

Barnet Active Creative Engaging holidays



Free holiday club activities are available for eligible children in Barnet – from Reception to Year 11!



have fun



get active



learn new skills

Winter 2022

Visit [barnetyouth.uk/BACEHolidays](https://barnetyouth.uk/BACEHolidays)



Department  
for Education

YOUNG  
BARNET  
FOUNDATION

BARNET  
LONDON BOROUGH





# Contents

## BACE HOLIDAYS

Inside our winter brochure you will find details of family-friendly activities, advice, support and information about the BACE Holiday Camps planned.

Winter is on the way! Find out about fully funded frosty fun over the winter holidays with BACE camps!

Read more for easy and healthy meal suggestions, advice on staying active, managing energy bills, what mental health support is available in Barnet and where to go if you are worried and would like more advice.

Our Winter BACE Holiday Activities will take place over the following dates:

**19-22 December 2022 and 23, 28-30 December 2022**

With an offer of camps, day activities and trips. BACE is for children and young people aged 4-16 who are eligible for benefit-related Free School Meals.

We offer a huge range of enriching activities including multi-sport, arts 'n' crafts, performing arts and much more. *\*4 year olds must be enrolled in reception at school.*

### Wonde e-vouchers:

Each child who is eligible will receive an e-voucher via their school to be able to apply for a place on Winter BACE using their unique e-voucher code. These will be issued from 31 October 2022

You are able to book onto activities as soon as you are in receipt of an e-voucher, bookings go live on 31st October 2022 and close on 12 December 5:00pm - spaces are limited so act fast.

[www.barnetyouth.uk/BACEHolidays](http://www.barnetyouth.uk/BACEHolidays)

### What our parents have said:

"This is the first time my kids doing such activities like this, and they loved it!"

"My child was happy, excited had a good time, and helped with their self confidence."

"The inclusivity is great. The fact that my autistic child could mingle with non-SEN children and was not restricted to SEN only activities."



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## How to sign up and book BACE activities:

If your child is eligible for benefit-related free school meals you can register for BACE Holidays online at [www.barnetyouth.uk/login](http://www.barnetyouth.uk/login)

You can then choose which activities your child can attend once your account is verified by email.

If you are not eligible for this BACE programme, you can still access the Positive Activities Holiday Provision which is Fully Funded to all children and young people who attend school, or live in, the borough of Barnet. Find out more about Positive Activities [www.barnetyouth.uk](http://www.barnetyouth.uk)



Follow @BarnetYouth\_ on Instagram



Scan the QR code to sign up now

Sign up today!

# A Day in BACE Camp

**BACE Holidays stands for Barnet's Active, Creative and Engaging Holidays - a name chosen by young people!**

**Every family in Barnet should have equal opportunities to healthy, nutritious food and opportunities for children to have fun and play.**

There is a large and varied number of different activities taking place across the borough to engage children's interests. At all of our BACE camps every child will have access to either a food hamper to take away or a hot meal provided on the day.

BACE camps are the perfect place for children to make new friends and support their social development.

To find out more information about BACE holidays. head over to our website [www.barnetyouth.uk/BACEHolidays](http://www.barnetyouth.uk/BACEHolidays) to view our BACE videos.

**Summer BACE Holidays supported the following:**

**2871**

Children attended Summer Holidays 2022

**6800+**

Places available

**24**

Days of provision on offer

**BACE**

**18**

Food Providers

**1200+**

Nutritional Snack Bags

**39**

SEND 1:1 Support Workers

**47**

Activity Sites used



Each BACE camp / activity is different in its own right, co-produced by the young people and the provider, taking into account their ages and abilities. A typical day at a BACE Camp will entail:

- **Welcome! Sign In and getting to know others with Ice Breaker and Team Building Games**
- **Activities – A series of structured activities per day such as Sport, Arts and Crafts, Performing Arts**
- **Mini Breaks with time spent outside depending on weather and Snacks**
- **Lunch - A Hot Healthy Meal and Nutritional Education**
- **Evaluation and Feedback from Children at the camp**
- **Sign Out and Goodbyes**

As each camp/activity varies you can expect possibly one of the below at your chosen camp/activity:

- Certificates, medals and prizes, Talent Shows / Sharing of work to parents and carers
- Theme for the week or day to learn and have fun I.e. Superhero Day, Around the World, Pirates and Treasure, Sports Day etc.
- For the older ages BACE activities and camps are tailored and co-produced to support young people to learn a new skill in cooking, Business, CV writing, Music Production, Gym, Boxing, Football etc.







## What's on

Together,  
WE ARE  
BARNET

In Barnet we celebrate our differences and appreciate the rich cultures and different faiths that make our communities so special. Here are some of the key holidays to look out for over winter!



### Human Rights Day, 10 Dec

Human rights are universal rights that mean that everyone should be treated equally and with respect. Human Rights Day is a day to celebrate the achievements of those who have fought for and protected human rights, as well as a day to reflect on what still needs to be done to make society fairer for everyone.



### Hanukkah, 18 - 22 Dec

Hanukkah (also known as Chanuka) is one of the most popular and widely observed holidays in the Jewish calendar, often referred to as the "Festival of Lights." This celebration, like Christmas for Christians, occurs in December. Jewish people celebrate Hanukkah by telling stories, eating delicious food, and attending or hosting parties with their loved ones!



### Winter solstice 21 December

#### What is the Winter Solstice?

The Winter Solstice is the day that marks midwinter is the shortest day of the year. Many societies have connected the event with spirituality and faith.

In India, the Winter Solstice signals the start of a holy Hindu festival called Makar Sankranti. In China, it is considered the 22nd of the 24 solar terms and is still celebrated with the festival Dongzhe. Japanese people have been known to put yuzu (citrus fruit) in hot baths and soak their bodies to keep away the common cold. In Korea, people eat red bean porridge for good luck. In Austria people dress in scary costumes of Krampus - a half-demon, half-goat creature who warns off evil spirits.

Shab-e Yalda is a Persian celebration of the Winter Solstice. People gather around to celebrate the night turning into day and ancient beliefs see it as good winning over evil. Now people stay up all night, telling stories, eating nuts, watermelon or pomegranate and recite poetry. It is celebrated as a night of hope, of reflection and similar to New Years resolutions.



### Christmas Day, 25 Dec

For Christians, the meaning of Christmas is the celebration of the birth of Jesus Christ. Even the word 'Christmas' itself is a shortened version of 'Christian Mass'. Christians celebrate Christmas each year to show their gratitude to God for what he did, to remember the birth of Jesus Christ by giving gifts, worshipping him and thinking of the poor and less fortunate.



### New Year's Day, 1 Jan

New Year's Day is celebrated each year on the 1st January in more than 60 countries around the world. At the stroke of midnight, depending on time zones, people across the world mark the year's passing with special celebrations. A New Year's resolution is often made by people on New Year's Day, with the intention of changing some part of their life for the better.



### Buddhist New Year, Spring 2023

Buddhist New Year celebrations that follow the lunar calendar take place in winter or spring. The New Year is celebrated differently in every Buddhist culture, but to many Buddhists it is a key date on the sacred calendar associated with renewal and purification. Celebrants clean their homes, symbolically sweeping away all that was bad in the departing year and welcoming fresh opportunities in the year to come.



### Chinese New Year, 22 Jan - 1 Feb

Chinese New Year officially begins on January 22 2023, and ends on February 1st. Celebrations last up to 16 days and finish with the Lantern Festival on February 5 2023. Chinese New Year marks the transition between 2022 the Year of the Tiger and 2023 the Year of the Rabbit. In China, you'll hear it being called chunjie (春节), or the Spring Festival. It's still very wintry, but the holiday marks the end of the coldest days. High Barnet Christmas Festival - 04 December

ABA are official organisers of Anti-Bullying Week and Odd Socks Day. Anti-Bullying Week 2022 will take place from Monday 14 - Friday 18 November with the theme Reach Out.

**REACH  
OUT**  
#ANTIBULLYINGWEEK

This Anti-Bullying Week, let's come together and reach out to stop bullying.

**ANTI-BULLYING  
WEEK 2022**

from Monday 14<sup>th</sup> to  
Friday 18<sup>th</sup> November

**ODD SOCKS  
DAY 2022**  
Monday 14<sup>th</sup> November



**Libraries have a great choice of free activities for families. Take part in a Rhyme Time session for under-fives or join a Lego Club, Board Game Club or STEM Club.**

Visit the library as a family. You can browse and borrow up to 20 books, CDs or DVDs with a library card and use the Select and Collect service to request specific items you'd like to borrow.



You can also use a computer for 90 minutes a day or use the unlimited wifi with your library card. That's free too!

The digital library is available 24/7. You can borrow ebooks, eAudiobooks and digital magazines by downloading the free apps. Online resources, like Encyclopedia Britannica will also help with homework or study.

It's free to join the library. You can join online or visit your local library in staffed opening times to sign up.

Find out more at  
[www.barnet.gov.uk/libraries](http://www.barnet.gov.uk/libraries)



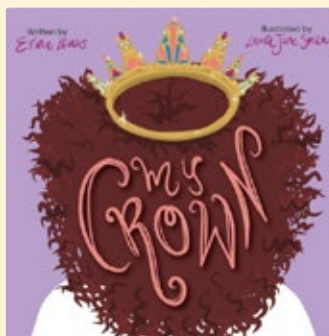
## CREATIVE

### COMMUNITIES

Events and activities in Colindale

Creative Communities is a Barnet Council initiative, led by the Library Service to deliver a programme of free events, activities, and experiences specifically for the residents of Colindale. A wide range of exciting events are being planned and delivered for children, teens and adults.

For updates on Creative Communities and information about events and activities across Barnet Libraries visit  
[www.barnet.gov.uk/creative-communities](http://www.barnet.gov.uk/creative-communities)



## Chickenshed

**Tales From the Shed will also be performing at Finchley Youth Theatre, N2 and Canada Villa, NW7 on Fridays from November through till the middle of December.**

During Winter BACE, Chickenshed will be delivering some shows and take over days at their theatre. Book early to avoid disappointment.

Chickenshed's Tales From the Shed return to BACE holiday camps with their inspirational show 'How to Make a Better World' based on Keilly Swift's book of the same title. Over the four days we will work collaboratively to create an immersive installation using old clothes, recycled materials found objects. The book will be used to inspired ideas of how to make the world a better place that we will share through music, drama, movement and art on the final day.

Come along to see our brand new performance of 'My Crown' in October and further Planet Play and Tales From the Shed. To book go to [www.barnetyouth.uk](http://www.barnetyouth.uk)





## Get Active



With the **@NHSHealthyStart scheme**, you could get help towards the cost of healthy fruit, vegetables, milk, infant formula milk and vitamins. Find out if you're eligible by visiting: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



Visit the Fit & Active Barnet Hub to find an activity near you and sign up for a free FAB card – [www.better.org.uk/fab-hub](http://www.better.org.uk/fab-hub)

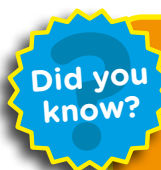
## Keeping active

As colder weather approaches, it is natural to want to stay indoors more and keep warm. However, it is important that we don't miss out on the benefits that being out and about brings. Try and avoid sitting down or engaging in activities that require little energy (apart from sleeping) for long periods of time. Try to stay active.

### Don't forget vitamin D

Vitamin D is needed to help us absorb calcium and phosphorus, which are nutrients that keep our bones, teeth, and muscles healthy. Sunlight is the best source of vitamin D.

During the autumn and winter, we spend less time outdoors and the sun is not as strong as in the spring and summer. You can get vitamin D from your diet, but since it's difficult for people to get enough vitamin D from food alone, you should consider taking a daily supplement containing 10 micrograms of vitamin D during the autumn and winter.



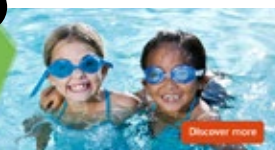
The NHS recommends children and young people need to do 2 types of physical activity each week.

- Children and young people aged 5 to 18 should aim for an average of at least 60 minutes of moderate physical activity each day.
- Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer.
- It doesn't have to be a special activity, it can include things like walking to school, or running and jumping!

For more advice visit [www.nhs.uk/live-well/](http://www.nhs.uk/live-well/)



FREE SWIMMING



## Under 8's Swim for Free

Under 8's swim for free Mon – Sat at Barnet Copthall, Finchley Lido and New Barnet Leisure Centres Please note - a Fit & Active Card is required. Register for yours at [www.better.org.uk/fab-card](http://www.better.org.uk/fab-card)

### 8-15s Swimming Vouchers

A limited number of swimming vouchers are available for older children and a parent to use over the Winter Holidays. To find out more visit [www.barnetyouth.uk/BACEHolidays](http://www.barnetyouth.uk/BACEHolidays)



THIS  
GIRL  
CAN

This Girl Can have teamed up with Disney to create dance routines to help you get active with your kids.



This Girl Can is all about celebrating women and girls getting active, no matter how they like to do it. You can learn their moves or put your own spin on their routines. The fun starts here [www.thisgirlcan.co.uk/activities/disney-workouts/](http://www.thisgirlcan.co.uk/activities/disney-workouts/)

Melody, Zen, and Nikki's "Break This Down" from Descendants 3

## Mirabel Guards the Magic Candle



Can you help Mirabel keep Casita's flame alive?

Players: 3 or more  
Where to play?  
Indoors or outdoors

### HOW TO PLAY

1



Pick 1 person to play as Mirabel. Grab an object like a ball, pillow or wooden spoon – this is Casita's candle.

2



Form a circle with the candle in the middle. Everyone tries to grab the candle, while Mirabel tries to tag them out!

3



If you get tagged, take over from Mirabel. If you snatch the candle, you score a point.

4



Whoever has most points after 10 minutes wins!

## Treasure Trails:

Treasure trails are a great way to be active as a family and have fun doing so.

Treasure trails are an adventure walk, about discovering clues, solving mysteries, and working together. The fun is only limited to your imagination. As well as a fun day out for all the family you will also be able to access a food parcel to continue the fun at home. We will be providing a food box with a recipe card for a family of four to make together at home. To book go to [www.barnetyouth.uk](http://www.barnetyouth.uk)







## Healthy Eating

# Eat well and move more with Change4Life

change  
4life



Need more  
recipe  
inspiration?

To support families with cooking healthier meals, Change4life have created a free cooking subscription package called Cook Together

<https://cooktogether.betterhealth-healthierfamilies.co.uk>.

Every week for 4 weeks, you will be sent 2 tasty, healthy recipes with easy-to-follow instructions, and a shopping list of all the ingredients you'll need to cook a healthy meal. After 4 weeks you'll know how to cook up to 8 different meals from scratch!

For recipe ideas, check out [www.nhs.uk/healthier-families/recipes/](http://www.nhs.uk/healthier-families/recipes/)



## Our favourite recipes from BACE camps...



### Veg and lentil cobbler

This cheap and cheerful casserole is packed with fresh vegetables and finished off with a topping of tasty scones.

Prep: 25 mins • Cook: 40 mins • Serves: 4

#### Ingredients

- 2 teaspoons olive oil
- 1 garlic clove, finely chopped
- 1 medium onion, chopped
- 2 celery sticks, sliced
- 1 medium parsnip, chopped
- 2 medium carrots, sliced
- 2 handfuls of cauliflower (about 10 florets)
- 2 handfuls cup or button mushrooms, sliced
- 1 tin chopped tomatoes
- 75g dried red lentils
- 2 tablespoons cornflour
- 450ml reduced-salt vegetable stock
- 1 tablespoon chopped fresh parsley
- 1 pinch ground black pepper
- 150g self-raising flour
- 45g lower-fat spread
- 1 egg
- 30ml semi-skimmed milk

#### Method

1. Preheat the oven to 180C (fan 160C, gas mark 4). Heat the olive oil in a large saucepan and cook the garlic and onion for 2 to 3 minutes. Add the celery, parsnip, carrots and cauliflower and stir-fry for 2 or 3 minutes more. Remove from the heat and add the mushrooms, tomatoes and lentils.

#### Information:

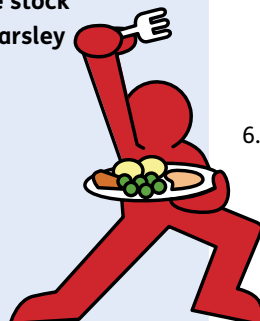
*If you do not like some of the suggested vegetables, simply swap them with your favourites! Why not give broccoli, sweet potato or green beans a go?*

2. Mix the cornflour with 3 to 4 tablespoons of water and add to the saucepan, along with the vegetable stock and parsley. Return to the heat and bring to the boil to thicken the mixture.
3. Season with pepper then transfer the mixture to a casserole dish. Cover and bake in the oven for 20 minutes.
4. Meanwhile, sift the flour into a large bowl and rub in the low-fat spread with your fingertips. Beat the egg and milk together in a separate bowl and add just enough to the dry mixture to make a soft dough. Knead lightly, then roll out on a lightly floured surface to a thickness of 2cm and cut into 4cm rounds.

#### Information:

*When cutting out the rounds of dough, avoid twisting the cutter or the scones will not rise as much.*

5. Remove the casserole from the oven and turn the temperature up to 200C (fan 180C, gas mark 6). Arrange the scones around the edge of the dish and brush with the remaining egg and milk.
6. Return to the oven uncovered and cook for a further 12 to 15 minutes, until the scone topping has risen and is golden brown.







## Healthy Eating



### Stay hydrated

Water and lower-fat plain milks are always the best choices for drinks for kids. Water and plain milk are not harmful to teeth because they both do not contain added sugar. Also, milk contains a variety of vitamins and minerals that we need as part of a healthy balanced diet to keep our bodies healthy. For example, calcium is a mineral found in milk, which is needed need for healthy bones and teeth.

#### Top tips for healthy hydration:

1. Download the NHS Food Scanner App – This is a handy health hack to make it easier for families to find healthier food and drink options.
2. Make healthy swaps – Sugary drinks like milkshakes, fizzy drinks, energy drinks and sports drinks add a considerable amount of sugar to the diet. Instead of sugary drinks try lower fat plain milk, water, no-added sugar drinks, unsweetened decaffeinated tea, and diluted squash.
3. Fruit and Veg – Due to their high-water content, eating fruit and vegetables can support staying hydrated. Natural sugar in whole fruits and vegetables when eaten whole is contained within the cells. Plus, they are a great source of vitamins and minerals.
4. Limit fruit and vegetable juice & smoothies – When fruit and vegetables are broken down to make liquid, the natural sugars inside are released from the cells and become ‘free sugars’ which are harmful to teeth. Therefore, although fruit & vegetable juice counts towards your 5 A Day, limit the amount to no more than 150ml a day and keep to mealtimes as they can cause tooth decay.
5. Dilute your drinks – Add extra water or plain milk to drinks that contain sugar. This will enable you to reduce the impact of the sugar in the drink. For instance, you could add water to fruit juice.
6. Water – If you don’t like the taste of water, try adding fresh cucumber or mint to give it a different taste.
7. Try a water app – Download a water tracker app on your phone and let your child mark off the glasses of water they drink.



### Tasty veggie chilli

Hot and spicy, easy to make in big batches and freezes brilliantly!

Prep: 10 mins • Cook: 30 mins • Serves: 4

#### Ingredients

- 2 teaspoons vegetable oil
- 2 garlic cloves, crushed
- 1 red chilli, deseeded and finely chopped
- 300g vegetarian mince
- 1 tin red kidney beans, in water (420g)
- 1 tin chopped tomatoes (400g)
- 200g rice (easy-cook long grain brown rice, if possible)

#### Swappable or optional:

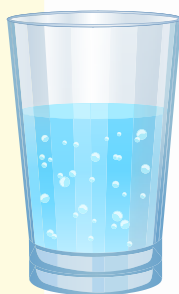
- 1 medium onion, chopped
- 1 carrot, finely chopped
- 2 peppers, any colour, deseeded and chopped
- 2 teaspoons tomato purée (optional)
- 100ml reduced-salt vegetable or chicken stock (optional)
- 1 pinch ground black pepper (optional)

#### Swap tip:

If you don't have all the ingredients, you can still just use the basics for a great family meal.

#### Method

1. Heat the vegetable oil in a large saucepan and add the onion. Fry gently for 2 to 3 minutes, then add the carrot, garlic, red chilli and peppers and fry for 2 to 3 more minutes, stirring often.
2. Add the frozen mince, beans, tomatoes, tomato purée and stock. Bring to the boil, then reduce the heat and simmer, partially covered, for 25 to 30 minutes. At the same time, put the rice on to cook in plenty of gently boiling water – it will take 25 to 30 minutes.
3. Season the chilli with pepper, then serve in warm bowls with the cooked, drained rice.





# Healthy Eating

Having a healthy, balanced diet is important for keeping you healthy. The 'eatwell plate' is a tool that can be used to guide to having a healthy diet.

The eatwell plate highlights the different types of food that make up our diet, and shows the proportions we should eat them in to have a well balanced and healthy diet.

**It's a good idea to try to get this balance right every day if you can.**



## Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

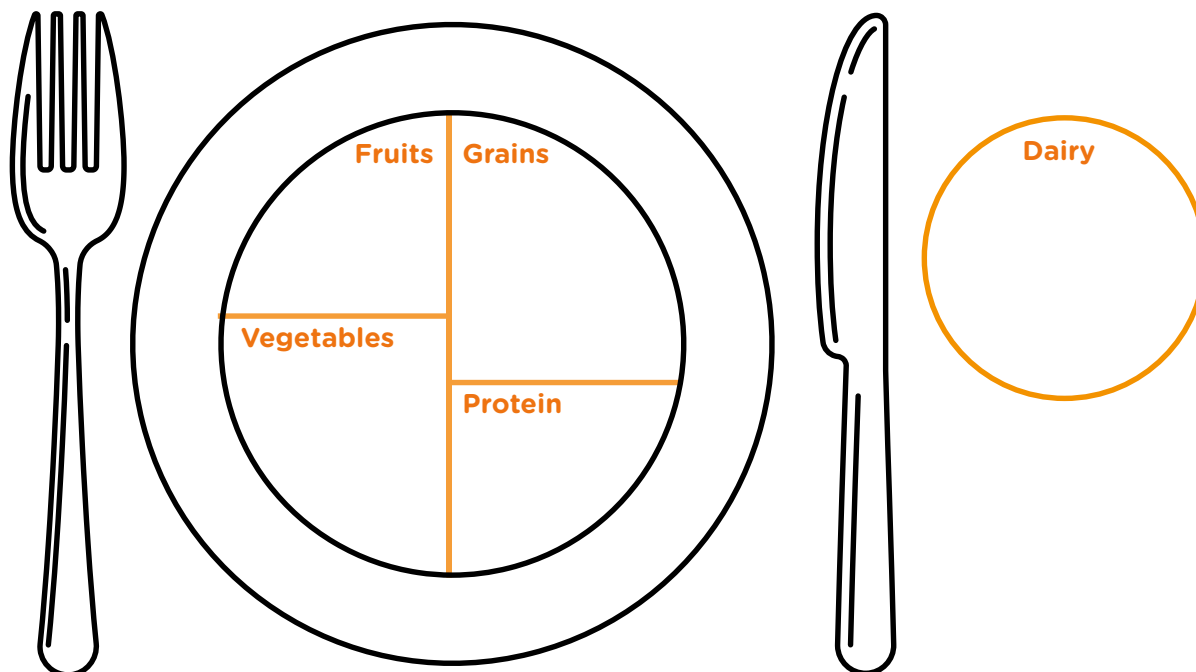
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

## Design your balanced meal:







### How can BACE Holidays support children with Special Educational Needs and Disabilities (SEND)?

**BACE Holidays is an inclusive provision which means that we welcome children of all abilities if they are eligible for benefit related Free School Meals. We have three types of provision for SEND children:**

- The type of provision you choose to access will be dependent what you believe is most suited to your child's needs and abilities.
- We offer Mainstream provision which children of mixed abilities will play alongside one another
- We have SEND specific provision for children whose needs are better met by more specialist providers and settings, and Family SEND provisions whereas these are parent and child sessions.



### Mainstream BACE provisions

Often the children with SEND don't need 1:1 support within the BACE programme. However, we understand each child is unique and therefore so are their needs. If you believe your child needs the support of a 1:1 support worker and you have funding via \*Short Breaks or direct payments, you are able to send 1:1 support along with your child to camp. All adults (1:1's) will need to provide a DBS on arrival. If you have funding but do not have access to 1:1 support staff you can contact the providers below who have on offer experienced support staff, support and activities for children and young people with SEND.



#### TeachNow

Teaching Agency and 1:1 SEN support Staff for BACE Holidays and North London Schools.  
[www.teach-now.co.uk](http://www.teach-now.co.uk)



#### Barnet Mencap

Offers a range of support and events for children and adults with a learning disability, autistic people and their families, who live in the London Borough of Barnet.  
[www.barnetmencap.org.uk](http://www.barnetmencap.org.uk)



#### IPOP

We provide 1-1 support playworkers to enable your child or young person to attend mainstream play / leisure activities. [www.ipopsupport.org.uk](http://www.ipopsupport.org.uk)



#### Resources for Autism

Provide practical services for children and adults with a diagnosis of autism and for those who love and care for them. [www.resourcesforautism.org.uk](http://www.resourcesforautism.org.uk)

If you do not have funding via short breaks or direct payment you may be able to apply for access to a 1:1 support worker for your child. You will need to complete an application to access this and it is subject to availability.



### Exclusive SEND Activities

Based on the needs of the children and families attending BACE we are now offering exclusive specialist SEND provisions for children and young people. These activities are on the booking site and will include whether they are SEND-friendly. These exclusive provisions are aimed at children whose needs cannot be met via the general mainstream provisions.

### Family Fun SEND Sessions

Family Fun Sessions that will last between 45mins-2hours for families to be placed into small groups to enjoy activities. Sessions will be tailored for children with SEND and families will be able to book up to 4 participants per session\*\*.

- **SEN Family Inflatables sessions**
- **SEN Family Cooking sessions**
- **SEN Multisports sessions**
- **and lots more**

\*Short Breaks are a range of play and leisure services for disabled children and young people. The services are available for people who live in Barnet, from 0 to 19 years old (until their 19th birthday). These services are for children and young people who need additional support to access play and leisure services. Find out more and how to apply: [www.barnet.gov.uk/children-and-families/children-and-young-people-disabilities](http://www.barnet.gov.uk/children-and-families/children-and-young-people-disabilities)

\*\*Sessions will be delivered on a first come first served basis and initially bookings will be limited to one per family. Some activities will have a limited number of places that can be booked. Parents/Carers are to stay and partake in the fun with their children. Siblings are welcome to attend also.



# COST OF LIVING SUPPORT

\*\*\*\*\*  
BARNET, HERE TO HELP  
\*\*\*\*\*



The rising cost of living is affecting many people in the borough of Barnet. We are here to help, give support and advice to families that may be feeling the financial pressures of these rises.

## What support is available?

You'll find  
information on:



Finances and housing



Employment services



Children and adult social care



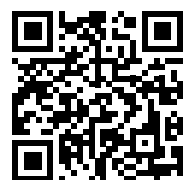
Mental health and wellbeing

There are also number of other support services available to families, including food and meal support • debt management • care services • parenting advice • benefit checks • advice about FREE Early Years Education for 2, 3 & 4 year olds • school admissions support • employment support • access to specialist services and more.

[www.barnet.gov.uk/costofliving](http://www.barnet.gov.uk/costofliving)

If you would like to talk to someone  
about these services, please call us on

**0208 359 2000**







We understand that the cost of living and energy crisis is a worrying time, thinking about the ability to heat homes, cook and stay warm this winter. Making small energy changes around the home – including how and when you use domestic appliances, can have a positive impact on helping to lower utility bills.

Barnet Council has worked with energy experts to create a list of tips to help reduce energy and keep warm this winter. Not only does this help financially, but through being more energy efficient, you will also help towards tackling climate change.



## TOP TEN TIPS TO SAVING ENERGY IN THE HOME

1. **Using energy saving LED lightbulbs can save money in the long-run.** This uses 90% less energy than traditional bulbs and can pay for themselves through energy savings in just a couple of months.
2. **Switching off electrical appliances when you're not using them, saves money.** Switching everything off at the wall could **save £120 a year.**
3. **Using a slow cooker can be a cheaper alternative to an electric cooker.** An electric cooker costs on average 87p per day to run. **A slow cooker costs just 16p a day.**
4. **Turning your thermostat down as little as one degree can reduce your heating bills.** This could **save as much as £75 per year.**
5. **Keep the heat in - use draft excluders at the bottom of doors and fit letterbox brushes.** The reduction in heat loss can **save up to £20 a year.**
6. **Only fill and boil the kettle with as much water as you need.** This can **save you up to £36 a year.**
7. **Set your dishwasher and washing machine to a lower temperature / use the 'Eco' mode.** This can **save you up to £28 per year.**
8. **Save water and money - taking a 4-minute shower can save you up to £70 per year.**
9. **Put a lid on it – pans with lids on them trap in the heat, cooking food quicker.** Saves half the time to heat a pan of boiling water, saving on energy costs.
10. **Working from home?** Laptops typically use 65% less electricity over a year than desktop PCs. Choosing a laptop over a desktop and not leaving the laptop in standby could **save up to £45 per year.**



More information on help with paying your bills and the financial support available at [www.barnet.gov.uk.costofliving](http://www.barnet.gov.uk.costofliving)



## UP TO DATE? Protect your child against serious diseases

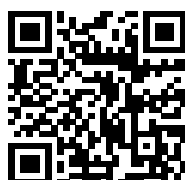
AGE	VACCINE SCHEDULE FOR CHILDREN AND TEENS	HOW TO GET IT?
1 year old – 1st dose 3 years and 4 months to 5 years – 2nd dose	<b>MMR</b> Protects against three serious diseases: measles, mumps and rubella. These highly infectious conditions can easily spread between unvaccinated people and can lead to serious problems including meningitis, hearing loss and problems during pregnancy.	Make an appointment with your GP
1 to 9 year olds	<b>Polio booster</b> Polio is an infection caused by a virus that attacks the nervous system – it can cause permanent paralysis of muscles. There are signs the virus is spreading in London and the number of children vaccinated is lower than it should be. All children aged 1 to 9 are strongly advised to get a booster dose of the vaccine.	Make an appointment with your GP or visit a walk-in centre
3 years and 4 months to 5 years	<b>4-in-1 pre-school booster</b> Boosts your child's protection against four different serious diseases: diphtheria, tetanus, whooping cough, polio.	Make an appointment with your GP
2 to 11 years old	<b>Flu</b> For most children, the vaccine will be given as a spray in each nostril. The nasal spray vaccine contains small traces of pork gelatine. If this is not suitable, ask your child's nurse or GP about the non-porcine flu injection for children.	Offered in school in the autumn and early spring terms.
5-15 years*	<b>Covid-19 vaccine (1st and 2nd dose)*</b>  *on request	Make an appointment with your GP or visit a walk-in centre
12-13 years	<b>HPV vaccine (two doses)</b> Helps protect against cancers caused by the human papillomavirus (HPV). The vaccine is shown to reduce cervical cancer rates by almost 90% for women in their 20s who were vaccinated at age 12 or 13. If your teen missed the HPV vaccine in school, they can have it for free on the NHS up until their 25th birthday.	Offered to girls and boys in school Year 8 in the spring term. A second dose is offered 6 to 24 months later, in Year 9
14 years	<b>3-in-1 teenage booster</b> Given to boost protection against 3 separate diseases: tetanus, diphtheria and polio.	Offered in school Year 9 in the summer term
14 years	<b>MenACWY</b> Offered to teenagers in school in the summer term to prevent meningitis and septicaemia, which can be deadly.	Offered in school Year 9 in the summer term

**If your child has fallen behind on their routine vaccinations, it's never too late to catch up.**

Contact your GP practice to book an appointment and to find out which vaccines your child has received.

For more information on childhood and school aged vaccinations visit

**[www.nhs.uk/conditions/vaccinations/](http://www.nhs.uk/conditions/vaccinations/)**







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

### All Saints' Child's Hill Food Bank

Address: All Saints' Church, Child's Hill, Church Walk, London, NW2 2TJ

☎ 020 7435 3182

✉ childshillfoodbank@gmail.com

🌐 www.allsaintschildshill.com/childs-hill-food-bank/

### Barnet Community Projects

Rainbow Centre, Dollis Valley Drive, Barnet, London, EN5 2UN

Opening times: Thursday 9:00am-1:00pm

✉ steveverall@barnetcp.org.uk

🌐 https://rainbowcentrebarnet.wordpress.com/

Referral requirements: Referrals and Self Referrals

### Burnt Oak Community Food Bank

St Alphage Church Hall, at the junction of Playfield Road and Montrose Avenue, Burnt Oak, Edgware, HA80DF

✉ Burntoakfoodbank@gmail.com

Referral requirements: No Referrals Needed / Self-Referral is fine

### Burnt Oak Womens Group

North Road Community Centre, 230 Burnt Oak Broadway, Burnt Oak, Edgware HA8 0AP

OPENING TIMES: Thursday 12:00pm-2:00pm

Referral requirements: Referrals only

### Childs Hill Foodbank

All Saints' Church, Child's Hill, Church Walk, London, NW2 2TJ

Opening times: Saturday 10am-12pm

Referral requirements: No Referrals Needed / Self-Referral is fine

### Chipping Barnet Food Bank

Mary Immaculate and St Peter, 63 Somerset Road, New Barnet Hertfordshire, EN5 1RF

Opening times: Tuesday 12-2pm

Saturday 10am - 12pm

☎ 07716 890535

✉ info@chippingbarnet.foodbank.org.uk

🌐 Chipping Barnet Foodbank | Helping Local People in Crisis

Referral requirements: Referrals Only

### Christ Church Food Bank - High Barnet

Christ Church St.Albans Road, Barnet EN5 4LA

Opening times: Friday 11am-1pm

☎ 020 8449 0832

✉ office@ccbarnet.org.uk

🌐 https://www.ccbarnet.org.uk/foodbank

Referral requirements: Referrals are not necessary, some proof of financial needs helpful

### Colindale Communities Trust

Address: 3/5 The Concourse, Grahame Park, NW9 5XB

☎ 0208 200 3014

✉ brennan.cct@gmail.com

🌐 www.colindalecommunitiestrust.org/

### Colindale Food Bank

Trinity Church, Northwest Centre, Avion Crescent, Grahame Park Way, London, NW9 5QY

Opening times: Tuesday & Thursday 12-2.30pm

☎ 07415 223963

🌐 https://colindale.foodbank.org.uk/

✉ info@colindale.foodbank.org.uk

Referral requirements: Referrals and Self Referrals

### Finchley Foodbank

St Mary's RC Church, 279 High Road, East Finchley, London, N2 8HG

Opening times: Saturday 12-2pm

☎ 07849 558307

✉ finchleyfoodbank@gmail.com

🌐 www.finchleyfoodbank.org.uk

Referral requirements: No Referrals Needed / Self-referral is fine

### Gift

379 Hendon Way, Hendon, London, NW4 3LP

Opening times: Deliveries Only

☎ 0208 457 4429

✉ info@jgift.org

🌐 www.jgift.org

Referral requirements: Referrals Only

### Homeless Action Barnet (HAB)

36B Woodhouse Road London, N12 0RG

Opening times: Foodbanks for rough sleepers and rough sleepers in temporary accommodation only

✉ hab@habcentre.org

🌐 https://www.habcentre.org/

Referral requirements: Referrals Only

### Living Way Ministries

The Dining Place, 7 The Concourse, Grahame Park, London, NW9 5XB

Opening times: Wednesday 12-2pm

☎ 0208 200 9130

✉ livingway@email.com

🌐 www.livingwayministries.net

Referral requirements: Referrals and Self Referrals

### Muswell Hill Food Bank

68 Pembroke Road, London, N10 2HT

Opening times: Monday 12.30-2.30pm,

Wednesday 11.30am-1.30pm,

Friday 11.30am-1.30pm

☎ 0208 883 0434

✉ info@muswellhill.foodbank.org.uk

🌐 https://muswellhill.foodbank.org.uk/

Referral requirements: Referrals and Self Referrals

### My Yard

One Stonegrove, 5 Hayling Way, Edgware, London, HA8 8BN

Opening times: Thursday 12pm drop in @ St Peters Church. Otherwise by appointment only.

✉ hey@myyard.org.uk

🌐 www.myyard.org.uk/

Referral requirements: No Referrals Needed for drop in sessions, otherwise organised delivery only.

### NW7 HUB

Mill Hill Library, Hartley Avenue, London, NW7 2HX

Opening times: Tuesday & Saturday 10am-1pm

☎ 020 8906 3125

🌐 www.nw7hub.org.uk/covid-19-support/

Referral requirements: No Referrals Needed / Self-Referral is fine

### RCCT - Romanian Charity

102a Watling Avenue, HA8 0LN

Opening times: Tuesday 12-4pm and Thursday between 9am-5pm (Appointments only) \*Delivery available for vulnerable/elderly

☎ 07311 488110

✉ office@rcct.uk

🌐 https://rcct.uk/contact/

Referral requirements: No Referrals Needed / Self-Referral is fine

### St Barnabas

St Barnabas Church, 913 High Road, North Finchley, London, N12 8QJ

Opening times: Monday 12.30-2pm

☎ 07872 697 623

🌐 www.stbarnabas.co.uk

✉ foodbank@stbarnabas.co.uk

Referral requirements: No Referrals Needed / Self-Referral is fine

### West Hendon Food Bank

Barnet Hill Academy on Montagu Rd, Hendon NW4 (West Hendon)

🌐 Not available, please contact us at

CLr.H.Richman@Barnet.gov.uk

Opening times: Wednesday 12:00-13:00

### Unitas Youth Zone Food Bank

Address: 76 Montrose Ave, HA8 0DT

☎ 020 8075 5888

✉ enquiries@unitasyouthzone.org

🌐 www.unitasyouthzone.org/

### Wilds Cafe

Address: St James Church, 73 East Barnet Road, EN4 8RN

☎ 020 8440 2451 / 07505 203 260

✉ freemeals.barnet@gmail.com

✉ thewildscafe@gmail.com



## Wellbeing, Welfare and Support

### FOR CHILDREN AND YOUNG PEOPLE

#### Barnet Integrated Clinical Services (BICS)

Mild to moderate mental health support for children, young people and families.  
020 8359 3130 (9am to 5pm)

#### Kooth

Access free, safe and anonymous support.  
kooth.com

#### Rephael House

A safe place to recover, develop and grow.  
[www.rephaelhouse.uk/SelfReferral](http://www.rephaelhouse.uk/SelfReferral)  
For more information call 020 8440 9144 or email [csm@rephaelhouse.org.uk](mailto:csm@rephaelhouse.org.uk)

#### Resources for Autism

[www.resourcesforautism.org.uk](http://www.resourcesforautism.org.uk) • 020 8458 3259

#### Young Minds Crisis

Text message YM to 85258 for free support.



### FOR EVERYONE

#### NHS England

Call 111 for non-emergency advice.



#### Samaritans

For emotional support call 116 123.



#### Barnet has a network of food banks available:

[barnetyouth.uk/BACE-Holidays/Barnet-Food-Banks](http://barnetyouth.uk/BACE-Holidays/Barnet-Food-Banks)

Barnet's Early Help Hubs support families to give their children a fair start in life: [barnet.gov.uk/0-19](http://barnet.gov.uk/0-19)

### FOR PARENTS AND CARERS

#### Barnet Mencap

For parents of children with ADHD. School or professional referral required.  
020 8349 3842 • [projectsupport@barnetmencap.org.uk](mailto:projectsupport@barnetmencap.org.uk)

#### Child and Adolescent Mental Health Service (CAMHS)

For parents of children and young people (0-17 years) with mental health or severe emotional and behavioural difficulties.  
[www.behcamhs.nhs.uk/parents-and-carers/](http://www.behcamhs.nhs.uk/parents-and-carers/)  
Call 0800 151 0023 24 hours a day, 7 days a week, 365 days a year.



#### Homestart

Perinatal health coaching for parents. Self-referral or professional referral.  
[www.homestartbarnet.org](http://www.homestartbarnet.org) • 020 8371 0674 • [admin@homestartbarnet.org](mailto:admin@homestartbarnet.org)

#### New Parent Zone –

[https://www.barnetlocaloffer.org.uk/parent\\_zone](https://www.barnetlocaloffer.org.uk/parent_zone)

**NSPCC** For adults concerned about a child or young person • 0808 800 5000

**Qwell** Free, safe and anonymous online support and counselling. [www.qwell.io/](http://www.qwell.io/)

#### Starline Parent Helpline

For parents and carers struggling with managing their child's behaviour.  
[www.starline.org.uk](http://www.starline.org.uk) • 0330 313 9162 • Follow @StarLineSupport on Twitter

**Young Minds – Parent helpline** 0808 802 5544 • (Monday to Friday 9.30am – 4pm)

Mental health support for children and young people in Barnet is available in schools, from the NHS, via local authority services and through voluntary and community organisations. It is important that children and young people are aware of the free support available to them.



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

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

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

Supporting children and young people's wellbeing and mental health

**Could BICS help?**

Visit our website for support, advice, how to refer and online resources.  
[www.barnet.gov.uk/bics](http://www.barnet.gov.uk/bics)

