

Barnet Active Creative Engaging holidays - BACE



# BACE

HOLIDAYS



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

Spring 2022





## Spring is here!

Inside our new spring edition you can find out about family-friendly activities and our exciting BACE Holiday camp available this Easter!

Get going in 2022 with suggestions on how to make changes for a healthier lifestyle, with better food choices, keeping active, mental health support and where to go if you are worried and would like more advice.

Our young people in Barnet chose the name for BACE Holidays, which stands for Barnet's Active, Creative and Engaging Holidays. Every family in Barnet deserves a healthy and rewarding holiday.

### Sign up now!

Our BACE Holiday camp (04-08 and 11-14 April) is for children and young people aged 5-16 who receive free school meals. We offer a huge range of free, enriching activities on offer including multisport, arts 'n' crafts and performing arts!

We have a YouTube video available with more information about the fun and free activities at BACE holidays. Find the video and loads more information at [www.barnetyouth.uk/BACEHolidays](http://www.barnetyouth.uk/BACEHolidays)

### How to sign up:

1. Visit: [barnetyouth.uk](http://barnetyouth.uk)
2. Go to: "Book Now"
3. Select project: BACE Holidays
4. Select an activity and enrol by creating a parent profile - you can then register your child
5. Wait for a confirmation email
6. Attend and have fun!



Scan the QR code to sign up now



## HOLIDAYS

### What our parents have said:

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

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

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



### What's On

Pages 3-4

- Community Calendar
- Library events
- Chickenshed



### Get Active

Page 5

- Get Moving!
- Active Trails
- Junior Parkrun
- Swim for Free



### Healthy Eating

Pages 6-7

- Egg-cellent Eating
- Veg Power



### Wellbeing, Welfare and Support

Page 8

- Free mental health support



Follow @BarnetYouth\_ on Instagram



## Holidays and observances in April



**2 April – Ramadan** begins, a period during which Muslims celebrate when the Prophet received the first verses of the Qur'an. Ramadan is a time when Muslims concentrate on their faith, and many who can fast during daylight hours as an act of worship.

**2 April – Rama Navami**, which celebrates the birthday of Hindu deity Lord Rama, the seventh incarnation of Lord Vishnu and the son of King Dasharatha of Ayodhya.



**8 April – International Roma Day**, marked around Europe to celebrate Romani culture, history and

language, and raise awareness of the situation of Roma and issues they face.

**15 April – Good Friday**, celebrated by Christians, remembering when Jesus was crucified.



**15-23 April – Passover**, a festival of freedom. Passover is celebrated by Jews every year, commemorating the Israelites' Exodus from Egypt, and their transition from slavery to freedom.

**16-17 April – Hindu festival of Hanuman Jayanti**, celebrated to commemorate the birth of Hanuman Ji, the monkey God. He is the symbol of strength and energy.

**17 April – Easter Sunday**  
A Christian holiday, which celebrates the resurrection of Jesus on the first Sunday following the first full moon - Paschal - that occurs on or after the spring equinox. Also adopted as a secular celebration with bunnies and chocolate eggs!

### 28 April 28 – Yom HaShoah or Holocaust Remembrance Day

An international Jewish memorial day commemorating the six million Jews murdered during the Holocaust, and the heroism of survivors and rescuers.



## Celebrate The Queen's Platinum Jubilee 2022

In 2022 Her Majesty The Queen becomes the first British monarch to celebrate a Platinum Jubilee. To mark this momentous 70-year reign, celebrations will be happening all over the UK during an extended bank holiday weekend from Thursday 2 to Sunday 5 June.

There are lots of ways you can get involved at home, with your neighbours or as part of a community organisation. Information on how to organise a street party in Barnet is available on our website. If you are a Barnet Homes tenant you can apply for a grant to help fund a Jubilee event on your estate.

Make sure to check our dedicated Jubilee webpage regularly, as details of all our Jubilee activities will be published there as they become available.  
[www.engage.barnet.gov.uk/platinum-jubilee](http://www.engage.barnet.gov.uk/platinum-jubilee)

Or contact [strategy@barnet.gov.uk](mailto:strategy@barnet.gov.uk) if you are planning an event or need more details on how to get involved.

BACE will be running a special Jubilee poster competition! More information will be available closer to the time at [www.barnetyouth.uk/BACEHolidays](http://www.barnetyouth.uk/BACEHolidays)





It's free to join the library in Barnet. If you haven't already, you can join online or visit your local library in staffed opening times.



Once you have a library card you can borrow up to 20 books, CDs or DVDs and use a library computer or the free unlimited wifi. You can also use the Select and Collect service to request items you'd like to borrow. Spending an hour in the library is a great family outing for the school holidays!

The digital library is available 24/7. Visit [www.barnet.gov.uk/libraries](http://www.barnet.gov.uk/libraries) or download one of our apps to borrow:

- eBooks and eAudiobooks
- digital magazines (eg. Beano, The Week Junior, Gaming)
- digital newspapers (eg. The Daily Telegraph, The Guardian, The Jewish Chronicle)
- digital comics (Disney, Lego Superheroes, Minecraft)



Don't forget! The mobile library vans stop across some of our BACE Holiday camps and across Barnet and have a selection of books and DVDs for children and teenagers to borrow. Visit the website to find out more.

Does your child need help with their homework? Email [LibrariesOnlineHelp@barnet.gov.uk](mailto:LibrariesOnlineHelp@barnet.gov.uk) with your questions and they'll respond with some useful recommendations.

## Library events

Libraries also run an exciting activity programme for children and young people. From Lego Club, to robots, creative writing and crafts there's something for everyone.

## LEGO CLUB

Lego Club is designed for children of all ages and we find it is very popular with children over 3.

Lego Club will be running at Chipping Barnet Library from 11am to 12pm on the following dates:

- Saturday 19 March
- Saturday 2 April
- Saturday 16 April



To keep everyone as safe as possible we will be limiting numbers and places will be available on a first come first served basis. Visit [www.barnet.gov.uk/libraries](http://www.barnet.gov.uk/libraries) for more information.

Keep up to date with the latest library news by signing up for their weekly e-newsletter for children and families at [www.barnet.gov.uk/librarynewsletters](http://www.barnet.gov.uk/librarynewsletters) or follow them on Facebook or Twitter [@BarnetLibraries](https://twitter.com/BarnetLibraries)

## Chickenshed

Chickenshed is proud to continue its association with BACE Holidays.

Coming to a play scheme near you is a new and expanded Better World project helping children's voices to actively participate in the dialogue for a better future. This project will continue in the Easter and Summer holidays at Chickenshed and various BACE Camps in Barnet.

A new session to enjoy is **Sing Sign** which does what it says on the tin – come and mix and match as we journey to wonder at the marvel of both. During Easter BACE Holidays Barnet will have a selection of Free tickets for **Tales from the Shed** for under 7's. To find out more go to [www.barnetyouth.uk](http://www.barnetyouth.uk)

Look out for performances in Barnet Libraries for our smash hit show of **The Tigon and The Liger** which has a new added yoga version and Better World forum sessions.

## Coming up...

Barnet Takeover Days at Chickenshed's HQ will be back in Summer 2022! For the whole family, come along to have a first-hand taster of all the productions Chickenshed are currently performing. It's like live binge watching a box set! Chickenshed's newest project is **Cinderella in Boots** – our first summer pantomime which is almost perfect, the only thing missing is you!

Please contact [Georgiep@chickenshed.org.uk](mailto:Georgiep@chickenshed.org.uk) if you would like to take part in performances in the Barnet area.





## Get Moving!

**Just over half of adults in Barnet do the recommended level of physical activity each week. Join them!**

**Moving more** and sitting less helps us feel better and stay healthy for longer. **Start small** and build up gradually, doing something is better than nothing!

All movement counts! Walking to the shops, taking the stairs instead of the lift, gardening, or meeting a friend for a stroll are just some ways you can integrate activity into your day.

Once you've found the activity that's right for you, try making it easy by doing it at the same time and on the same days each week so it becomes parts of your routine and lifestyle. But if something gets in the way, don't worry, you can get moving later to fit around commitments.

**BREAK IT DOWN!**  
**20 minutes a day is more manageable!**

The recommended amount is at least 150 minutes of moderate activity (intense enough to increase your heart rate and breathing) per week.

## Active Trails

Discover Barnet's parks and open spaces and enjoy a walk around one of the many Active Trails in the borough, each offering a 1km, 2.5km or 5km route Walking, running and cycling trails | Barnet Council

## Healthy Heritage Walks

Barnet's healthy heritage walks are self-guided walks around Barnet's heritage points, with accompanying audio. There are currently six walks available which are three to six miles and you will walk approximately 5,000 to 10,000 steps.

Download our free audio guide walks and maps and listen to interesting stories about historical and natural points of interest in Barnet.

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



## Junior Parkrun

A free, fun and friendly weekly 2km event for juniors aged 4 - 14 years (families are welcome to join in). Held every Sunday at 9am at Friary Park. For more information visit [www.parkrun.org.uk](http://www.parkrun.org.uk)

Older than 14? Barnet also offers free Parkrun events at Oakhill Park and Sunny Hill Park. The 5km events are held every Saturday at 9am.

**Did you know?**

*Move for your mood  
Being active can reduce anxiety,  
depression and help with sleeping*

## FREE SWIMMING



Discover more

## 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 Easter holidays. To find out more visit [www.barnetyouth.uk/BACEHolidays](http://www.barnetyouth.uk/BACEHolidays)

## Getting active after school?

### Afterschool programmes

Xplore and Afterschool is a FREE eight-week healthy lifestyle programme which welcomes all children in Barnet aged 4-13. These programmes are run from 4-6pm within BETTER leisure centres across the borough of Barnet comprising of an hour physical activity each week for the children and a nutritional workshop straight after whilst parents receive a nutritional workshop.

To book a place on upcoming programmes please email [Xplore.barnet@gll.org](mailto:Xplore.barnet@gll.org)

For more advice and ideas on moving more visit the One You Barnet website with tools, support and encouragement to be healthier in Barnet [www.oneyoubarnet.org/moving](http://www.oneyoubarnet.org/moving)



## SUGAR SMART

Barnet

Sugar smart Barnet-Support the campaign to reduce the amount of sugar we consume. Encourage your school to sign up. You can join the sugar smart mailing list and get more tips at [sugarsmartuk.org](http://sugarsmartuk.org)

### Tips

Too much sugar in the diet can lead to tooth decay, excess weight, and even type 2 diabetes. Here are five tips to reduce sugar intake:

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. **Limit sugary drinks.** Sugary drinks like fizzy drinks, sports drinks and fruit juices add a considerable amount of sugar to the diet. Instead of sugary drinks try milk, water, unsweetened decaffeinated tea, and diluted squash.
3. **Whether you're at home or out for the day, it's great to have some healthy snacks at hand.** You could keep slices of fruit and veggies that you know your children enjoy in containers in the fridge, as well as houmous to dip the veggies in.
4. **Try using chopped fruit as a natural sweetener** for e.g., on breakfast cereal, toast or with yoghurt.
5. **Desserts such as cakes, cookies, biscuits, sweets, and chocolate are very high in sugar.** You can limit specific days of the week you have a dessert; try out healthier alternatives such as fresh fruit or low in sugar yoghurt.



## Healthy Alternatives to Easter Eggs



Get creative with fruit shapes and see what you can make! Who can make the best spring creature?



Decorate some rice cakes with fruit and yoghurt to make chicks



Colourful veggie pizza rabbit faces!



Whip up some egg-citing options... different shaped omelettes and egg dishes



Animal-tastic breakfast options! Add fruit and nuts to toast, porridge or pancakes make chicks and animal favourites!





**Our kids are bombarded by advertising all day, but only 1.2% of the food and drink advertising on TV is for veg. No wonder they need to eat more!**

Vegetables are super foods for your health and should form an essential part of your diet. Vegetables are very nutritious and provide a rich source of vitamins, minerals, nutrients, and fibre that are essential for health and development. The more vegetables you eat the better. They will help you have more energy, support a healthy immune system so you can fight off

infections and improve your ability to concentrate and focus more clearly and for longer periods of time. The benefits of eating vegetables are also long term and can protect you against diseases for e.g., some cancers in later life.

### Let's have a look at what's in season.

The spring season brings the arrival of a variety of tasty vegetables for e.g., spring greens, leeks, cabbage, asparagus, savoy cabbage, carrot, cauliflower, cucumber, lettuce, beetroot and broccoli.



All children deserve a healthy start in life. 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)



## Crustless veggie quiche

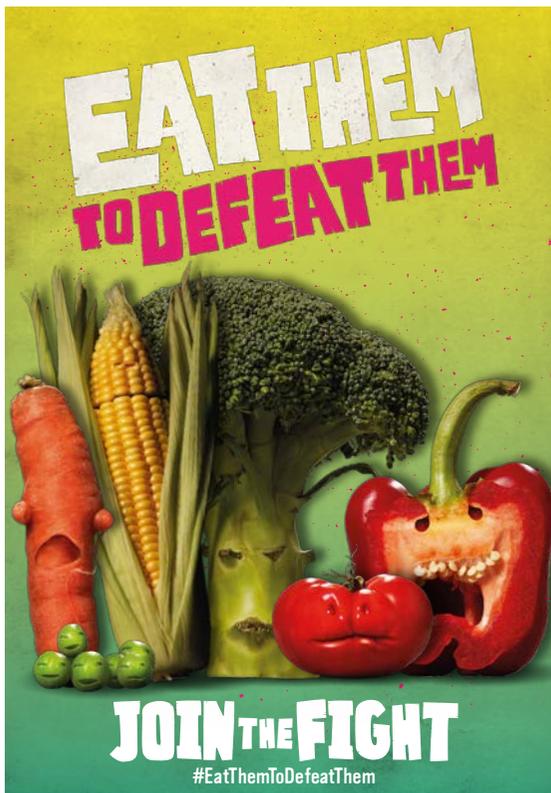
- One pack of ready-made short crust pastry
- Veggies of your choice – such as one large broccoli head or two courgettes
- Four eggs
- 400ml semi-skimmed milk
- 75g cheddar cheese, grated

### Instructions

1. Preheat the oven to 180°C/350°C/Gas mark 4
2. Roll out the pack of ready-made short crust pastry to line a 20cm diameter, 4cm deep flan tin.
3. Prick the pastry with a fork, cover in foil and fill with baking beans (or use another ovenproof dish placed on top).
4. Bake for 10 minutes then remove the foil and beans and bake for a further 10 minutes.
5. Remove the pastry from the oven and turn down to 170°C/325°F/Gas mark 3
6. Steam the veg until tender – in a container with a little water in the microwave is quick and easy!
7. Beat the egg mix over it.
8. Sprinkle grated cheese over the top and bake in the oven for 30minutes

For more recipe ideas and tips visit [www.nhs.uk/healthier-families/recipes](http://www.nhs.uk/healthier-families/recipes) and [www.lovefoodhatewaste.com/recipes](http://www.lovefoodhatewaste.com/recipes)

**Tips**



# Free mental health support and financial support is available to families in Barnet



Wellbeing, Welfare and Support

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.



FOR CHILDREN AND YOUNG PEOPLE	
<b>Barnet Integrated Clinical Services (BICS)</b> Mild to moderate mental health support for children, young people and families. 020 8359 3130 (9am to 5pm)	
<b>Kooth</b> Access free, safe and anonymous support. kooth.com	
<b>Rephael House</b> A safe place to recover, develop and grow. www.rephaelhouse.uk/SelfReferral For more information call 020 8440 9144 or email csm@rephaelhouse.org.uk	
<b>Resources for Autism</b> www.resourcesforautism.org.uk • 020 8458 3259	
<b>Young Minds Crisis</b> Text message YM to 85258 for free support.	

FOR EVERYONE	
<b>NHS England</b> Call 111 for non-emergency advice.	
<b>Samaritans</b> For emotional support call 116 123.	

<b>Barnet has a network of food banks available:</b> barnetyouth.uk/BACE-Holidays/Barnet-Food-Banks
<b>Barnet's Early Help Hubs support families to give their children a fair start in life:</b> barnet.gov.uk/0-19

FOR PARENTS AND CARERS	
<b>Barnet Mencap</b> For parents of children with ADHD. School or professional referral required. 020 8349 3842 • projectsupport@barnetmencap.org.uk	
<b>Child and Adolescent Mental Health Service (CAMHS)</b> 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/ Call 0800 151 0023 24 hours a day, 7 days a week, 365 days a year.	
<b>Homestart</b> Perinatal health coaching for parents. Self-referral or professional referral. www.homestartbarnet.org • 020 8371 0674 • admin@homestartbarnet.org	
<b>New Parent Zone</b> – <a href="https://www.barnetlocaloffer.org.uk/parent_zone">https://www.barnetlocaloffer.org.uk/parent_zone</a>	
<b>NSPCC</b> For adults concerned about a child or young person • 0808 800 5000	
<b>Qwell</b> Free, safe and anonymous online support and counselling.– <a href="http://www.qwell.io/">www.qwell.io/</a>	
<b>Starline Parent Helpline</b> For parents and carers struggling with managing their child's behaviour. www.starline.org.uk • 0330 313 9162 • Follow @StarLineSupport on Twitter	
<b>Young Minds</b> – Parent helpline 0808 802 5544 • (Monday to Friday 9.30am – 4pm)	

## Under pressure

With rising prices, lots of families in the UK are worried about how to manage energy and food costs. Help with energy bills is available to some households. If you're in debt to your energy supplier, you might be able to get a grant to help pay it off. Check with your energy advisor to see if you are eligible.

### Save money on the weekly food shop

- Do a quick stock take before shopping! Or if you're feeling organised, a detailed one!
- Make a meal plan for the week. And cook from scratch as much as you can.
- Write a shopping list (stick to it!)
- Buy frozen. Frozen fruit and vegetables are just as nutritious, won't go bad as quickly as fresh, and are often already chopped and prepared, which can save time as well as money!
- Reduce meat consumption – even just by one meal. Swap for a veggie or vegan option.



**We can help make delicious recipes**

Apply for your prepaid Healthy Start card now at:  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

**kooth** **BARNET**  
LONDON BOROUGH

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.

**BICS** Barnet Integrated Clinical Services

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)

FAMILY FRIENDLY BARNET BY- Instagram BARNET LONDON BOROUGH