to support them in gaining employment or pursue a career.

## Play Therapy

**FREE**

**Thursday 28 October, 2pm-3pm**

Using play therapy approaches, this is a session for children and young people to have a safe space to play games and explore any issues or concerns they may have.

## Celebration Event

**FREE**

**Thursday 28 October, 3pm-4pm**

An event to recognise and celebrate children and young people's achievements throughout the YOS holiday programme.

**INFO** Phone: Tel: 020 8430 2361



## HeadStart Newham

### Youth Panel Taster Session

**(10 -16 years) FREE**

**Tuesday 26 October, 2.30pm-4.30pm**

**Venue: Stratford Youth Zone, Theatre Square, E15 1BX**

The HeadStart youth panel meets every two weeks after school on Friday. A space led by young people, to work on things that matter to them related to mental health and wellbeing in Newham.

The panel is currently working on a series of podcasts as well as an animation about moving from year 6 to year 7. The youth panel also gets involved with wider decision making in the borough and ensures that young people's voices are at the heart of shaping HeadStart Newham.

Get the opportunity to meet with some current youth panel members as well as other young people interested in joining the youth panel. Find out what we do and see if this is something you'd like to be involved in!

Open access offer for ALL young people within the age range, who live or are educated in Newham.

There is a team of facilitators supporting the session. Please advise of additional access requirements prior to the session

A consent form will also need to be completed before attending

**INFO** Email: [HeadStart.programmeteam@newham.gov.uk](mailto:HeadStart.programmeteam@newham.gov.uk)

To sign up on our website: <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

## Carers First

The following activities are for young carers. If you would like to take part, you need to be referred by a Newham professional. All events are online and free. To book please email us at [hello@carersfirst.org.uk](mailto:hello@carersfirst.org.uk) or call us on 0300 303 1555

### Trip to a Fire Station and McDonalds

**(8-14 years) FREE**

**Wednesday 27 October, 2pm-5pm**

Join us for a fun tour at a local fire station and learn about the equipment and the amazing work which firemen do. Then we head off to McDonalds for a bite to eat and to cool off.

### Trip to Fairplay House

**(8 years+) FREE**

**Thursday 28 October, 10am-5pm**

From canoeing to archery, low ropes to high ropes, zip wire to caving and mountain biking to orienteering, this exciting trip to Fairplay House will be nothing but sheer fun.

Fairplay Outdoor Education Centre offers a wide range of land and water based activities with highly qualified and experienced instructors. Includes lunch.

### Meet the Police and the Open Spaces Team

**(8 years +) FREE**

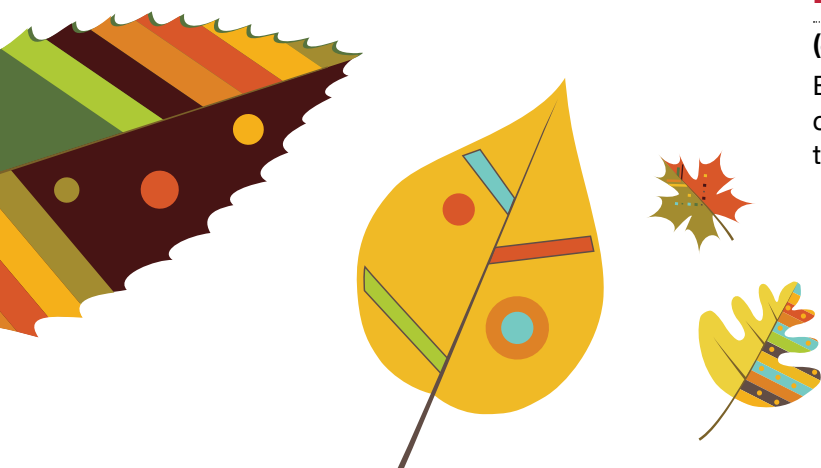
**Friday 29 October, 11am-2pm**

Join us for a fantastic day with the Territorial Support Group Police and learn about the work they do and how their vehicles operate. Then let's go on a bug hunt and explore nature and wildlife in the park

### Breaditation

**(8 – 14 years) FREE**

Breaditation is a fun, practical workshop that helps you clear your head whilst making bread, which you can take home. You also get a free Hello Fresh voucher.







# SPECIAL EDUCATIONAL NEEDS & DISABILITIES

## Resources for Autism

### Half-term scheme

**(8-18 years) FREE**

**Monday 25 October – Friday 29 October, 10am-3pm**

**Venue: 99-101 Dongola Road, West Plaistow, London, E13 OAN**

Half term scheme runs for the full duration of half term week.

Wide range of activities based on the need and interest of the children. E.g. Sensory activities, arts and craft, sports, bowling, cooking etc.

Early booking required.

This is a referral only service and not a drop in.

For information and booking <https://resourcesforautism.org.uk/holiday-play-schemes/> or call 020 8458 3259

## Royal Society for Blind Children (RSBC)

The Royal Society for Blind Children is offering a range of activities during half-term.

Some activities are online and some are face-to-face, Please check the individual event description or refer to their website.

### Gaming Session

**(8 - 25 years) FREE & ONLINE**

**Monday 25 October, 1pm-3pm**

Join us as we play a variety of interactive online games suitable for all levels of gamers.

### Assistive Tech

**FREE & ONLINE**

**Monday 25 October, 3pm-5pm**

### Audio Book Club

**(11 -25 years) FREE & ONLINE**

**Monday 25 October, 5pm-6pm**

### Stubbers Outdoor Adventure

**(8 – 25 years) FREE**

**Tuesday 26 October, all day**

Gear up and get outside! We're taking a day trip to the Stubbers Adventure Centre in Ockendon! Here at the ultimate adventure centre, there is something for everyone. We'll be chasing the excitement across land and water with exciting attractions like climbing, boating and other skill-building activities!

### Sisterhood

**(8 – 25 years) FREE & ONLINE**

**Tuesday 26 October, 5pm-6pm**





## Siblings Wellbeing Session

**FREE & ONLINE**

**Wednesday 27 October, 4.30pm – 5.15pm**

RSBC's Families First team is excited to launch new online sessions for the brothers and sisters of children and young people with a vision impairment. These sessions will provide space for siblings to connect with each other, share experiences and have fun.

**INFO** For more information and booking: Contact Ellie at [ellie.familiesfirst@rsbc.org.uk](mailto:ellie.familiesfirst@rsbc.org.uk)

## Sensory Story Time

**(ages 0 – 8 years) FREE & ONLINE**

**Wednesday 27 October, 1pm-2pm**

## Audio Book Club

**(11 - 25 years) FREE & ONLINE**

**Wednesday 27 October, 5pm-6pm**

## Cooking Workshop

**(12 – 25 years) FREE**

**Thursday 28 October, 11am-3pm**

We have had successful cooking sessions on our screen over the last few months, and now it is only right that we are back in person, cooking together as an RSBC Family! If you are interested in brushing up on your cooking skills, or wanting to learn how to cook up some flavour packed food, this is the session to be at.

## Parents' Assistive Tech

**FREE & ONLINE**

**Friday 29 October, 3pm-5pm**

For information and booking: Email: [enquiries@rsbc.org.uk](mailto:enquiries@rsbc.org.uk) or book on [www.rsbc.org.uk/calendar-of-activities](http://www.rsbc.org.uk/calendar-of-activities)

## Children and Support in Schools

**FREE & ONLINE**

Following our successful pilot last academic year, we're pleased to launch the first of our online dates for this coming academic year.

Are you getting the right support for your child in school? Are you unsure about Education and Health Care Plans (EHCP)? How do you get the best out of school to work with your child's needs? Join our experienced family practitioners and other families of children and young people with a vision impairment to discuss and share EHCP experiences, tips and suggestions, challenges and celebrations.

For information and booking: Email: [familiesfirst@rsbc.org.uk](mailto:familiesfirst@rsbc.org.uk) and a Teams invite will be sent on the day to join the evening session.





## GR8 Day 2 Play

(8 – 25 years) FREE

**Saturday 23 October, 12noon-6pm**

**Venue: Newham Leisure Centre, 281 Prince Regent Lane, E13 8SD**

Ever wondered what activities are on offer for disabled children and young people in the borough. This event will provide taster sessions of sport in Newham. Join us at Newham Leisure Centre to take part in some great accessible sports taster sessions. activeNewham Ability Camp and Fairplay House, along with other providers, will deliver a range of accessible sports for young people with special education needs and disabilities (SEND).

These include:

- Indoor rowing
- Wheelchair basketball
- Boccia
- Indoor archery
- Multi-sports
- Swimming

If you want to relax we will have a calm space where you can explore sensory activities and learn how to recreate them at home. Healthy snacks and refreshments will be provided.

Throughout the day members of staff will be available to show you around the facilities in the leisure centre, so you will be able to find out exactly what is on offer and the access around the building. The swimming pool will be closed temporarily, so you can have a look at the changing facilities to be reassured and to familiarise SEND children and young people with the spaces. This will be followed by two dedicated SEND swimming sessions.

Services and organisations who provide support for SEND young people will have information stalls, so you can find out more about what provision is on offer, and find out about some of the great opportunities available. Details of which organisations will be updated on the Eventbrite listing.

SEND young people, parents, and carers will also be able to feed into some important decisions and consultations the council are currently considering:

- SEND Commission surveys
- Consultation with autistic young people
- Newham Local Plan Refresh – get involved in shaping Newham's future together

All activities are accessible and inclusive, but participants must attend with a parent or carer. Please contact us to discuss support needs.

**INFO** [Tim.aldcroft@newham.gov.uk](mailto:Tim.aldcroft@newham.gov.uk)

*Sports related information:*

[sports@activenewham.org.uk](mailto:sports@activenewham.org.uk)

*Booking:* <https://tinyurl.com/LBNGr8Day2Play>





# NURSERIES, CHILDREN CENTRES & PLAY SCHEMES

## Aston Mansfield

### Little Manor – Holiday Playscheme

(Year 1 – Year 7) PAID

Monday 25 October – Friday 29 October,  
8am (Breakfast Club), 9am (Play scheme) – 6pm

Cost: Breakfast Club: All children £2.50, Holiday Play scheme: 1st child £18.00, Sibling £12

(Price includes snacks and trip costs)

Venue: Froud Centre, 1 Toronto Avenue, Manor Park, E12 5JF

Play sessions include a mixture of on-site activities and trips. Activities include sports, games, arts & crafts, cookery, experiments, drama and IT.

**INFO** For information and booking:

Email: [play@aston-mansfield.org.uk](mailto:play@aston-mansfield.org.uk),

Phone: 020 3355 3978

## Trinity Care Nursery

### October Half-term Holiday Programme

(3-8 years) £18

Monday 25 October – Friday 29 October, 10am– 3pm

Venue: Trinity Day Care Nursery, East Avenue, Manor Park, E12 6SG

Play sessions include building a bird feeder, baking pumpkin muffins, an Autumn Scavenger Hunt and a trip to Spitalfields Community Farm

**INFO** For information and booking:

Email: [nursery@trinitycentre.org](mailto:nursery@trinitycentre.org)

Phone: 020 8552 3992

## Elite Kids Club

### October Half-term Holiday Programme

(5-11 years, siblings welcome, inclusive offer) paid

Daily 8am-6pm

Cost: £25 per day or £100 for week

Venue: St. Saviour's Church Hall, Macdonald Road, Forest Gate E7 0HE

The holiday programme includes a range of creative activities

Monday 25th: Design your own board game/sports game

Tuesday 26th: Collecting fabulous autumn leaves

Wednesday 27th: Decorating old shirt/role play

Thursday 28th - Queen Elizabeth Olympic Park/arts & crafts

Friday 29th - Movie day/football/volley ball/crickets, etc.

**INFO** For information and booking:

Email: [info@elitekidsclub.org](mailto:info@elitekidsclub.org),

Phone: Sophie 7950 261 077 or 0208 519 3603

Website: [www.elitekidsclub.org.uk](http://www.elitekidsclub.org.uk)

## The Wright Education

### Wright Education Half-Term Club

(reception – year 6, inclusive offer, no complex needs) Cost: Starting from £15 per session

Monday 25 - Friday 29 October, 8am-5.30pm

Venue: Maryland Children Centre, Buxton Rd E15 1QX

The Half-term Club offers fun based activities including: off site visits, cinema, arts and crafts

**INFO** For information and booking: Email: [info@wrighteducationuk.com](mailto:info@wrighteducationuk.com)

Phone: 07852137462

Website: [www.wrighteducationuk.com](http://www.wrighteducationuk.com)



## Children's Centres

### Beckton and Royal Docks Children Centre:

Ellen Wilkinson Primary School, Tollgate Road, London E6 5UP

**INFO** <https://www.bardcc.co.uk/calendar/?calid=1&pid=12&viewid=2>  
Tel: 020 7474 0654

### Edith Kerrison Children Centre (Canning Town and Custom House neighbourhood)

Edith Kerrison Nursery School, Sophia Road, London E16 3PB

**INFO** <https://www.edithkerrison.newham.sch.uk/activity-programme.html>  
Tel: 020 7473 2761

### Keir Hardie Children Centre (Canning Town and Custom House Children Centre)

Keir Hardie Primary School, 13 Robertson Road, London E16 1FZ

**INFO** <https://keirhardie.newham.sch.uk/about-us/childrens-centre/> Tel: 020 7476 1284

### Altmore Children Centre (East Ham neighbourhood)

Altmore Infant School, Altmore Avenue, London E6 2BX

**INFO** <https://www.altmore.newham.sch.uk/page/?title=Children%27s+Centre&pid=53> Tel 020 8552 6604

### Oliver Thomas Children Centre (East Ham neighbourhood):

Oliver Thomas School, Mathews Avenue, London E6 6BU

**INFO** <https://www.oliverthomas.org.uk/#> Tel: 020 8552 1177

### Kay Rowe Children Centre (Forest Gate neighbourhood)

Kay Rowe Nursery School, Osborne Road, London E7 0PH

**INFO** <https://kayrowe.newham.sch.uk/childrens-centre/about-childrens-centre/> Tel: 020 8534 4403

### Maryland Children Centre (Forest Gate neighbourhood)

Maryland Childrens Centre, Buxton Road, London E15 1QX

**INFO** <https://maryland.newham.sch.uk/childrens-centre-nursery/childrens-centre-2/> Tel: 020 8534 8351

### St Stephens Children Centre

St. Stephen's School and Children's Centre, Whitfield Rd, London E6 1AS

**INFO** <https://www.st-stephens-nurserychildrenscentre.org.uk/Calendar/> Tel: 020 8472 7575

### Manor Park Community Children Centre

Sheringham Nursery School, Sheringham Avenue, London E12 5PB

**INFO** [https://www.sheringham-nur.org.uk/?page\\_id=2585](https://www.sheringham-nur.org.uk/?page_id=2585) Tel: 020 8553 2479

### Plaistow Children Centre

Plaistow Primary School, Junction Road, London E13 9DQ

**INFO** [https://www.sheringham-nur.org.uk/?page\\_id=2585](https://www.sheringham-nur.org.uk/?page_id=2585) Tel: 020 8548 5620

### Rebecca Cheetham Children Centre

Rebecca Cheetham Nursery School, Marcus Street, London E15 3JT

**INFO** <https://www.rebeccacheetham.newham.sch.uk/page/?title=Virtual+Sessions&pid=55> Tel: 020 8534 3136

### Parents can access family support by speaking to the local children centre.

Professionals/Parents can also request for family support through the online portal (for families with children up to the age of 5 years):

**INFO** [https://newham-self.achieveservice.com/service/Early\\_Help\\_Family\\_Support\\_Referral](https://newham-self.achieveservice.com/service/Early_Help_Family_Support_Referral)





# SUPPORT SERVICES

CLICK!



HEALTH

FOOD &  
FUNDING  
SUPPORT

CRISIS &  
COUNSELLING

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

**Questions about council services**

**Newham Council Contact Centre:**

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

**Textphone: 18001 020 8430 2000**







# HEALTH

## NHS

**Phone: 999 for emergencies**

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

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

These services are to help get the right advice or treatment you need for physical or mental health. The advice is available 24 hours a day, seven days a week.

## COVID-19 Support

**Covid Helpline: 020 7473 9711 or email [covidhelp@community-links.org](mailto:covidhelp@community-links.org)**

**Opening Hours: 9am-7pm, seven days a week.**

Call handlers can speak multiple languages. Information and advice related to COVID-19 including how to access testing, support to isolate, general COVID-19 guidance, and financial and food support.

## TESTING

Knowing if you have COVID-19 is the best way to protect those around you, after getting vaccinated. You do not have to be a Newham resident to get tested if you work in the borough.

Please wear a face covering when you collect your test kits or attend a testing appointment. This helps protect our staff and others.

## IF YOU HAVE SYMPTOMS:

If you have COVID-19 symptoms, you can get a test by calling 119 or visiting [www.nhs.uk/ask-for-a-coronavirus-test](http://www.nhs.uk/ask-for-a-coronavirus-test)

If you have any of the three main COVID-19 symptoms (new persistent cough, fever or loss/change of your sense of smell or taste) you should get tested at one of our drive-through or walk-through sites, or via a home test kit.

If you or someone in your household has symptoms, you and your household should isolate for 10 days.

There are four ways to get tested if you have symptoms in Newham:

- Walk through testing (Beckton, Canning Town, East Ham and Stratford locations)
- Drive through testing (Lea Valley Athletic Track and O2 Arena)
- Home testing kits
- Mobile testing unit (Gallions Reach - details and availability via [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test) or call 119)

Booking is recommended for all testing options, and required for the drive through and temporary testing sites.

## REGULAR TESTING

Rapid tests are for people who do not have COVID-19 symptoms. Anyone in Newham can get free rapid tests to do at home – whether you live, work, study or volunteer here.

We recommend you do a test twice a week, three to four days apart. This will help pick up a COVID-19 infection early and reduce the risk to others.

The tests are safe and easy to use, and the results come back in under 40 minutes.

## WHERE CAN I GET HOME TEST KITS?

Order online to be delivered to your home [www.gov.uk/order-coronavirus-rapid-lateral-flow-tests](http://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests)

Collect from a collection point, including test sites, pharmacies and libraries. You can find your nearest collection points here <https://maps.test-and-trace.nhs.uk/>

If you need assistance with online booking or ordering a test kit, please contact Newham COVID-19 Helpline on 020 7473 9711 or email [covidhelp@community-links.org](mailto:covidhelp@community-links.org) (Open 9am-7pm, seven days a week).

## COVID-19 VACCINE

Getting vaccinated is one of the best things you can do to help protect the people you love including Newham's students and school communities.

When it is your turn to book your vaccination, go to [www.newham.gov.uk/bookyourvaccine](http://www.newham.gov.uk/bookyourvaccine)

You may also receive an invitation from your GP or the NHS by text or email.

If you have any questions or concerns, we have a trained group of volunteers who can answer your questions. If you'd like a confidential 1-2-1 conversation with a vaccine peer supporter please email [covidhealthchampions@newham.gov.uk](mailto:covidhealthchampions@newham.gov.uk) or call 020 3373 2777.



## School Health Service (SHS)

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

## National Child Measurement Programme (NCMP) ONLINE

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

**INFO** Sessions run throughout the year and can be booked here:

<https://www.eventbrite.co.uk/e/national-child-measurement-programme-parent-information-workshop-tickets-128253745405>

## ChatHealth

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

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

**INFO** Text the service on: 07507 326645

## Newham Youngest In Charge (YIC) Project

Are you a young person aged 16-24 and a Newham resident with an idea for improving the health and wellbeing of local young people in Newham?

You can apply for funding of between £500 and £5,000 for activities that:

- Reduces health inequalities
- Improves access to or take up of health services
- Provides training and development opportunities (for health and wellbeing improvement).

**INFO** For more information or an application, please contact Mavis Wenham on 07931 712 508 or [mavis.wenham@nhs.net](mailto:mavis.wenham@nhs.net)

**CLOSING DATE: 22 October 2021**







## Filming Health Videos

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

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

**We're back to secondary school/sixth form/college:**

<https://youtu.be/kYhf9jAlHxk>

**School Readiness-Early Years**

<https://youtu.be/RK85GXs3qVo>

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

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

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

<https://youtu.be/LxBNTudWyCw>

**Family Nurse Partnership**

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

## Covid related

**#WeGotThis Back to School**

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

**#GotoAandE**

<https://youtu.be/m3xBUR5FI9I>

**#KidsTalk**

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

## Asthma Videos

**Asthma a Hero Story**

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

**Implementing a whole school asthma approach**

<https://www.youtube.com/watch?v=l1J4cTwMev0>

**My Asthma Hero travel pack**

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

**Asthma, the Straw Game**

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

**Looking after my Asthma Spacer**

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

## Brighter Futures, CYPS &PH via the CYP MH & Wellbeing Partnership presents NewhamFlix-The Courageous Superior Three (CS3)

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

**Episode 1 - Turning up**

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

**Episode 2 - Meeting Poetess Jess**

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

**Episode 3 - Rehearsals**

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

**Episode 4 - Getting in the zone**

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

**Episode 5 - It's Showtime**

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

**Episode 6 - Q&A**

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

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

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





# FOOD AND FUNDING SUPPORT

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

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

Open: 9am–7pm, seven days a week

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

Open: 8am–8pm, seven days a week. Eligibility details here: <https://nhsvolunteerresponders.org.uk/services>

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

## Holiday food vouchers

Newham Council is using government funding to continue holiday food vouchers for the October half term holiday. Children in primary and secondary school up to year 11 who are eligible for benefits-related free school meals will receive a voucher for £15.

Primary and secondary schools in Newham will issue the vouchers to parents/carers, normally via e-vouchers. If you have not received your voucher before the holiday begins or if you are not sure whether your child is entitled to benefits-related free school meals, please contact your child's school.

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

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

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

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

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

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

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

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

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



# CRISIS & COUNSELLING

## Adult Social Care

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

**INFO** [https://newham-self.achieveservice.com/service/Contact\\_Adult\\_Social\\_Care](https://newham-self.achieveservice.com/service/Contact_Adult_Social_Care)

The team consists of qualified and experienced: social workers; approved mental health professionals (AMPH) and safeguarding workers to respond to urgent safeguarding concerns. The emergency duty team provides support in an emergency out-of-hours: evenings, overnight, weekends and Bank Holidays. An emergency is anything that cannot wait until the next day. The team will provide emergency support to: children and families and anyone over the age of 18.

## Children's Social Care

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

**PHONE** 020 3373 4600 (Option 3) for Children's Social Emergency  
Monday to Thursday, 9am to 5.15pm or Friday 9am to 5pm

**PHONE** Out of Hours Phone: 020 8430 2000

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

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

## Child Line

**PHONE** 0800 1111

**PHONE** 0808 800 5000 for adults concerned about a child

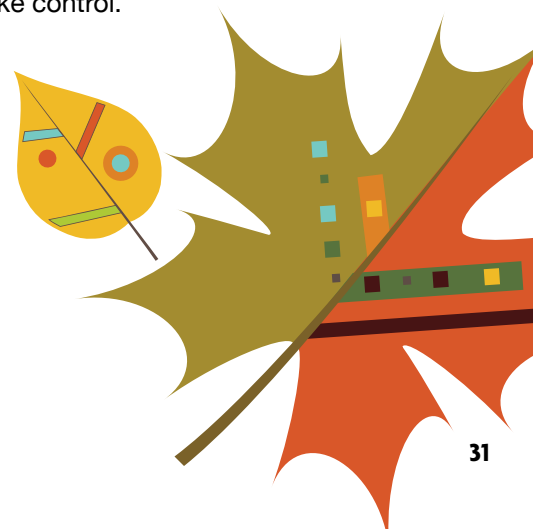
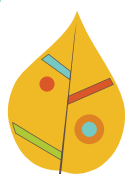
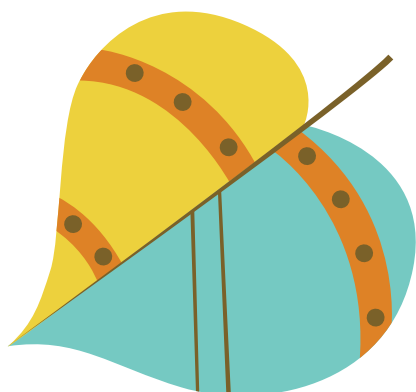
**INFO** [www.childline.org.uk/](http://www.childline.org.uk/)

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

## Crisis Line

**PHONE** 020 7771 5888

The crisis line is provided by East London NHS Foundation Trust (ELFT) to support people living in Newham. It is available 24 hours a day including weekends and Bank Holidays. Callers will be given support and advice from mental health professionals. The service aims to provide the right care at the right time and prevent people spending unnecessary time at the Emergency Department. The Crisis Helpline can: support and help you if you have mental health problems, provide accurate information and advice about local mental health services and communicate with other services or teams on your behalf, if you wish for support in a non-directive way, or empower and encourage you to take control.





## Hestia Domestic Violence Support

**PHONE** 999 if you are in immediate danger

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

Email: [InfoNewhamDSV@hestia.org](mailto:InfoNewhamDSV@hestia.org) or <https://www.hestia.org/newham>

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

## Change Grow Live Charity

**PHONE** 0800 652 3879

**INFO** <https://www.changegrowlive.org/local-support/find-a-service>

Advice and support on drug or alcohol issues.

## Kooth

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

Please note Kooth is accessible throughout the school holidays.

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

## Samaritans

**PHONE** 116 123 for free

**INFO** [jo@samaritans.org](mailto:jo@samaritans.org)

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

## Family Advocacy

**PHONE** 020 8519 8312 between 10am - 4pm

Advocacy is support to:

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





## Shine – sexual and relationship advice

**Phone: 020 8496 7237**

Clinics are for young people 21 years and younger and are discreet, confidential and services are completely free to young people living in Newham. Advice and information includes:

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

Shine educational programmes can include sessions such as:

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

## Switchboard LGBT + Helpline

**PHONE 0300 330 0630**

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

### Emotional Wellbeing Support Pack

**INFO** <https://switchboard.lgbt/wp-content/uploads/2020/05/Emotional-Wellbeing-Support-Pack.pdf>

A pack to help you feel supported, comforted and less alone during this uncertain time. It includes tips to help manage anxiety, suggestions on what to do when you're feeling low, some grounding exercises and a wellness toolbox.

## Befriending Support

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

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

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

You can access Connect Newham if you are:

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

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

## HeadStart: All About Me Journal

HeadStart Newham is a mental health service working closely with schools and the community to transform how young people and their families are supported to stay emotionally healthy. [www.headstartnewham.co.uk](http://www.headstartnewham.co.uk) HeadStart has developed a journal to support you. It is a place where you can write your thoughts and worries.

**INFO** <https://www.headstartnewham.co.uk/wp-content/uploads/2020/04/All-About-Me-Journal-Booklet-FINAL-COPY-A4-PDF.pdf>



**For SEND young  
people aged  
8 - 25**

**Free**

**Saturday  
23rd October  
12:00 - 18:00**

**Newham  
Leisure Centre  
281 Prince Regent Ln  
E13 8SD**



## **GR8 Day 2 Play**

**Ever wondered what sports & leisure activities are  
on offer for SEND young people in Newham?**

Come and try out some sports taster sessions such as indoor rowing, wheelchair basketball, Boccia, indoor archery, multi-sports & swimming.

There will also be information stalls about other services, opportunities to have your say about important issues that effect SEND young people in the borough, as well as a relaxation and sensory space.



Click on the link for more information  
about the day and to book places  
<https://tinyurl.com/LBNGr8Day2Play>







# VACCINES SAVES LIVES!

Vaccinations prevent a range of illnesses and are **FREE** for all children.

The following vaccines will be offered to all children in primary school.

Primary School Vaccines	Important Information
Influenza	<ul style="list-style-type: none"> <li>Given every year from October onwards</li> </ul>
	<ul style="list-style-type: none"> <li>All children from reception to year 6 to receive it</li> </ul>
	<ul style="list-style-type: none"> <li>Sprayed into the nose or if preferred, via injection in arm.</li> </ul>

Consent forms for the vaccines will be sent home with your child. Your school will provide you with the dates that the immunisation team will be attending your school.

For Influenza, this is usually between October - December.

Your local immunisation team also run regular catch-up clinics throughout the year.

For more information, please visit [www.schoolvaccination.uk](http://www.schoolvaccination.uk) or your local school immunisation team [newham@vaccinationuk.co.uk](mailto:newham@vaccinationuk.co.uk) or call **0203 214 1394**.



Vaccinations prevent a range of illnesses and are **FREE** for all children.

The following vaccines will be offered to all children in secondary school.

Secondary School Vaccines	Important Information
Influenza	All children from year 7 to year 11 Sprayed into the nose, or if preferred, via injection in arm.
HPV	Boys and girls aged 12 to 13 years old Given in 2 doses, 6 months apart Given via injection in arm
DTP (Diphtheria, Tetanus & Polio)	Boys and girls aged 14 years old One dose only Given via injection in arm
Meningococcal	Boys and girls aged 14 years old One dose only Given via injection in arm

Consent forms for the vaccines will be sent home with your child. Your school will provide you with the dates that the immunisation team will be attending your school.

For Influenza, this is usually between October-December.

For year 8 HPV, this is September / January.

Year 9 DTP/ACWY January.

Your local immunisation team also run regular catch-up clinics throughout the year.

For more information, please visit [www.schoolvaccination.uk](http://www.schoolvaccination.uk) or your local school immunisation team [newham@vaccinationuk.co.uk](mailto:newham@vaccinationuk.co.uk) or call **0203 214 1394**.



## Free Christmas Holiday Food and Fun!

During the Christmas holidays, there will be a programme of fun activities and food for children and young people in Newham.

Activities and food will be free for children and young people who are eligible for free school meals.

More information about the Christmas holiday programme will be shared by Newham Council and schools after the half-term holidays.



**HOLIDAY ACTIVITIES  
AND FOOD PROGRAMME**



Department  
for Education





# WALK, RUN OR CYCLE AND WIN PRIZES WITH STREET TAG.



Street Tag has come to Newham. It's a FREE fun, family-friendly game which encourages greater participation in outdoor physical activity, such as walking, running and cycling. It helps to support an active lifestyle and improved mental health.

By participating you have a chance to discover your local area, parks and green spaces. Along the way you collect virtual tags, which all add up on your local leader board and can lead to prizes for families and schools.

Download the Street Tag app today on the App Store or Play Store.  
For more information visit [www.streettag.co.uk](http://www.streettag.co.uk)

**WE ARE NEWHAM.**

People at the Heart  
of Everything We Do



# YOUR TIME

## MENTAL HEALTH AND WELLBEING SUPPORT FOR YOUNG PEOPLE

HeadStart and Youth Empowerment Service are working collaboratively to deliver **Your Time** for young people who are being adversely affected by the uncertainty the coronavirus pandemic brings to their daily lives. Your Time support offers young people a safe space to connect with one of our experienced youth workers.

I need support to feel in control in areas of my life

I don't know what to do next?  
I'm not sure I'm coping well through the pandemic

I don't understand my thoughts and feelings



If you are a young person who may benefit from Your Time and are aged 10 -18 (up to 25 for young people with SEND) live in or attend a Newham school you can contact us by

Phone: 020 3373 9983 (select option 4 – HeadStart)

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

Online referral: [https://newham-self.achieveservice.com/service/COVID19\\_Youth\\_Befriending\\_Referrals](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals)

**Your Time** offers 8 weekly sessions on the phone or text with our experienced team.

[www.headstartnewham.co.uk](http://www.headstartnewham.co.uk)



# Free, safe and anonymous online counselling and support

**“I don’t think I could’ve spoken  
to someone face-to-face.”**



**Chat to our  
friendly counsellors**



**Read articles written  
by young people**

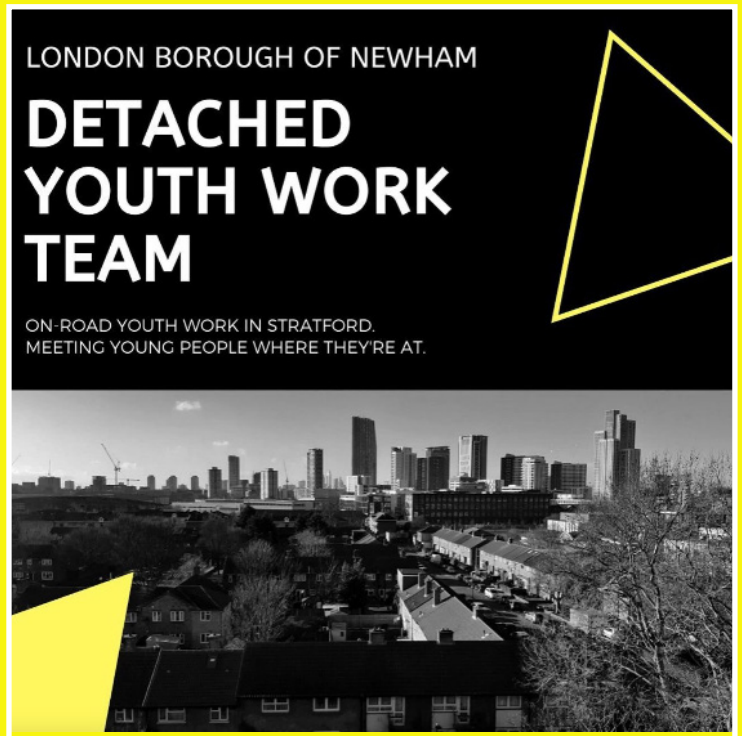
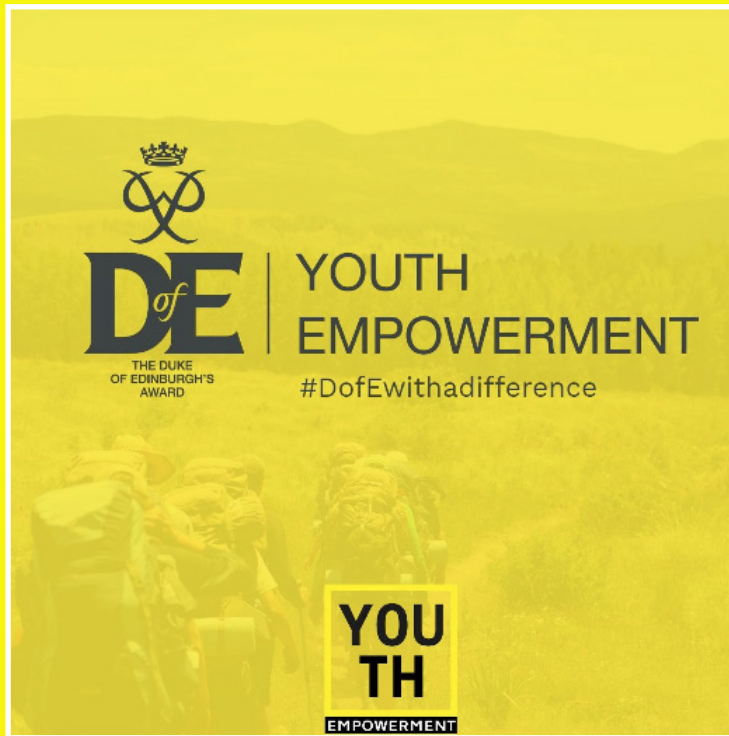


**Join live  
moderated forums**

**kooth**

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





 **@youthzone LBN**

Our Youth Zones are open providing youth work support and youth development opportunities.

From creative workshops to adventurous summer visits, sports events to youth and community social action projects there is something for everyone!

Visit our digital calendar below for up to the minute details of the places and spaces we operate and the experiences on offer:

[Click here for the Youth Empowerment Service Digital Calendar](#)



The More than Mentors team would like to ensure young people and their families can access support when needed.

## ORGANISATIONS OFFERING FREE SUPPORT



Free crisis messenger, 24/7 support for all ages  
[www.giveusashout.org](http://www.giveusashout.org) | Text SHOUT to 85258



Online counselling support for ages 11-25  
[www.kooth.com](http://www.kooth.com)



Free and confidential helpline for young people under the age of 19  
[www.childline.org.uk](http://www.childline.org.uk) | 0800 1111  
Everyday, 9am-3pm



Free 24/7 call service for all ages to talk about your issues  
[www.samaritans.org](http://www.samaritans.org) | 116 123



Provide support for infants, children, young people and their families from conception to 25  
[www.annafreud.org](http://www.annafreud.org) | 0207 794 2313



Provides support for anyone under the age of 25  
[www.themix.org.uk](http://www.themix.org.uk) | 0808 808 4994



Free and confidential counselling service for young Muslims, available nationally via the telephone, email, live chat  
[www.myh.org.uk](http://www.myh.org.uk) | 0808 808 2008



Provides support 365 days a year to people who have or are worried they have an eating disorder  
[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) | 0808 801 0677



# COMMUNITY LINKS



supporting teenage mental health

Free service & apps supporting mental health  
for ages 11-19  
[www.stem4.org.uk](http://www.stem4.org.uk)



NHS talking therapies supports with common mental  
health problems like stress, anxiety and depression  
[www.nhs.uk](http://www.nhs.uk)



Free advice and support to anyone  
experiencing a mental health problem  
[www.mind.org.uk](http://www.mind.org.uk) | 0300 123 3393



Provides support for vulnerable young people and  
their families  
[www.barnardos.org.uk](http://www.barnardos.org.uk) | 0208 550 8822



Provide confidential support and advice to young people  
under the age of 35 struggling with thoughts of suicide  
[www.papyrus-uk.org](http://www.papyrus-uk.org) | 0800 068 4141  
Everyday, 9am-midnight



Online free advice from Citizens Advice  
to help you find a way forward  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) | 0800 144 8848  
Mon-Fri, 10am-4pm

# YOUNG Mi MINDS

Provides advice & support to young people affected by mental health  
[www.youngminds.org.uk](http://www.youngminds.org.uk) | 0808 802 5544  
Mon-Fri, 9:30am-4pm



Confidential support to people  
experiencing difficulties  
[www.thecalmzone.net](http://www.thecalmzone.net)  
0800 58 58 58  
Everyday, 5pm-midnight



# Community Links

For advice, enquiries or support

call us: 07593 266 043

email us: [advice@community-links.org](mailto:advice@community-links.org)

**Mon to Fri 9.00am to 5.00pm**

## We can help with any of the following:

- Consumer and Employment Legal Advice for anyone, given by lawyers
- Welfare Benefits Casework, Challenging Decisions, Appeals Representation and Help Completing Benefit and Housing Registration Forms, be they online or paper, for Newham residents
- Accredited Debt Advice for Newham residents, provided by qualified experts
- Support if you are a Newham resident in Crisis or Experiencing financial Hardship from our Social Worker led program
- Peer support groups, positive wellbeing activities and information and signposting for people experiencing mental health difficulties, by contacting Rosalind on 075406 68943

**For non-advice related queries, contact our switchboard on 0207 473 2270 or email [info@community-links.org](mailto:info@community-links.org)**

w: [www.community-links.org](http://www.community-links.org)

Community Links Trust Ltd - a charity registered in England  
Registered Charity Number 1018517. Registered Company Number  
2661182 Regulated by the Financial Conduct Authority



# COVID-19 SUPPORT

**LIVE IN NEWHAM, HAVE QUESTIONS  
OR NEED SUPPORT TO ISOLATE?**

Contact the **COVID-19 helpline.**

**020 7473 9711** (9am-7pm, 7 days a week)  
or **covidhelp@community-links.org**

**16yrs + and would like  
to talk contact**



**Talking Therapies**

## **NEWHAM**

[www.newhamtalkingtherapies.nhs.uk](http://www.newhamtalkingtherapies.nhs.uk)  
020 8475 8080 - 9am-5pm, Mon-Fri

## **HARINGEY**

[www.lets-talk-iapt.nhs.uk](http://www.lets-talk-iapt.nhs.uk)  
020 3074 2280

## **BARKING & DAGENHAM, HAVERING, REDBRIDGE**

[www.talkingtherapies.nelft.nhs.uk](http://www.talkingtherapies.nelft.nhs.uk)  
0300 300 1554 - 9am-5pm, Mon-Fri



## **[www.haringeycabx.org.uk](http://www.haringeycabx.org.uk)**

0300 330 1187, 9am-4pm, Mon-Fri

## **[www.bdcab.org.uk](http://www.bdcab.org.uk)**

0300 330 9038

## **[www.eastendcab.org.uk](http://www.eastendcab.org.uk)**

0203 855 4472, 10am-4pm, Mon-Fri

## **[www.haverincab.org](http://www.haverincab.org)**

0300 330 1187, 9am-4pm, Mon-Fri



## **DEBT ADVICE**

[www.moneyadvicetrust.org](http://www.moneyadvicetrust.org)  
National Debtline free on 0808 808 4000

**East End**  
COMMUNITY FOUNDATION



# LIVE OR STUDY IN NEWHAM? ARE YOU AGED 10-25?

## Become a Young Health Champion (YHC)

We're looking for young people who want to make a difference by working together across Newham. You will be supporting your peers and supporting your peers and communities around the health challenges that we all face, especially during COVID-19

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### HOW DOES IT WORK?

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1. Sign up to be a YHC.
2. Receive up to date information from the council about COVID-19 and other health matters.
3. Share this information with your friends, families and communities.
4. Join regular workshops and Q&A sessions with health experts and share your thoughts and experiences.
5. Find out about training opportunities

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### WORKSHOPS

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Regular workshops hosted by the council will be held every two weeks on Tuesdays, 5-6pm.

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### TO REGISTER

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Register to find out more about becoming a Young Health Champion at:  
[younghealthchampion@newham.gov.uk](mailto:younghealthchampion@newham.gov.uk)

or go to

<https://forms.gle/ufwtN99rudor8YeN9>

**@younghealthchampions**

Monday - Friday  
9:00am - 5:00pm



1362497

## For free translation phone

Për një përkthim falas telefononi

للترجمة المجانية الرجاء الاتصال هاتفياً

বিনামূল্যে অনুবাদের জন্য টেলিফোন করুন

Za besplatne prevode pozovite

欲索取免費譯本，請致電

Pour une traduction gratuite, téléphonez

Για δωρεάν μετάφραση, τηλεφωνήστε

મફત ભાષાંતર માટે ફોન કરો

निःशुल्क अनुवाद के लिए कृपया फ़ोन कीजिए

بو ته رجومه كردنى به خورايى ته له فون بكه بو

Dël nemokamo vertimo skambinkite

സൗജന്യമായ തർജ്ജിമയ്ക്കായി ബന്ധപ്പെടുക

Po bezpłatne tłumaczenie prosimy dzwonić

Para uma tradução grátis, telefone

ਮੁਫਤ ਅਨੁਵਾਦ ਲਈ ਫੋਨ ਕਰੋ

Перевод – бесплатно. Звоните

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# 2021 NEWHAM YEAR OF THE YOUNG PERSON



\*Please note the images were taken pre-covid

**Wishing all young people and families a safe,  
healthy and exciting October half-term holiday.**

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

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