

The background is a dark blue gradient with a festive theme. It features several strings of colorful lights (red, yellow, green, blue) and white snowflake icons scattered across the scene. A white arc is positioned above the 'Newham London' text.

Newham London

WINTER

HOLIDAY
PROGRAMME



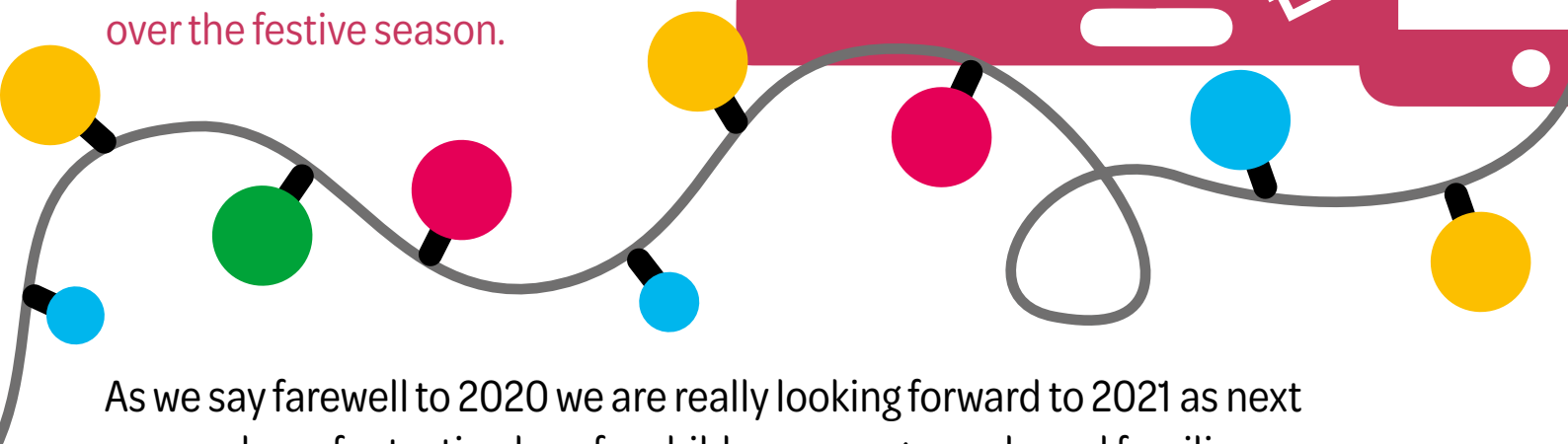
FAREWELL 2020 AND WELCOME 2021

Well done Newham young people, we know it's not been an easy year, and I am sure you are looking forward to the holidays. During this festive season, we hope you're able to keep active both indoors and outdoors and we have included lots of ideas in this programme. Remember COVID transmission is still a risk so please review the rules for staying safe over the festive season.



To find out more - go to:
<https://www.newham.gov.uk/children-families/activities-young-people-newham/1>

CLICK!



As we say farewell to 2020 we are really looking forward to 2021 as next year we have fantastic plans for children, young people and families.

Newham's Year of Young People 2021

We are planning an inspirational year-long programme to raise hope, celebrate and secure legacies for all our young people: Newham's greatest assets.

To register your interest: please email Annette.Quinn@Newham.gov.uk



Newham Together

The best place for Children and Young People





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GENERAL INFORMATION & STAYING SAFE ONLINE

Health & Safety

Newham programme organisers and partners have given full consideration to the health and safety requirements for every activity. Keeping Newham children and young people safe remains our priority. This means that all events offered for children, young people and families to attend physically, will follow up to-date government COVID-19 guidance.

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

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

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 exempted from photographs or film.

Contact Centre

Please direct all your questions and make all bookings directly with activity organisers. Should you have any other enquiries about Newham's Winter Programme, please email: Helena.Taylor@Newham.gov.uk or Annette.Quinn@Newham.gov.uk

ONLINE ACTIVITIES

Given this unusual year due to COVID-19, many activities will be delivered online using a range of technologies. The following is guidance for:

- Participants – those who participate in the activity
- Parents/Carers – of children and young people under the age of 16 years

The Activity Organiser 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 damages to equipment used by Participants during the activity. If due to equipment faults or failure, or poor or no internet connectivity experienced by either the Activity Organisers or Participant's technology, Activity Organisers are not required to make up activities, at a future time.

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 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. What constitutes such behaviour will be determined in the reasonable opinion of the activity organiser.

Dress

Activity Organisers and Participants must dress appropriately for online activities.

During the Activity

Some Activity Organisers may ask Parents/Carers to remain in the room during the lesson as an added precaution, although this may not always be possible or desirable. As an alternative, Activity Organiser 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 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

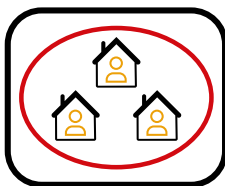
- Advice from National Crime Agency's: Child Exploitation and Online Protection command
- Advice and support from Anti-Bullying Alliance for children who are being bullied
- Tootoot to provide a confidential route for children and young people to report bullying or abuse.

STAYING SAFE DURING CHRISTMAS



Celebrating at home

- Celebrate outdoors with friends and family you don't live with.
- Think carefully about whether it's worth the risk to see people.
- If you have a festive bubble, you can celebrate indoors with them.



Being safe in your festive bubble

- People from up to three households can form a bubble.
- You can only be in one bubble. Bubbles cannot overlap.
- Keep multiple windows (or window and a door) open to create airflow through the house.
- Clean all frequently touched surfaces with cleaner after anyone uses them (e.g. taps, toilet flush, light switches etc).
- If you or someone in your bubble is vulnerable then take extra precautions: try to stay 2 metres away, wear face coverings and consider not creating the bubble.



Celebrating at places of worship

- You can go to church with your festive bubble but stay 2 metres away from anyone else.
- Bring your own face covering and hand sanitiser.
- Follow all requests and instructions.
- Stay home if you are feeling unwell or have been shielding.
- Christmas services and masses will have limits to the number of worshippers.

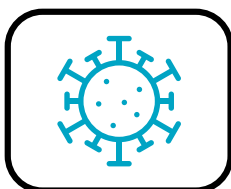
Merry Christmas

WE STAY APART NOW TO BE TOGETHER LATER



23-27 DEC 2020

Staying safe over the festive season



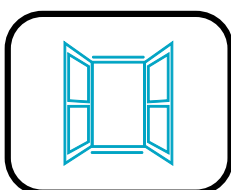
COVID-19 does not go on holiday

- The risk of transmission remains the same over the festive season as it does at any time.
- Do everything you can to reduce the risk of getting COVID-19 by avoiding crowded places, outside or inside.



Forming your festive bubble

- People from up to three households can form a bubble.
- You can only be in one bubble. Bubbles cannot overlap.
- You can only meet your festive bubble in private homes or gardens, places of worship or outdoor spaces.
- If you or someone in your bubble is vulnerable, consider gathering virtually and not making a bubble.

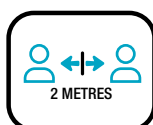


Keeping safe in your festive bubble

- Keep multiple windows (or window and a door) open to create airflow through the house.
- Clean all frequently touched surfaces with cleaner after anyone uses them (e.g. taps, toilet flush, light switches etc).
- If you go out, follow all the guidance. Wash your hands and clean things from outside when you come in.
- If you or someone in your bubble is vulnerable, then take extra precautions. Try to stay 2 metres away, wear face coverings.



**Wear a
face covering**



**Keep your distance
(2 metres)**



**Wash your
hands**

We stay apart now to be together later.

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SUPPORT SERVICES

During the school holiday period children, young people and families may require support from Newham and other services.

Click on the circles to get to each section...



HEALTH

**FOOD &
FUNDING**

HOUSING


**CRISIS AND
COUNSELING**

**OTHER
SUPPORT**

HEALTH

National Health Service

PHONE 999 for emergencies

PHONE 111 (free from a landline or mobile phone)

PHONE 111.nhs.uk (for assessment of people aged 5 and over only)

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

COVID-19 Support

PHONE Covid Helpline: 020 7473 9711 or email covidhelp@community-links.org.

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

Call handlers can speak multiple languages. Information and advice related to COVID-19 including how to access testing, support available during isolation, general COVID-19 guidance, and other support available.

NHS Test & Trace

The NHS Test and Trace programme is one way we can help to contain the spread of coronavirus. For further information and advice please go to the following link:

INFO <https://www.newham.gov.uk/coronavirus-covid-19/c19-information-advice/>

Testing

Available for people with symptoms:

- Fever
- A new persistent cough (coughing for 1 hour, 3 coughing episodes in 24 hours)
- A change or loss of taste or smell.

If you have symptoms you should self-isolate for at least 10 days (or 48 hours after your fever ends, whichever is longer) and order a test. Book a test online at www.nhs.uk/ask-for-a-coronavirus-test or by calling 7am-11pm (seven days a week).



If you are worried about symptoms please call NHS 111 or your GP. We know that there are issues accessing testing at the moment. Please keep trying to book online and stay home for 10 days from when symptoms started. If you are worried about your symptoms please call NHS 111 or your GP.

If you live with (or have been in close contact with) someone who has symptoms or received a positive test, you should self-isolate for 14 days from the first day they started having symptoms or you last saw them. If you develop symptoms while in self-isolation you should stay home for 10 days from when symptoms began, and try to get a test. . There are four ways to get tested in Newham:

- Walk through testing (Beckton, East Ham and Stratford locations)
- Drive through testing (Lea Valley Athletic Track & O2 Arena)
- Home testing kits
- Mobile testing unit (Details and availability on the online booking portal)

FOOD AND FUNDING

For the most up to date list of support available please visit:

<https://www.newham.gov.uk/coronavirus-covid-19/c19-information-advice/3>



Holiday food vouchers

As part of the government's COVID winter grant scheme, Newham Council will be providing parents of children who are eligible for free school meals, supermarket vouchers to cover the cost of lunches for the Christmas and February half term holidays. Parents will receive a total of £45 per child in vouchers, to cover three weeks (£15 per week).

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

Support for those who Do not have sufficient income or savings

There is food support for those who cannot afford to buy food – this is by collection from our Newham Food Alliance (NFA) partner organisations across the borough.

Where absolutely necessary there is some capacity for delivery. The food provided by NFA partners both for collection and delivery is predominantly a weekly box of groceries. There is a very limited hot food offer in some parts of the borough but this is not the bulk of the service and cannot be guaranteed.

1. Residents who have difficulty accessing food due to financial issues e.g. loss of or reduced employment, issues with benefits or no recourse to public funds should be referred to the Newham Food Alliance. Residents can refer themselves or be referred by organisations or others via the form at: **www.newham.gov.uk/newhamfoodalliance**

2. Residents who require food support during isolation periods due to income interruption can be referred to the Newham Food Alliance. Residents can refer themselves or be referred by organisations or others via the form at: **www.newham.gov.uk/newhamfoodalliance**

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

1. Residents who are 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**
2. Any residents who were receiving food support from #HelpNewham and have been transferred to the Newham Food Alliance, who have questions about the support should contact the Newham Food Alliance directly email: **frontdoor@newhamfoodalliance.org** or **07790 975 086** (9am–12pm, Weekdays) This service will be closed on Christmas bank holidays.
3. Residents who are unable to be supported by other services can get supermarket and energy vouchers from the MoneyWorks Emergency Loans team Phone: **020 8430 2041** or **moneyworks@newham.gov.uk** (9am–5pm, Weekdays)

The Service will be closed from 24th December and will reopen on Monday 4 January. Voicemail will be in place and will be responded to on the next working day on Monday 4 January 2021. For further information about MoneyWorks and loan applications, including emergency support, residents will be directed to our website. **www.newhammoneyworks.co.uk**

Support for those able to afford food

Support for those who have sufficient income and/or savings and are able to afford food purchase. The Council is not providing free food to residents who are shielding but can afford to buy their own food, however other support is available to help them access food in the commercial sector. Information is provided below.

1. Residents who are able to afford food but need assistance with accessing online shopping can be referred to DEFRA priority access scheme via the COVID-19 Helpline: **0207 473 9711** or **covidhelp@community-links.org** Open: 1pm–7pm, 7 days a week
2. Residents who need assistance setting up online shopping accounts or placing online shopping orders should contact the COVID-19 Helpline: **0207 473 9711** or **covidhelp@community-links.org** Open 1pm–7pm, 7 days a week
3. Residents who need assistance with accessing food, are able to afford groceries, but do not want to use the online shopping can use the NHS volunteers service Helpline: 0808 196 3646 Open: 8am–8pm, 7 days a week. Eligibility details here: <https://nhsvolunteerresponders.org.uk/services>

4. Residents who need assistance with accessing food, are able to afford groceries, but do not want to use the online shopping can use Morrison's telephone ordering service. Helpline: 0345 611 6111 (choose option 5). Delivery is free if you are elderly or vulnerable. Order by 5pm for next day delivery.

COVID Winter Grant Scheme

This funding is available to support vulnerable households and families with children over the winter months:

- A safety net for residents effected by the pandemic.
- Support to help ensure vulnerable households and families with children have food on the table and other essentials to keep warm and well-fed this winter.
- Support to relieve exceptional pressure on families. Timeframe - December 2020 up to the end of March 2021

INFO <https://newhammoneyworks.co.uk/affordable-loans/moneyworks-emergency-loan/>

Click here for more info on The COVID Winter Grant Scheme

Click here to see the 12 Saves for Christmas

CRISIS & COUNSELLING

Adult Social Care

PHONE 020 8430 2000 (Select option 2)

Monday-Thursday 9am-5pm, Friday 9am-4.45pm

INFO https://newham-self.achieveservice.com/service/Contact_Adult_Social_Care

Adult social care is a broad term that refers to support provided by a wide range of agencies and individuals to help those in need including carers to maintain their independence and wellbeing. This support includes both formal and informal support with personal care, daily living and social activities.

- **Customer:** An adult with care and support needs. This means a person 18 years or over who appears to have a need for extra help to manage their lives and be independent because of either their age, physical or mental illness, or disability.
- **Carer:** Somebody who provides support or who looks after a family member, partner or friend who needs help because of their age, physical or mental illness, or disability. This would not usually include someone paid or employed to carry out that role, or someone who is a volunteer.

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 1) for Children's Social Emergency

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

PHONE Out of Hours: 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 <https://www.google.com/search?client=safari&rlz=en&q=Child+Line&ie=UTF-8&oe=UTF-8>

Childline is a counseling 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 counselor (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

INFO 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

Please note Kooth is accessible throughout the holidays including on Christmas Day

Kooth is available if you're aged 11 to 18 years, and offers:

- A live chat function so young people can contact a qualified counsellor.
- Scheduled and drop-in counselling sessions available all year round (including evenings and weekends) and anonymous support.

Samaritans

PHONE 116 123 for free

INFO Email: 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 0208 519 8312 between 10am - 4pm

Advocacy is when you get support to:

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

Shine - sexual and relationship advice

PHONE 0208 496 7237

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

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

Shine educational programmes can include sessions such as:

- Sex and the risks – STIs, pregnancy and contraception
- 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. It's all personal and each of us is dealing with different feelings and circumstances.

Befriending Support

PHONE 0808 196 3510 10am-4pm weekdays

Residents who need befriending support should contact Chat Newham (Closed on 25 December – 1 January)

HeadStart: All About Me Journal

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

This is a journal to support you. It is a place where you can write your thoughts and worries. Please go to the page 33 to access a copy.

Newham Council: Return Home Interview Service (RHI)

RHI Service will continue to allocate/offer and complete RHI's over the Christmas period – the majority of RHI's will be completed remotely – priority re physical visits will be given to those young people we/multi agency are most concerned about. Welfare calls will be made to children/young people we are most concerned about on each bank holiday.

Newham Council: Intensive Youth Support Service

The Intensive Youth Support Service will also continue to make welfare calls and visit young people over this Christmas period.

Newham Council: Children's Rights Advocacy Services

From the 25th - 27th December this service will not progress referrals for advocacy. From the 28th December a reduced service will be offered for urgent advocacy matters. All other referrals will be progressed from the 01/01/2021 onwards.



HOUSING

Shelter

PHONE 0808 800 4444

PHONE 0344 515 1540 9:30am – 6pm, Monday to Friday.

PHONE 0344 515 1540 9.30am – 6pm if you need help with a legal matter including a court hearing or need an appointment with our Legal team,

PHONE 0330 0536091, Monday to Friday, 9:30 am – 6 pm. If you are 16 to 25 and homeless, or at risk of becoming homeless? If so, we can offer you advice, support and guidance with any housing, welfare benefit, or debt issue through our telephone advice line, and in person.

Shelter helps millions of people every year struggling with bad housing or homelessness through our advice, support, and legal services.

SHINE London

PHONE 0300 555 0195 to speak to an advisor or self-referrals, 9am and 5pm, Mon-Fri.

The Seasonal Health Intervention Network (SHINE) is a fuel poverty referral network and free energy advice service for Londoners. SHINE London offers a dedicated helpline and affordable warmth interventions to ensure households get the help they need to reduce utility bills, tackle energy debt and ultimately stay well and warm.

SHINE accepts referrals for households of any tenure, with an income below £16,190 or where a household member falls under a SHINE target group:

- Has a disability
- Has a long-term health conditions worsened by the cold
- Is a child under 15
- Is an adult over 60

OTHER SUPPORT

NHS Volunteer Responders

PHONE 0808 196 3646 Open 8am-8pm

NHS Volunteer Responders is a scheme set up by the NHS and Royal Voluntary Service to provide much needed support to individuals isolating and staying at home. If you, or someone you know, or someone you care about would like to register for support from the volunteers please phone or visit the website: www.nhsvolunteerresponders.org.uk

Newham Council

PHONE 020 8430 2000

PHONE Text: 18001

INFO www.newham.gov.uk

Over the Christmas period, hours will be shorter and there will be an out of hour's number available.

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HOLIDAY PROGRAMME

**OUT &
ABOUT**

ONLINE

**HEALTHY
MIND AND
BODIES**

**YOUTH
EMPOWERMENT
SERVICES**

LIBRARIES

**YOUTH
OFFENDING
SERVICES**

BOOKINGS

- ✓ Choose the activity or activities that interest you
- ✓ Check how the activity will be delivered (indoors, outdoors or online)
- ✓ Book directly with the activity organisers
- ✓ Stay in contact with activity organisers as changes may occur due to Covid-19 and government regulations.

In this programme we have put together lots of information to help you stay safe and active. So, join in, stay connected, give something new a go and enjoy your holidays. **You deserve it!**

Click to view
our **make and
create ideas**

Out & About

A small number of physical activity sessions are taking place over the Winter Holidays, please visit the Active Newham website to see what will be available in the New Year.

INFO <https://www.activenewham.org.uk/>
Due to Covid-19, all events offered must be pre-booked via the email below. Please get in contact if your child has additional needs so we can do our best to accommodate the participation. To book contact: sports@activenewham.org.uk

Boxing Session

Stratford Park, West Ham Lane, E15 4DZ

Thursday 10th & 17th December 4-5pm

AGE 14-19

PRICE Free of charge

Female Street Dance session, led by a female instructor via Zoom

Thursdays 3rd, 10th & 17th December 4-5pm

AGE 14-19

PRICE Free of charge

INFO Interest must be registered via Eventbrite <https://www.eventbrite.co.uk/e/streetdance-female-only-ages-14-19-tickets-127983838105>

Shpere

Methodist Church and Community Centre, Bryant Street, Stratford, London E15 4RU

INFO Charitysphere5@gmail.com

CHRISTMAS HUB

Wednesday 23rd December 10:00 – 16:00

AGE Age 3-12 years,

PRICE Free

This Christmas Hub offers a festive fantastic experience for children, where they will get the chance to visit Santa's grotto, which will include presents. Food and drinks will be on offer to the children, along with plenty of activities to keep them entertained, including an entertainer and plenty of arts and Crafts.

HOLIDAY HUB

Monday 28th December – 30th December
10:00-15:00

AGE 3-12 years,

PRICE Free

The Holiday Hub offers a wide range of activities for children while they are on their school holidays, where food and drink will be provided. The extensive list of activities includes: Decorating Christmas cookies | Christmas movie screening | Physical activities (yoga, mindfulness, PE, race) | Quiz on funny facts about earth | Arts and crafts (making fireworks, building toys out of cardboard) | Christmas treasure hunt | what will I do in 2021? Group talk | Make a story: teamwork | what to do in emergency? | Story Time | New Years Party

Vue Cinema Stratford

Varied times

AGE All ages

PRICE Varied prices

The Vue cinema in Stratford will be reopening on Friday 11th December 2020, to see their rolling programme of movies available visit: <https://www.myvue.com/cinema/westfield-stratford-city/whats-on>

Online

Online activities are a great resource over the colder months where families are more inclined to be spending time indoors, but more now than ever for those who may be shielding or isolating.

The Natural History Museum

Anytime

AGE All ages

PRICE Free

The Natural History Museum have dedicated a section on their website to fun and creative activities for children to take part in at home, which are free, using minimal craft materials or ones that can easily be found in nature.

For crafters and creators

Craft activities for over the festive period include, making paper snowflake and polar bear decorations, with 10 free printable templates to choose from and video demonstration/instructions. Other free activities include, making a volcano, 3D models, growing your own food, homes and feeders for wildlife, cross stitching, making fossils out of dough and drawing lessons & colouring.

Nature and Garden Activities

Online activities for engaging children with nature, with a section dedicated to urban wildlife and plants. The activities include identifying species and wildlife spotting, with downloadable guides and methods for tracking your finds, including lists and photography.

INFO <https://www.nhm.ac.uk/take-part/try-this-at-home.html>

Cbeebies - Christmas in Storyland

Primary School Age, Free and available Cbeebies Channel & BBCiPlayer Saturday 12 December

Cbeebies annual Christmas show returns this year, set in an enchanting world with much loved familiar characters, with upbeat songs for singing and dancing along. There will be an activity pack available on the Cbeebies website with song lyrics to learn, recipes to make and colouring sheets to colour in, plus puzzles and quizzes here on the website.

INFO <https://www.bbc.co.uk/cbeebies/grownups/cbeebies-christmas-show-2020>

Tour for Muggles

Anytime

AGE Age – 9 years +

PRICE Free

WANDERLUST: THE HAPPY POTTER LOCATIONS PODCAST

The Tour for Muggles attraction at London Bridge have launched a podcast, so that those who are unable to attend the full experience can still enjoy the tour, based on the Harry Potter series. The podcast episodes can be found at: <https://www.wanderlust.tourformuggles.com/>

ZSL London Zoo

Anytime

AGE 3-14 years

PRICE Free

VIRTUAL TOURS & LEARNING

London zoo have found a way to bring their experience to you with their virtual zoo, which includes animal webcams and live streams, animal antics, videos from zookeepers and behind the scenes updates. You can see and learn about some of the zoo favourites, including giraffes, lemurs, sloths and penguins.

INFO <https://www.zsl.org/zsl-london-zoo/virtual-london-zoo>

VIRTUAL LEARNING EXPERIENCES

The zoo has a range of materials online to engage children of all ages and support their learning about animals, nature and the environment. Activities range from colouring & drawing, songs and rhymes, Rainforest survival skills, exploring garden bugs, learning about animal behaviour, habitats and sustainability. The activities are grouped in a way that is easy for you to find fun suitable activities for your child's age range, and is not exclusive to those mentioned here, so why not explore all they have to offer!

INFO <https://www.zsl.org/learning-resources>

London Transport Museum

Anytime

AGE All ages - Primary School

PRICE Free

The London Transport Museum have dedicated a section of their website to activities for families to do at home, which include creating your own paper vehicle, making holiday decorations, stories and sing along.

INFO <https://www.ltmuseum.co.uk/activities>

Museum of London

Anytime

AGE Any age

PRICE Free

The Museum of London have come up with some fun activities for children to take part in at home, lots of which can be done away from the screen for those who are conscious about their children's screen time. Activities include creative writing, sensory games like taste and smell tests, creating a lolly stick theatre and decorating Penny Plains to name a few.

INFO See their full range of activities at: <https://www.museumoflondon.org.uk/families/fun-home>

Cutty Sark Clipper Ship

Every Wednesday 10.30am-11.00am

AGE Ages 0- 5 years

PRICE Free

TODDLER TIME ONLINE

The Cutty Sark was one of the fastest tea clippers in the world and is now a museum based in Greenwich. They have dedicated Wednesday mornings to toddlers, with fun activities like becoming a sailor, singing, dancing, and listening to stories and play.

INFO <https://www.rmg.co.uk/see-do/exhibitions-events/toddler-time-online>

FAMILY FUN AT HOME

Cutty Sark have dedicated a section of their website to family fun at home, which includes lots of arts and crafts, including making puppets, baubles, Rangoli decorations, portholes and identity boxes. The activities included step-by-step how to, which are easily to follow and can be adapted to varying ages.

INFO <https://www.rmg.co.uk/family-activities>

Science Museum

Anytime

AGE Any age

PRICE Free

HOW TO VIDEOS ON YOUTUBE

Did you know that The Science Museum have their own YouTube Channel? Their videos consist of lots engaging educational content, as well as how to videos for children and young people to engage with experiments at home! Experiments including making a rocket and making ice cream without using a freezer.

INFO <https://www.youtube.com/c/ScienceMuseum/videos>

LEARNING RESOURCE ACTIVITIES

The Science Museum has created an extensive list of learning resources and activities to make learning and experimenting fun for children. Activities include making an animation wheel, using science to measure trees and other problem solving puzzles.

INFO <https://learning.sciencemuseumgroup.org.uk/learning-resources/>

Institute of Imagination

Anytime

AGE Any age

PRICE Free

FERRY FESTIVAL

This December, for Newham's Ferry Festival, the Institute of Imagination is bringing you a range of free creative activities you can complete at home. Using everyday objects you can build a paper rocket, balloon powered car or your own lightbox. These steps are a basic guide - we want you to iterate and experiment! Make it your own and don't be scared of going wrong.

INFO You can find these activities, along with a list of what you will need at: <https://ioi.london/ferry-festival/>

Showcase Cinema - At Home

Anytime

AGE Any age

PRICE Costs vary per movie

Showcase have launched their at home streaming service, where you can watch movies via their app or through Apple TV. You will have access to new releases and older specials, one of which will be a showing of 'The Muppets Christmas Carol' and 'The Secret Garden'.

INFO <https://showcase-at-home.showcasecinemas.co.uk/>

Academy Achievers

19th December – 23rd December, 10am – 12pm

AGE For 5-10 years

PRICE Free of charge

ACADEMY ACHIEVERS VIRTUAL STEAM CHRISTMAS CAMP

A range of online STEAM (Science, Technology, Engineering, Art & Mathematics) activities delivered via Google Classroom / Google platform (important information will be provided to parents after registration) Please contact: admin@academyachievers.co.uk for registration information.

INFO Academy Achievers website: <https://academyachievers.co.uk/>

Little Angel Theatre

7th -11th and 17th -18th December, 12pm

12th -13th December, 12:30pm and 2:30pm

19th – 20th and 27th December, 12.30pm and 2.30pm

21st -24th and 28th – 31st December, 2pm

AGE Primary School – Key Stage 1

PRICE £13.50 per household

Online sales close two hours before the performance. You can still book by phone (020 7226 1787) up until 30 minutes before the performance.

Showing - WOW! Said the Owl Digital

WOW! Said the Owl, the acclaimed children's book by award-winning author, Tim Hopgood, is brought to life through a blend of beautiful storytelling, puppetry and music. Directed by Joy Haynes, this show will delight and excite very young audiences. The show has moved over to Zoom for a safe at home experience!

INFO <https://littleangeltheatre.com/touring/current-tours/wow-said-the-owl-digital/>

Together! 2012 C.I.C.

Disability Arts, Culture and Human Rights

Together! 2012 CIC offers a Join in from Home programme on their website, which includes a wide range of inclusive creative activities, mainly using things you already have at home. There are also music playlists and a wide range of films to enjoy.

INFO <http://www.together2012.org.uk/join-in-from-home/>

Healthy mind and bodies

Keeping Active during Lockdown and Beyond.

Our Leisure Centre's maybe closed but it is really important that we all keep active as further restrictions are introduced. Getting and keeping active doesn't need to be difficult. We have compiled a range of workouts, videos and guidance on adapting activities for all ages and abilities, to help you move more at home.

INFO <https://www.newham.gov.uk/coronavirus-covid-19/covid-19-mental-health-wellbeing/2>

Get Kids Moving

A selection of workouts that put the fun back into fitness and help engage children. Children can train alongside their favourite superheroes from the comfort of their home.

INFO <https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ>

Cosmic Kids Yoga

Yoga, mindfulness and relaxation - designed especially for children aged three and above.

INFO <https://www.youtube.com/user/CosmicKidsYoga>

Disney workouts

A chance for parents and children to get moving to the songs they love. Learn their moves or put your own spin on their routines.

INFO <https://www.thisgirlcan.co.uk/activities/disney-workouts/>

Joe Wicks Kids

Children's workouts to do at home.

INFO <https://www.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k>

Change for life activities and recipes

Click on the link below to be inspired by indoor games and 10-minute shake up activities.

INFO <https://www.nhs.uk/change4life/activities>

Libraries

Access

Adults as well as children and young people will be able to reserve books online for pick up in their local branch. People can ring libraries to book a collection slot or reserve books online. There will be drop-in availability but some libraries may have less capacity due to space and staffing. Contact your local library or visit our website for up to date information. Visit Newham Libraries to:

- Browse and borrow books, DVDs and CDs
- Book a study Space
- Book a PC to use
- Printing facilities For full details of our services visit www.newham.gov.uk/libraries.

Library Cards

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

Computer Use

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

- E-Books, E-Audio, Online Resources and Courses
- Your Newham library card gives you access to thousands of e-books and e-audiobooks for children, teenagers and adults, as well as online course, 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 to get started.

Winter Reading Challenge: 1st of December - 15th of January

AGE all ages.

Read 3 books over the winter holiday to complete the challenge and earn a certificate. Collect a sticker for every book you read to keep in your Winter Reading Challenge Folder. Sign up to the challenge and collect your folder from any Newham Library from the 1st of December. The theme of this year's challenge in partnership with The Reading Agency and Knights Of publishers is Everyone is a Hero.

INFO Children can also take part in the Winter Mini Challenge Online at <https://readingagency.org.uk/children/news/join-the-winter-mini-challenge-and-become-a-reading-hero.html> where they can rate and review their books, unlock virtual prizes and take part in games, quizzes and activities.

Everyone is a Hero: Drawing and Writing Competitions

AGE 3 -16.

Take part in Newham Libraries' writing and drawing competitions this winter for a chance to win a prize! Draw a picture or write a short story on the theme Everyone is a Hero.

INFO Collect entry sheets from any of our libraries or download them from our website <https://www.newham.gov.uk/libraries> Entries can also be emailed to library.activities@newham.gov.uk Competition closes January 15th.

Mystery Reads and Activity Bags for children

AGE 3 – 12.

Activity bags for children are available to collect at some of our libraries. The bags include mystery library books, Christmas crafts, activities and more! Sign up to The Winter Reading Challenge to collect one! Available at:

- Custom House Library
- Canning Town Library
- Plaistow Library

Christmas Activity Sheets for children at East Ham Library

AGE 3 – 12.

Get a little extra with your library books at East Ham Library this winter. Fun activity sheets available to take home with your library books.

Digital Creativity kits from the Institute of Imagination at Plaistow Library

AGE 6 – 12.

Get tinkering and creating this winter with the iOi at Home creative programme, Flying Futures! Flying Futures is available online and supported with digital tools available to borrow from Plaistow Library with your Newham Library Card.

INFO To find out more visit Plaistow Library or go to <https://www.ioi.london/newham>

Online Craft Sessions

AGE 5+.

Get arty with Newham Libraries this December with our online craft sessions. Take part in a variety of fun, winter themed crafts, made using everyday materials from around your home.

INFO Visit our *Holiday Activities* page on our website newham.gov.uk/libraries

Opening times and contact details

Christmas Eve:

All libraries open until 5pm

Christmas Day – Monday 28th December: All Libraries Closed

Tuesday 29th December –

Thursday 31st December:

East Ham and Stratford Libraries open 10am – 5pm

New Year's Day – All Libraries Closed

Regular opening hours resume Saturday 2nd January

Beckton

1 Kingsford Way, London E6 5JQ
020 3373 0853

Monday – Saturday 10am – 5pm

Canning Town

18 Rathbone Market, Barking Road, E16 1EH

020 3373 0854

Monday – Saturday: 10am – 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 – Saturday: 10am – 5pm

Forest Gate

2-6 Woodgrange Road, E7 0QH

020 3373 0856

Monday – Saturday: 10am – 5pm

Green Street

337 -341 Green Street, E13 9AR

020 3373 0857

Monday – Saturday: 10am – 5pm

Manor Park

658 – 693 Romford Road, E12 5AD

020 3373 0858

Monday – Saturday: 10am -5pm

Plaistow Library

North Street, E13 9HL

020 3373 0859

Monday – Saturday: 10am – 5pm

Stratford Library

3 The Grove, E15 1EL

020 3373 0826

Monday – Saturday: 10am – 5pm,

Sunday: 1pm – 4pm

North Woolwich Library

North Woolwich Library is currently closed for refurbishment.

Youth Empowerment Services' (YES)

Youth Zone centre-based activities, outdoor activities and online activities.

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

- Forest Gate Youth Zone

- Beckton Globe Youth Zone
- Little Ilford Youth Zone
- Shipman Youth Zone
- Detached Youth Team
- Participation Team

For more
information
go to:
<https://padlet.com/YESLBN/YESProgramme>

Youth Offending Services (YOS)

During the holidays there is a range of activities for young people who attend the YOS. The 'Be the Change' theme is a continuation from the Summer Programme of activities aimed to encourage, motivate and inspire our young people. To book please use the internal referral process.

21st Dec - Thursday 24th Dec, 9am - 5pm

25th, 26th and 27th Dec, closed

29th, 30th and 31st Dec, 9am - 3pm

1st January 2021, closed

4th January 2021, 9am-5pm

Creative Art Therapies

192 Cumberland Road, Plaistow, London E13 8LT

Every Tuesday from 1st – 29th December at 4:30pm

Age: 11-17

Creative Arts Therapies offer a safe space for people to express themselves through creativity, where sessions will encourage young people to explore and connect with the outside world through storytelling, drawing/ painting, projection, play and music. This will be offered in both group and One to One settings.

INFO Referral via YOS Case Manager

Positive Choices - Zoom Session

Thursday 3rd and 17th December 4pm – 5pm

Positive choices is an interactive group which aims to explore and raise young people's awareness of Criminal Exploitation and its connections to issues such as County Lines and Radicalisation.

INFO Referral via YOS Case Manager

Empathy and Migration - Zoom Session

Monday 14th December 4pm

Delivered by the British Red Cross Empathy and Migration session explores the different reasons people leave home, help to develop empathy about migrants' motives for moving home and understand the obstacles they face.

INFO Referral via YOS Case Manager

Break The Cycle - Zoom Session

Thursday 17th December 4pm

This is an introductory session to Break The Cycle (BTC) programme. Young people, parents and carers will be invited to hear about the background of the BTC programme, ask questions and find out more about the full programme, planned to be held in January.

INFO Referral via YOS Case Manager

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EXTRAS

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**ALL ABOUT
ME JOURNAL**

**MONEY
WORKS
COVID WINTER
GRANTS
SCHEME**

**YOUNG
CHAMPIONS**

Step into Winter Challenge

We'd love to invite you to try some of our special challenges this festive holiday, fun for all the family. Complete these challenges and email your pictures and evidence to Jessica.Worf@15billionebp.org, tweet us @EastLondon_CU, find us on Facebook - East London Children's University or visit www.15billionebp.org/what-we-do/

If you have a Children's University passport we will issue one stamp for each activity completed. If you don't have a passport please get in contact to find out more about how you can join East London Children's University.

East London CU is a programme managed by **15billionebp**



Environmental Slime

Make your own slime that's super friendly for the environment and fun!

Ingredients: Cornflour (1/2 cup), Natural Food Dye, Water (1 cup), Container, Spoon

1. Measure 1/2 cup of cornflour
2. Add water and food colour together, if you don't have any food colour you can make white 'snowflake' slime.
3. Add 8-10 spoonfuls of liquid to cornflour.
4. Mix! Mix! Mix! Add more liquid if needed.

Mini Winter Reading Challenge

Everyone is a hero with the Winter Mini Reading Challenge. Discover all about heroes big and small by reading brilliant books! To take part all you need to do is log onto www.summerreadingchallenge.org.uk and read a minimum of three books. Once you've read them, review them on the website and let us know if you would recommend them.

Paper Snowflakes

Did you know that no two snowflakes are ever the same, just as no two people are ever the same? Make your own unique paper snowflake.

1. Fold paper in half, and then half again (to make quarters. Fold the paper once again.
2. Get an adult to help you cut random shapes into the paper, snipping off the centre and shaping the edge of your snowflake.
3. Thinking about yourself, think about what makes you special and write a note on each snowflake

Hang your snowflakes up to create a snowflake positivity chain.



Homemade sweets

Make your own homemade sweets, you can either research a family favourite or make some simple but yummy peppermint creams!

Ingredients: Peppermint Essence (a few drops)
450g icing sugar, 4 tablespoons of condensed milk, large mixing bowl, rolling pin, spoon, tray.

1. Mix icing sugar and condensed milk together
2. Add a few drops of peppermint essence
3. Mix! Knead! Mix! Until you can make a ball.
4. Put a little icing sugar on your workspace and roll it out, cut shapes, pop in fridge and EAT!



Become a Weather Presenter

BBC would like YOU to record the weather forecast for this week! Create a weekly timetable of what the weather is predicted to be like for each day with logos, images, and a short sentence. Present your predictions to your family with suggestions for their daily plans so they are aware of all the weather changes!

Make an Apple Bird Feeder

Make your own Apple Bird Feeder to encourage birds to visit an outdoor space.

Equipment: Apple, Seeds, Sticks (x2), String

1. Get a grown up to help you cut the core out of the apple.
2. Make an 'X' with the sticks and tie them to string so that the apple sits on top.
3. Make a pattern by pushing the seeds into the apple, then it's ready to hang up!
4. Record the different birds that visit.



COVID Winter Grant Scheme

This funding is available to support vulnerable households and families with children over the winter months:

- A safety net for residents effected by the pandemic.
- Support to help ensure vulnerable households and families with children have food on the table and other essentials to keep warm and well-fed this winter.
- Support to relieve exceptional pressure on families.
- Timeframe - December 2020 up to the end of March 2021

Please refer vulnerable households immediately to:
COVID Winter Grant Scheme - MoneyWorks



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

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 communities around the health challenges that we all face, especially during COVID-19.

HOW DOES IT WORK?

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

WORKSHOPS

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

TO REGISTER

Register to find out more about becoming a Young Health Champion at:
younghealthchampion@newham.gov.uk

The 12 saves of Christmas

Festive
spending tips

MoneyWorks
Helper Loan
Borrow up to £300*
repay over six months,
26.8% APR

020 8430 2041
www.newhammoneyworks.co.uk

Save money and prepare for Christmas the MoneyWorks way

Christmas may be different this year but you can still create a good festive atmosphere and magical Christmas. MoneyWorks can help with everything from budgeting for the big day, present buying suggestions and loans if you need to borrow money for the festive season. Don't let Christmas put pressure on your bank balance, talk to us today for top tips on smart seasonal spending.



The 12 saves of Christmas

The following top tips will help your money go further this Christmas.

1. Work out your Christmas budget and stick to it.

A budget is one of the best ways of managing the costs associated with Christmas. If you want help budgeting, speak to a MoneyWorks advisor they will be very happy to help.

2. Cut the cost of your supermarket shop

Christmas food shopping can spiral out of control. Make a shopping list and stick to it. Shop online where you can and keep an eye on how much your basket is. Visit www.mysupermarket.co.uk and compare the cost of goods at the big online supermarkets. If you plan on shopping instore, use scan as you shop devices to keep track of your spending.

3. Secret Santa

Save money and buy one gift instead of many. Take part in Secret Santa with friends, family or colleagues. Set a budget and secretly draw names for who needs to buy for whom. This way you only need to buy one present for one person rather than for lots of people.

4. Compare prices

Got a gift in mind? Compare prices of the item you are looking for. Use google shopping online or visit a few stores before deciding where to buy.

5. Earn cash back

Cash back is a great way to get some money back when you spend online. If you register with cash back organisations for example Top Cash Back, Quidco and Kidstart and purchase your items through their websites, they will give you cash back into your account. You can use the money earned through cash back for future purchases. This could help with Christmas next year.

6. Plan your food shopping

Plan ahead and purchase non-perishable food items earlier in late November and early December to spread Christmas food costs across several weeks.

7. Make your own decorations

A quick search online will reveal a host of creative ideas for homemade decorations. This will keep children entertained and give your home a festive feel.

8. Hunt for vouchers

Before you spend any money, see if there are any voucher codes you could use to knock down the cost of your purchase.

Check bargain websites such as hotukdeals.com or vouchercodes.co.uk

9. Small swaps to save money throughout the year

Making small changes can save you money, for example buying supermarket own brands. Before spending stop and think 'do I really need this?' This can save you money during December and all through the year.

10. Fill Christmas stockings with sale items

Shops are keen to shift stock that's been in store since before lockdown, so pick up reduced and discounted items that would make good presents.

11. Enjoy Christmas

The best Christmas gift is not expensive. It's a good day with the people you care for that's much more important than the best food and gifts.

12. Christmas Saver account

Talk to the MoneyWorks team about setting up a Christmas Saver account. Money in a Christmas Saver account is locked away until October 2021, so you have money set aside for spending over the festive season. If there was an emergency, you can access the money in your account before October. By putting money into the account regularly and saving for the end of the year, there is less of a financial strain over the Christmas period.

MONEYWORKS HELPER LOAN

If you think you may need to borrow money over the festive season, avoid high cost payday lenders and come to MoneyWorks. For the festive season, we have a loan called the **MoneyWorks Helper Loan**. This is a short-term affordable loan to help you with your finances. With the **MoneyWorks Helper Loan** you can borrow up to £300 and pay it back over six months.

Below shows an example of the amount you will pay back with the **MoneyWorks Helper Loan** compared to typical high interest lender.

£300 Loan *Based on repayments over 6 months	MoneyWorks Helper Loan 26.8% APR Monthly repayment	MoneyWorks Helper Loan 26.8% APR Weekly repayments	High cost lender 1500% APR Monthly repayments
Repayments	53.98	12.65	377.91
Total interest	23.88	28.84	1967.48
Total repayments and interest	323.88	328.84	2267.48

26.8% APR representative. Newham MoneyWorks is a service provided by the London Borough of Newham. Newham MoneyWorks acts as a credit broker and not as a lender. All loans are subject to status and are provided by London Community Credit Union Limited, which is authorised and regulated by the Financial Conduct Authority. Services provided by MoneyWorks are not regulated by the Financial Conduct Authority.

The Spirit of Christmas

People at the Heart
of Everything We Do

020 8430 2041

www.newhammoneyworks.co.uk

Find out more

Speak to MoneyWorks and find out if you are eligible for the MoneyWorks Helper loan. We also have other top tips to help you budget and spend smartly during the festive season.

Our friendly knowledgeable team are on hand to deal with any queries in confidence from 9am-5pm Monday to Friday.

020 8430 2041

 @LBNMoneyWorks

www.newhammoneyworks.co.uk



All About Me Journal



Introduction to All About Me Journal

The last few weeks have seen a lot of changes for us all. As a result of the coronavirus you may have been told you have to stay at home and not go out because someone in your family is ill. You may be going to school but with a lot fewer students, whilst your mum, dad or carer go to work. Whatever has happened for you it can be a confusing and scary time and it is OK and normal to feel worried. Remember the most important things you can do at the moment are to stay at home and wash your hands regularly.

If you are still worried, there are some blank pages in the journal where you can write these worries down which can help. You may want to share them with someone else in your house or someone you speak with on the phone.

At HeadStart we work with schools, young people and families to support mental health and wellbeing. We wanted to put together a journal which might offer some support and distraction during this time, there is no specific way to work through it, you can just pick a page you fancy and give it a go. You might also want to get other people in your household involved.

HeadStart Newham is part of a five-year £56 million National Lottery funded programme set-up by the National Lottery Community Fund, the largest funder of community activity in the UK. The service is delivered in partnership with the London Borough of Newham.

Acknowledgements:

Thank you to the HeadStart team for pulling together many of the resources included in this journal, particular recognition goes to Remi Desouza, Sawsan Therese and Omolara Balogun for their hard work in producing this journal in a short period of time under challenging circumstances.

The Academic Resilience Approach was created by Lisa Williams and Professor Angie Hart, based on Professor Hart's work at the University of Brighton and Boingboing.

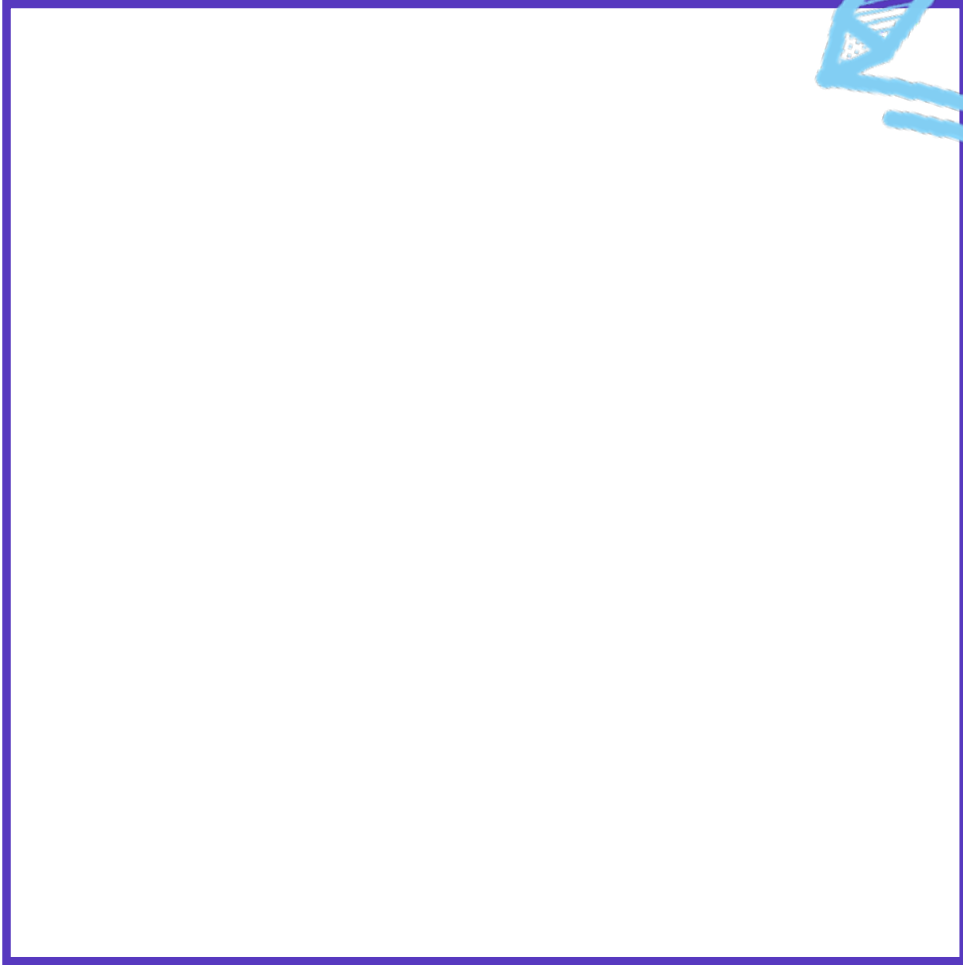
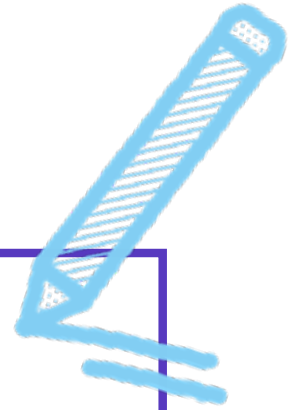
The Resilience Framework Reference Hart and Blincow (2007) www.boingboing.org.uk

Wheel of life Reference: 'Wheel of life exercise', Co-Active Coaching (3rd ed.) 2011 by Henry Kimsey-House, Karen Kimsey-House and Phillip Sandahl

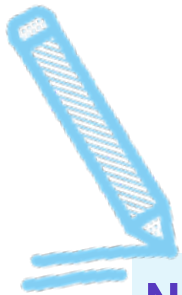
Friends and family tree Reference : The Resilient classroom is a resource developed as part of the academic Resilience Approach (A Hart and L Williams, 2013) by Hove Park School, Brighton



Picture of Me



Draw a picture of yourself



Name:

Age:

My Family:

My Friends:

The Resilience Framework is a useful tool to help you think about your life and things that can help you build your resilience

My Resilience and Wellbeing



BASICS	BELONGING	LEARNING	COPING	MY SELF
Where I live is warm, dry and safe	There are places in and out of school where I feel I belong	I feel I am coping well with school	I understand the school rules and boundaries outside school and I can keep to them	I have hope for my own future
We have enough money for heating, food, and clothing	I am understanding more about the world I live in	I know how to get extra help and support if I need it	I can be brave when I need to be	I try to understand other people's feelings
I feel safe most of the time	There are good influences and role models in my life	I have ideas about what I'd like to do in the future	I get practice in solving problems	I know what I am good at and where I need help to get better at something
I can get places I need to go safely	I have good, stable relationships in my life People look out for me and I can count on them	I am organised	I look on the bright side when things are tough	I take responsibility for myself and my actions. I don't blame others
I have access to healthy food and drink	My friends make me feel good about myself and my future	I know when I have done something that I should be proud of	I have a hobby, activity, passion, sport that I enjoy doing	I want to get even better at the things I'm good at
I am physically active and get outside	I focus on the good times and places in my life	I am learning skills that are useful in real life	If I'm feeling angry, frustrated or sad, I know what to do to calm myself down or feel better	I take advice from others and try different solutions to solve the problems I have
I sleep at least 8 hours a night and avoid screens before bedtime	I am comfortable talking about where I come from/my home		There are people in my life I can turn to for support	
I do things I enjoy and chill out	I like trying new things or meeting new people and have the chance to do this		There are people in my life I can have a laugh with	
I do not feel picked on or bullied for who I am, how I live my life or where I am from	I make new friends and mix with other young people			
ACCEPTING	CONSERVING	COMMITMENT	ENLISTING	

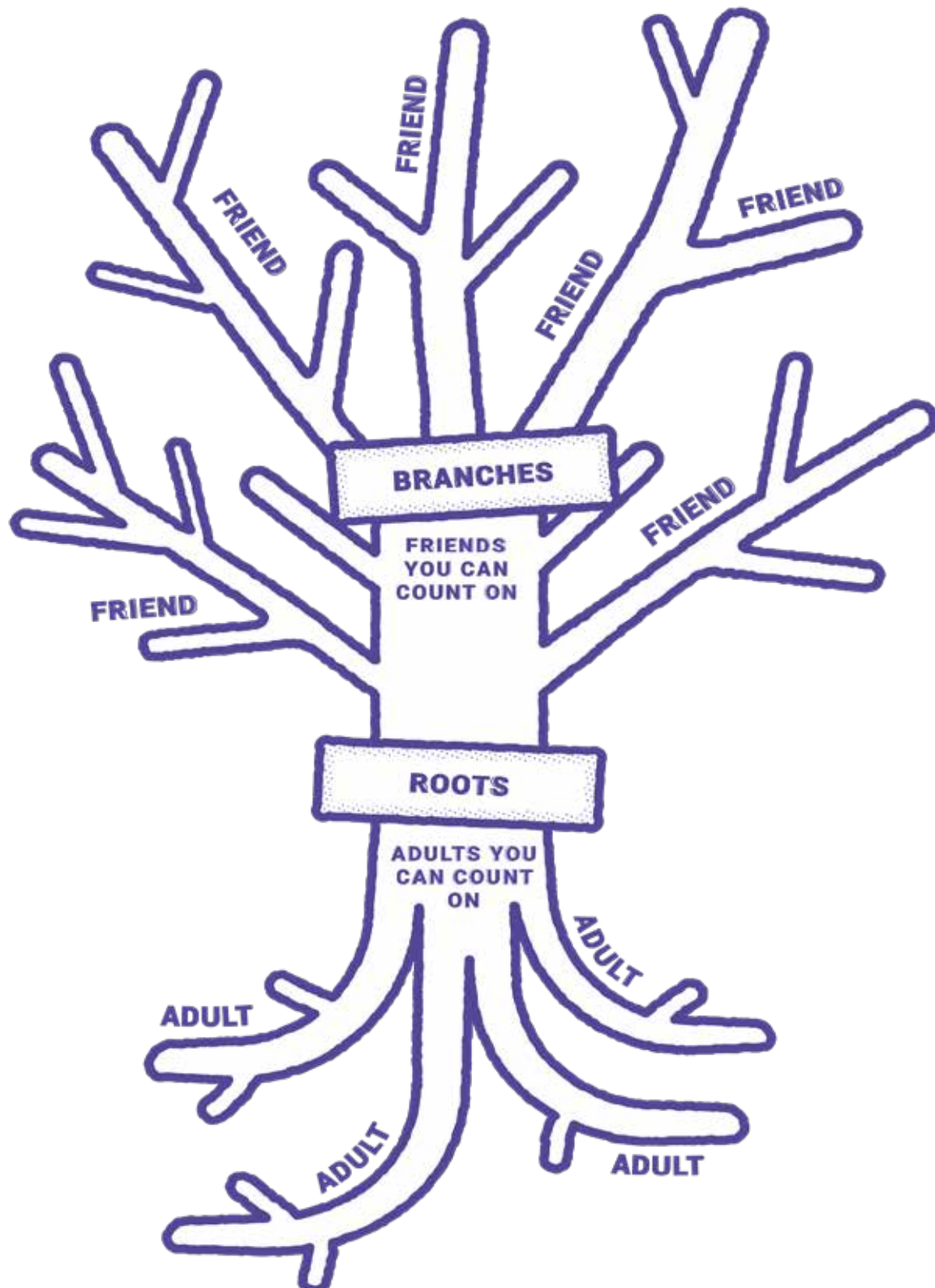
My Worries/Concerns

A large, empty rectangular box with a thick purple border, occupying the majority of the page below the title. It is designed for a person to write down their worries or concerns.

Friends and Family Tree

Use this tree to write down the name of people you can count on.

Your friends/siblings are the branches, the people you can count on and reach out to when you need to. The adults are roots, giving you stability and being there for you when you need them. You might even want to include pets as they can play an important role in helping you with your wellbeing.



Things That Make Me Feel Happy and Better



Make a note of things you enjoy doing, help you feel better and make you happy. Shade each heart a different colour as you list them



.....

.....

.....

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Self Care Tracker – Let's make a note of how often we do what makes us happy (shade each day depending on which activity on your list you do)

Month:

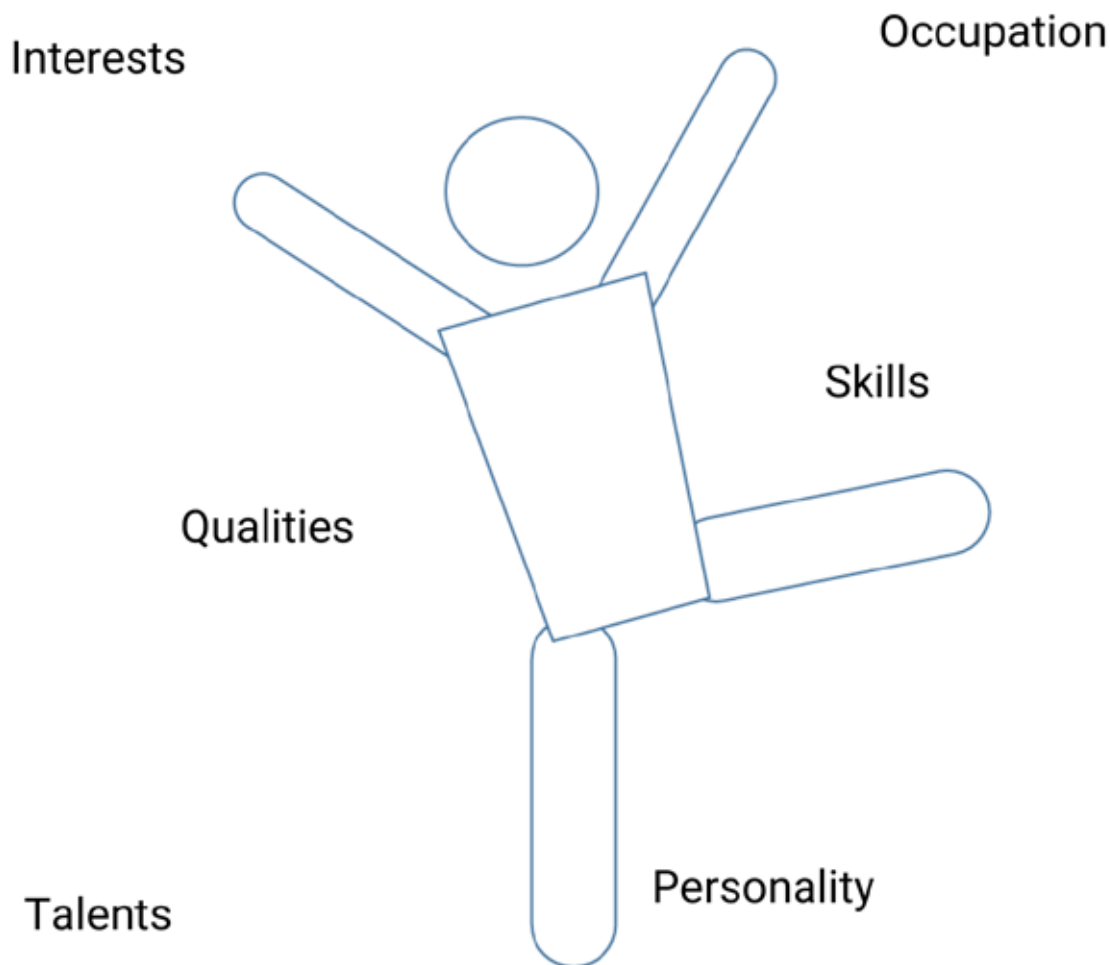
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Your Ideal Future



Where would you like to be in a month, a year or 5 years time?



What would your
favourite person say
about you...



30 Year Old Me...

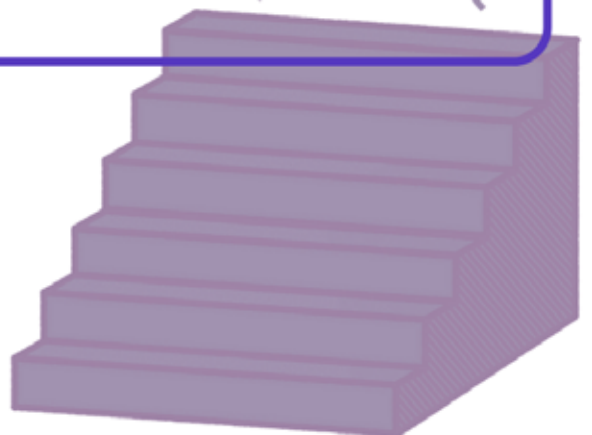
#LifeGoals

I will be working as:

I will live in:

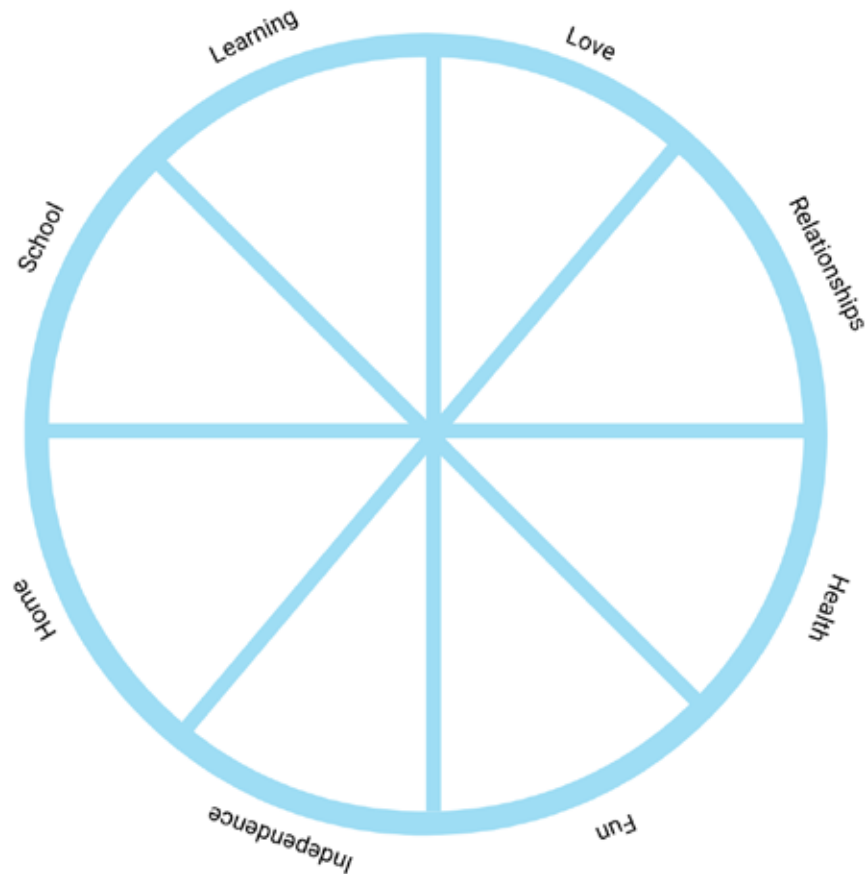
I will drive a:

"Believe you can and you're halfway there"
- Theodore Roosevelt





Wheel of Life



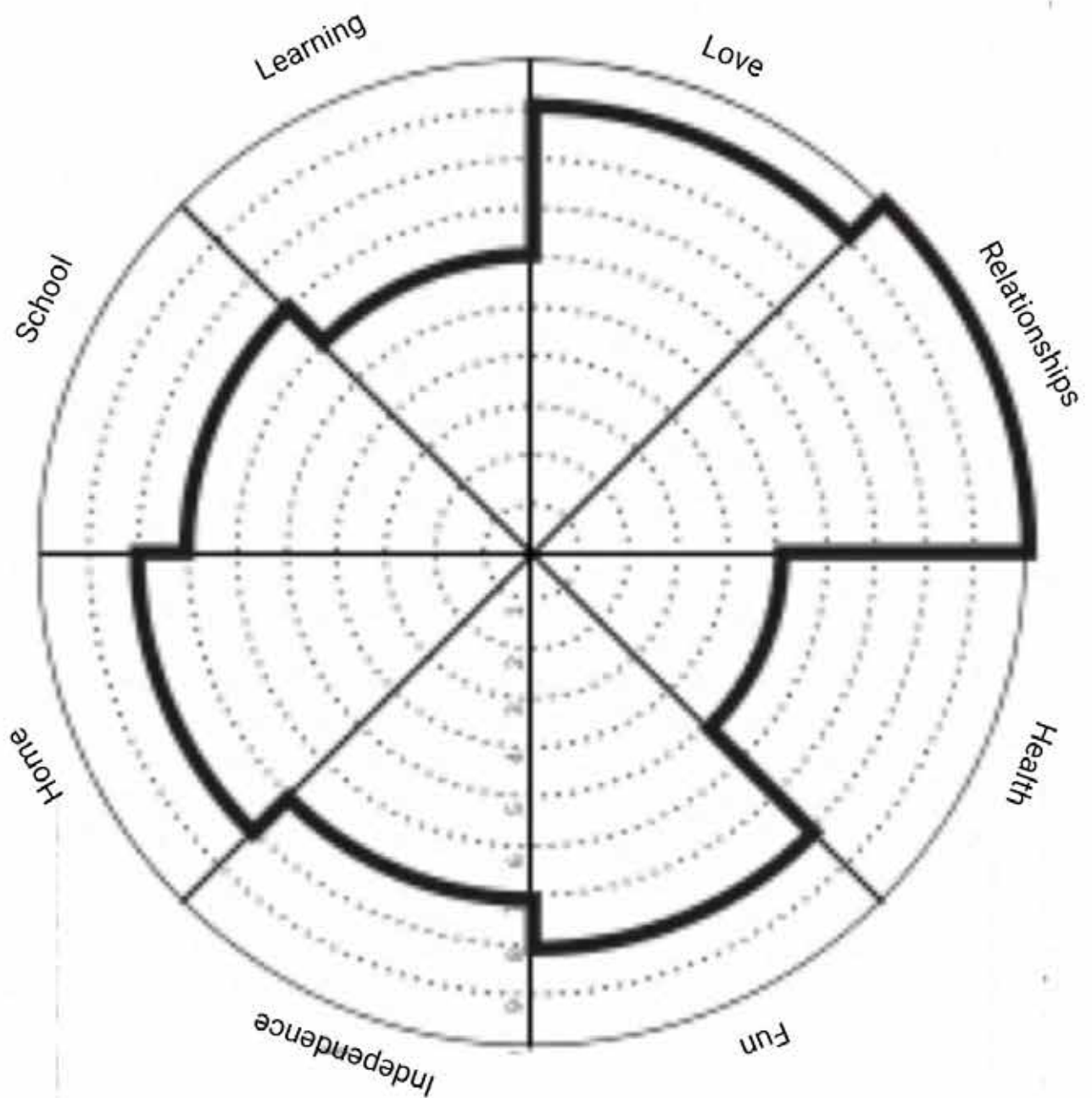
The wheel has eight sections, which represent the key areas of your life. The exercise gets you to think about how you feel about each part of your life. Imagine that the middle represents 0 and the outside edge represents 10, give each area a mark out of ten and then draw a line where you think it should go, creating a new edge to the circle (see example on the next page). How bumpy would the ride be if this wheel were real? Once you have finished all 10 sections you will see which areas you might need to make improvements in and set a target to think about what you can do. This will help you smooth your journey!

Why not create a vision board to help you imagine what your future could be? (Look at page 13)



Wheel of Life

Here is an example of a completed wheel.





Wheel of Life

Goals:

What would you like to improve based on your answers



What will you do to achieve your goals:

What changes would you make? Can anyone help you make them?

HeadStart Vision Boarding



A vision board is a tool used to help clarify, concentrate and maintain focus on a specific life goal. Literally, a vision board is any sort of board on which you display images that represent whatever you want to be, do or have in your life. Identify your vision and give it clarity.

How to do it?

**Add your own
spark!**

Think about something you want in the future. This could be something you can buy e.g. new trainers, something you can do e.g. rock climbing, something you can be e.g. a scientist.

Research your future goal! You can do this with online searches, reading magazines or newspapers, even looking in books around the house.

Visualise your future!

Create a picture board either electronically or on paper, cut and stick pictures that represent your goal onto a sheet of paper.

Feel free to draw, paint or use creative writing on the vision board too.

Show it off!

When you are finished, display your board where you can see it. Send a picture of it to HeadStart.ResearchTeam@Newham.gov.uk so we can share it with others (if you want).

What you might need:

computer/phone/tablet, magazines/newspapers, pens, paper, scissors, glue



Draw a picture of a peaceful or quiet place you would like to visit, i.e: beach, space, park or nature.

Look at your picture and memorise everything about it. Now close your eyes and go to your peaceful or quiet place you have drawn, imagining all of the elements and senses around you, such as air, sand, sea or sounds of nature.

Taking deep breaths (breathe in for a count of 4 and out for a count of 7) throughout this time.

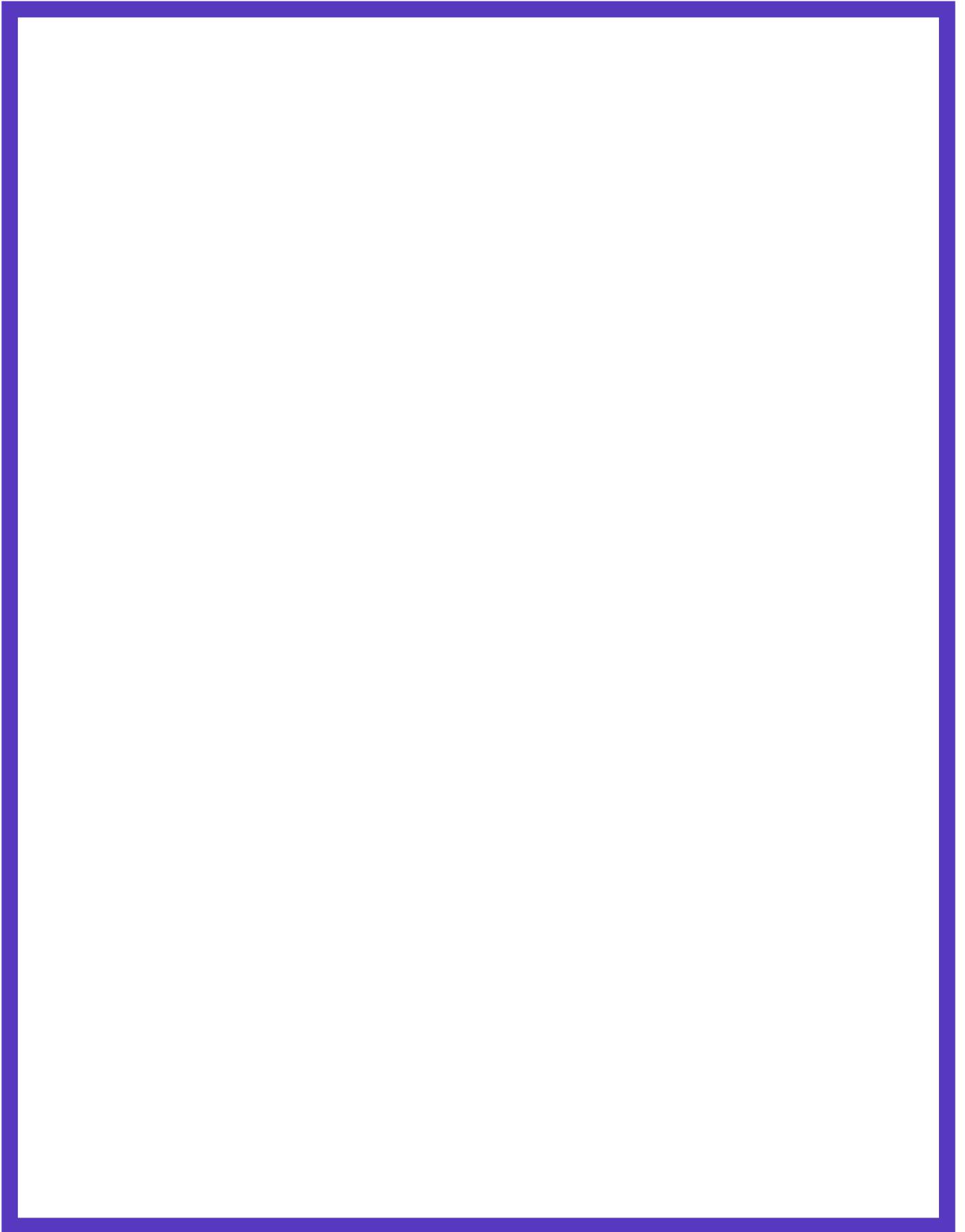
Look around you? What do you see? (using your imagination and taking deep breaths throughout)

Take a few minutes and then return from your peaceful or quiet place. How did that exercise feel?

Keep your picture and visit your peaceful or quiet place, whenever you feel overwhelmed or too much is going on in your head.



Doodling And Free Writing

A large, empty rectangular box with a thick purple border, occupying the majority of the page below the title. This box is intended for doodling and free writing.

Random Acts of Kindness



Have a go at doing a few of these random acts of kindness and put a smile on someone's face

Do a chore around the house to help someone



Make a cup of tea for someone at home

Draw a lovely picture for someone you love



Skype or Face-time with grandma/ grandpa



Offer to help with making dinner

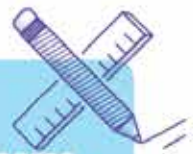


Spend quality time with your family



Text a friend and tell them why they are important to you

Leave some positive notes around the house



Doing these random acts of kindness made me feel:

"When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace."

- The 14th Dalai Lama

HeadStart Wellbeing Bingo

Get your friends and family involved. Once you've played, choose 3 well-being items you'll like to try and do each day. In the last week...



HeadStart

Fitness Bingo

Try to do 3 of these exercises a day and see which member of your family completes them first. Be careful and listen to your body.

Remember to shout 'BINGO'.

Do some stretches

5 start jumps while shouting "I'm a star"

Sit down and stand up 10 times

Jog on the spot for 2 minutes

Wall sit for 20 seconds

Do 15 push ups

Dance for a whole song

Rest

Balance on one leg for 20 seconds

Do 15 sit ups

Do 30 lunges

Do 20 Squats



5 Minutes of Movement



Movement is magic! Exercise releases feel-good hormones called endorphins which help us to boost our well-being and improve our physical and mental health! Being active is a great way to have a laugh and build your resilience. Everybody is different, so take your time and give these moves a go at your own pace, try to improve on them each week!

Before you get started, check in with an adult and let them know your plan.
During the moves listen to your body, if it doesn't feel right, stop and take a break

Warm up! 1 minute of light jogging on the spot.

THE BIG 4 (4 minutes intotal).

MOVE ONE: THE BURPEE

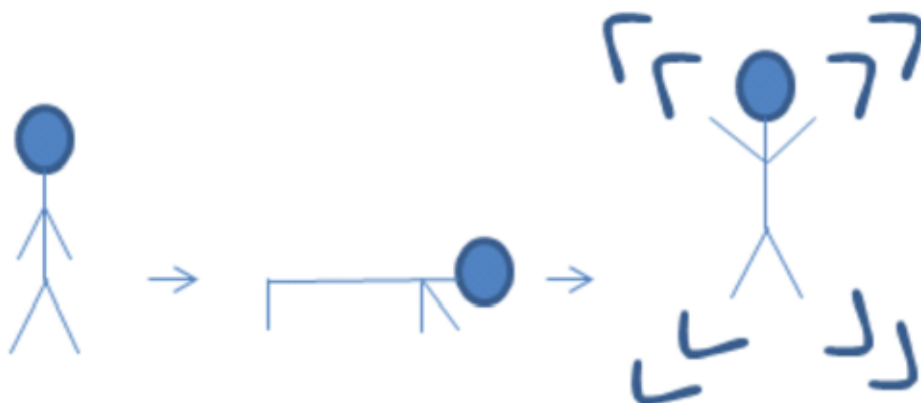
Duration: 1 minute

Step 1: Start standing with your feet shoulder-width apart. Squat down and touch the floor with both hands. Now you are almost in a frog position.

Step 2: Next, shoot your feet backward into a plank position (like the second diagram). Bring both legs forward back into frog position, and then lift your hands from the floor so you are back into a standing squat position.

Step 3: From the squat position, shoot your hands upward and jump as high as you can. As you land, that is considered 1 repetition (Rep). Repeat the cycle! Go the extra mile!

For step 3 try to bring your knees to your chest and perform a tuck jump.





5 Minutes of Movement

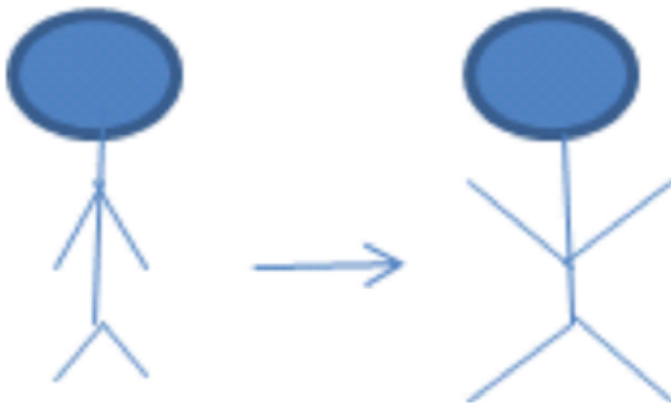


MOVE TWO: THE STAR JUMP

Duration: 1 minute

Stand up straight with your arms by your side and knees slightly bent. Jump up, extending your arms and legs out to make a star shape. Hold your tummy tight and look forward. Repeat this move for 1 minute and see how many star jump repetitions you can do! Go the extra mile!

Start from a crunched over position with knees bent and explode up and out into a star jump, returning to a small crouched position after each rep (aiming to get your hands and feet off the floor at the same time).



MOVE THREE: THE LUNGE

Duration: 1 minute

Stand with your feet together and your hands by your sides or on your hips. Then step forward with one leg and sink down into your lunge (see diagram). As you lunge forward remember to keep the weight on your front leg and your knee directly above your toes. Make sure you keep your back and shoulders upright and look forward as you lunge. Hold for one or two seconds and then return to standing position. Repeat this move, alternating legs for 1 minute and see how many repetitions you can do! Go the extra mile! Grab two water bottles to hold as weights while you lunge.





5 Minutes of Movement



MOVE FOUR: THE SQUAT

Duration: 1 minute

Stand with your feet hip-width apart and bend your knees and sit back as if lowering yourself onto a chair. Don't arch your back as you lower down. You can reach your arms out in front to maintain balance. Make sure your weight is not on your toes and squeeze your glutes (your bum) as you stand back up. Repeat this movement for 1 minute and write down how many squats you do!

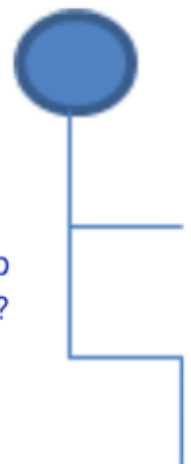
Go the extra mile! The jump squat: Instead of standing back up from your squat do an explosive jump, bringing your hands from in front of you down to your sides to return back to your squat position.



EXTRA MOVE : THE WALL SIT

Duration: 1 minute

Get into your squat position (see 'squat' move) in front of a wall and then lean back so your entire back is against the wall and your legs are at a 90 degrees angle. Hold this position for as long as you can! Use a phone or stop watch to log your time. Why don't you challenge your parent, carer or sibling? Who can hold the pose the longest?



How to do The #DailyMileAtHome

GET GOING WITH THE DAILY MILE AT HOME

Your children may already do The Daily Mile at school – if so, they will probably miss it. Ask them about it – they can explain how it works at school and why they do it. Discuss with them the best way to do The Daily Mile at Home.

BE SAFE. ALWAYS FOLLOW THE GOVERNMENT'S ADVICE ON GOING OUTSIDE

At the moment, the advice is to take exercise outdoors, once a day. Every time you're going outside, keep 2 metres from other people. Getting outside for some exercise and fresh air is good for physical and mental health.

HOW LONG TO BE OUTSIDE FOR

So, the first time you do it, check how long you were actually outside. You may feel that 15–20 minutes is enough for you. 10 minutes from your front door and 10 minutes back may work well for you. You may find you can do more; if so, keep yourself and others safe.

STAYING AS LOCAL AS POSSIBLE

Before you go out, decide on a route you know, from your front door. You may choose to go around in a circle or straight out and back the same way. It's very likely there are a few different routes you could try and use.

HOW TO GET MOVING – WALKING AND RUNNING

Everybody's different so it's up to you how to do it in the way that suits you best. Jogging, walking briskly, strolling – you will decide on your own pace. It's not a race. Stay in your bubble if there are others around – close to your household and don't split up. Keep it all relaxed and enjoy what you're doing

AND ALSO...

Some people will change clothes – but just wear what's most comfortable for you. You are going to be moving side by side – take the time to talk and listen. Try to notice nature, the weather and the changing season.



EASY NO BAKE RECIPES

RECIPE 1

Corn flakes Cake

Ingredients:

38g butter
100g milk chocolate
2tbsp golden syrup
100g cornflakes

- Melt the butter, chocolate and golden syrup in a microwave safe bowl. Microwave at 20% power for 15 second, remove the bowl from the microwave and stir. Repeat the process until most of the mixture has melted and is smooth
- Put 12 cupcake cases into muffin tins or on a baking tray
- Stir the cornflakes into the mixture, and spoon into the cupcake cases. Allow to set and then serve.

Makes 12

**5 mins to prepare and 10 minutes to cook,
plus setting time**

RECIPE 2

Chocolate oatmeal bars

Ingredients:

1/4 cup + 3 tbsp
peanut butter
1/4 cup + 3 tbsp pure maple
syrup, honey, or agave
virgin coconut oil (48g)
1/2 tsp pure vanilla extract
1/4 tsp salt
quick oats (180g)
1/4 cup cocoa powder

- Line an 8-inch square pan with parchment or wax. Set aside.
- Stir together the first three ingredients.
- Gently heat until the oil is melted and stir in the peanut butter.
- Whisk in the vanilla extract and salt, stirring until completely smooth.
- Stir in the quick oats and cocoa powder until evenly coated.
- Smooth into the prepared pan, and press down with a spoon as hard as you can. Really pack it in.
- Freeze until firm enough to cut.

Makes 9-12

Total 10 min to prepare

RECIPE 3

Peanut butter and chocolate cookies

Ingredients:

salted butter (113g)
whole milk (120ml)
light brown sugar (200g)
granulated sugar 200g
cocoa powder 25g
creamy peanut butter
165g

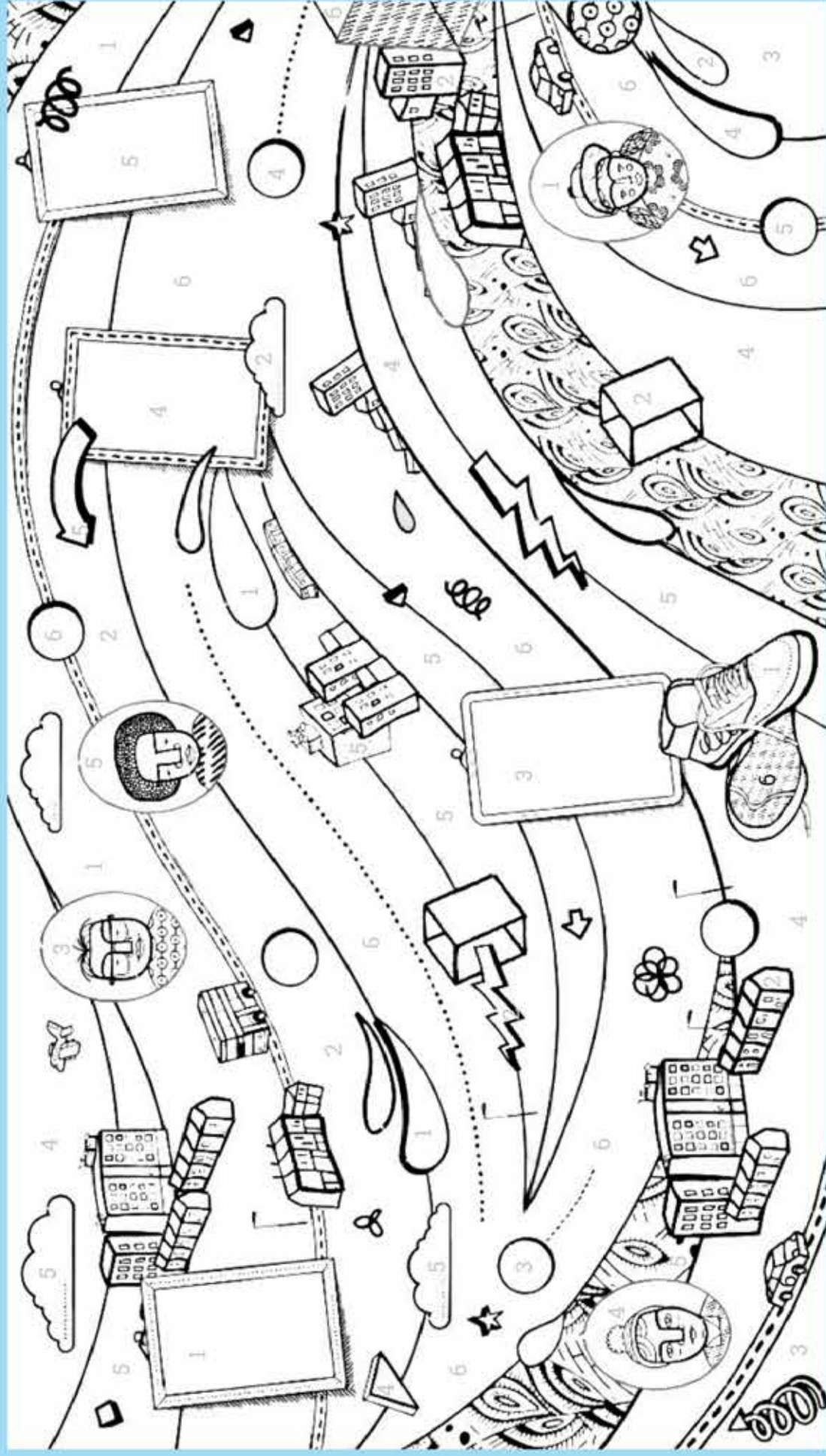
- Prepare two cookie sheets by lining with wax paper and set aside.
- Combine butter, milk, sugars, and cocoa powder in a medium-sized saucepan over low heat.
- Don't bump up the heat to speed up the process or you run the risk of your ingredients not combining properly and your cookies not setting properly.
- Stir ingredients frequently until butter is completely melted (I recommend using a long wooden spoon as a metal spoon can become really hot).
- Increase heat to medium and, stirring constantly, bring to a boil.
- Boil, still stirring constantly, for 1 minute (I recommend using a timer), then remove from heat.
- Continue to stir the mixture for several seconds. Add peanut butter and vanilla extract, stirring until peanut butter is completely combined and melted into the mixture. Add oats and stir until coated in chocolate.
- Drop no bake cookie mixture by approximately 1 1/2-2 Tablespoon-sized spoonfuls onto prepared cookie sheet.
- Allow to cool (approximately 20-30 minutes) before serving, the cookies will harden as they cool.

Makes 22

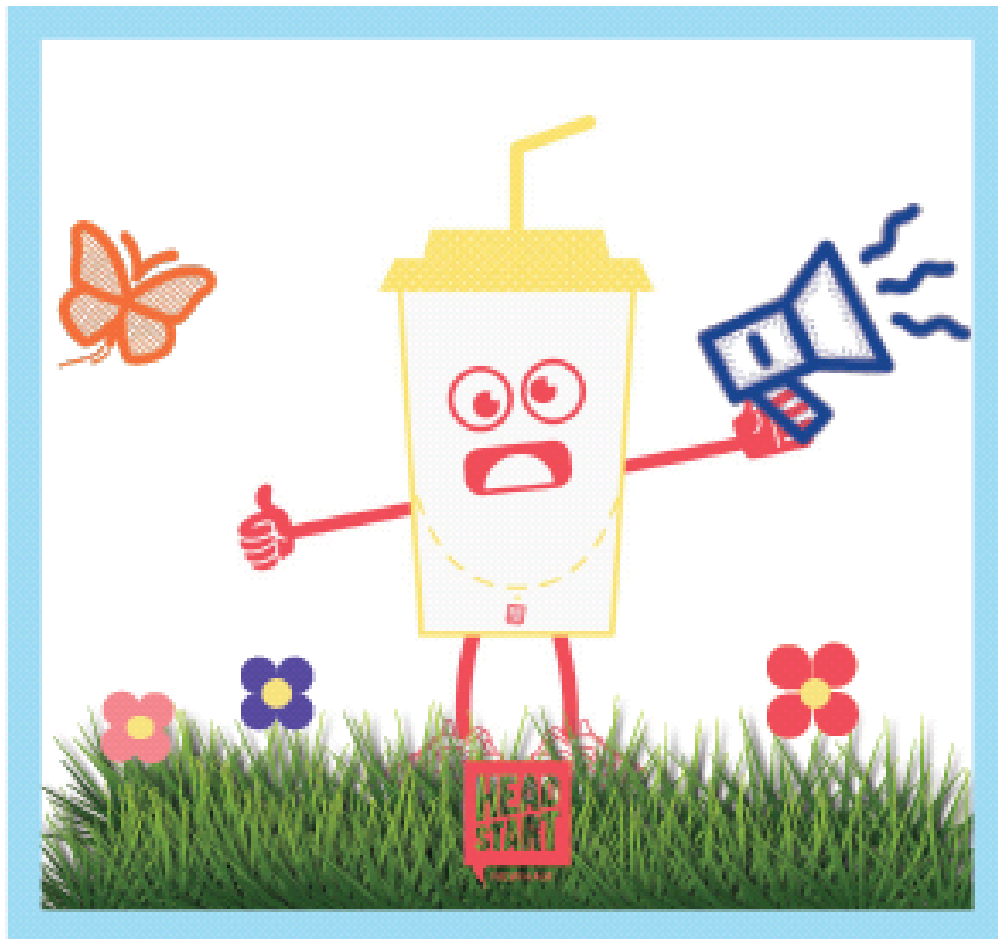
15 mins prep and 4 minutes cook time

Colour by Numbers

1.Pink 2.Orange 3.Dark Green 4.Light Green 5.Light Blue 6.Red



Spot the 7 differences





Sudoku



A Game for Mathematicians

Fill out the blocks so that the numbers one to nine will only appear once in each row, column and 3x3 grid.

Easy

	9	6		4			3	
	5	7	8	2				
1			9			5		
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	

Medium

1		8			6	4		
		6		9		8		7
5								
2	6	9	5				8	
			4		9			6
	8				2	7	9	1
								5
6		4		7		2		
		1	2			9		3

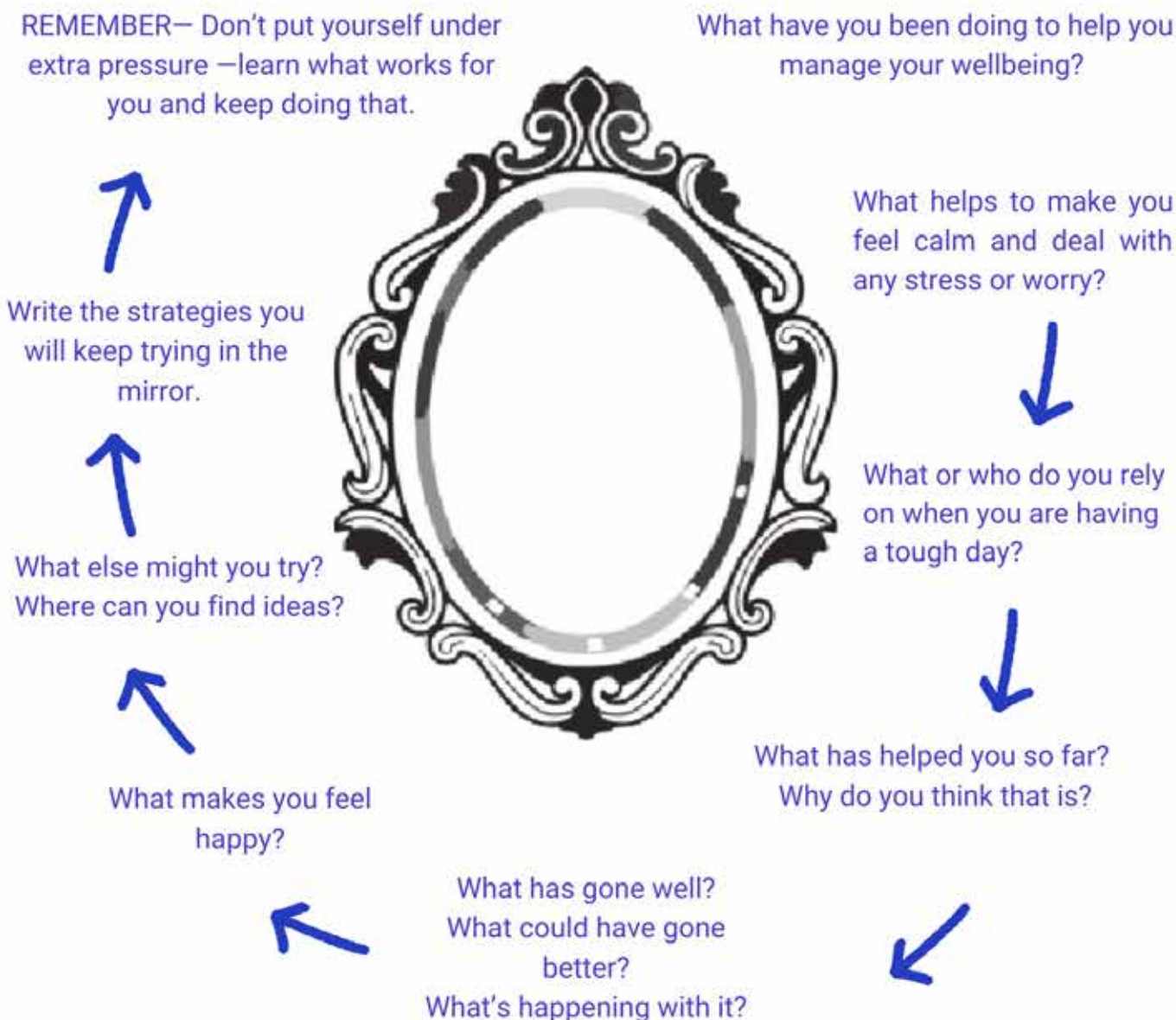


Learning From Our Experiences

The situation we are in at the moment is completely new for everyone and we are all having to find ways of managing the changes and emotions. Everyone will find their own ways and what works for one person might not work for another. But we can all learn from our own experience and work out what helps us and what doesn't.

At the heart of being resilient is the ability to learn from the things that happen to us. We can do this by using a mirror to the mind and taking a look at what has worked for us so far.

Answer the questions honestly and thoughtfully – this is just for you!





Family Activities

Camping in garden or living room - put up your tent or get some sheets and make a tent and play your favourite board game.

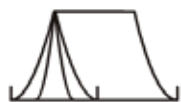
Play balloon volleyball - blow up a balloon, put a belt on the floor to divide the room in 2.

Family storytime - get a family favourite book and read together. Take turns to read and get in character.

Family yoga/ exercise - put on comfortable wear and have a go at some of our exercise plans on pages 18 - 21 or have a look for some exercises on youtube.

Have a picnic in garden or living room - make sandwiches (or your alternative favourites), get fruits, snack and drinks. Get a sheet, mat or tablecloth and enjoy a picnic together.

Baking - get an adult in your house to get involved and have a go at some of our recipes on page 23, or head over to www.twinkl.com for more easy recipes.



HEADSTART WORDSEARCH



ADVICE	EMPATHY	HEADSTART	RESILIENCE
BELONGING	EMPOWERMENT	HEALTH	RESPONSIBILITY
BOUNCEBACK	ENCOURAGEMENT	HOPE	SCHOOL
BOUNDARIES	ENDURANCE	INSPIRATION	SKILLS
BRAVE	FAMILY	JUDGEMENT	SUPPORT
COMMITMENT	FEELINGS	LISTENING	TRANSFORM
COMMUNICATION	FRIENDS	NEWHAM	UNDERSTANDING
COMMUNITY	FUTURE	OPTIMISM	VALUES
CONNECTION	GOALS	PATIENCE	WELLBEING
EMOTIONAL	HAPPY	RELATIONSHIPS	YOUTH



HEADSTART WORDSEARCH—SOLUTION

F	A	H	Y	V	D	Y	T	I	L	I	B	I	S	N	O	P	S	E	R	Q
U	Q	Q	P	Z	B	T	N	O	I	T	A	C	I	N	U	M	M	O	C	Y
T	M	V	P	L	O	U	M	S	I	M	I	T	P	O	J	N	B	E	B	Y
U	A	S	A	B	U	E	N	D	U	R	A	N	C	E	D	Q	O	T	G	Z
R	H	T	H	O	N	N	Z	W	E	L	L	B	E	I	N	G	U	K	A	A
E	W	S	A	A	C	H	O	P	E	J	G	C	O	M	M	U	N	I	T	Y
H	E	U	N	D	E	R	S	T	A	N	D	I	N	G	S	N	D	Y	R	H
E	N	P	Y	V	B	H	S	K	I	L	L	S	L	A	O	G	A	H	Y	T
C	A	P	E	I	A	N	U	N	F	E	E	L	I	N	G	S	R	T	O	L
N	H	O	T	C	C	B	E	L	O	N	G	I	N	G	J	M	I	A	U	A
E	W	R	I	E	K	R	A	T	S	D	A	E	H	F	A	E	P	T	E	
I	N	T	T	U	S	C	O	N	N	E	C	T	I	O	N	L	S	M	H	H
L	P	A	T	I	E	N	C	E	Q	E	M	P	O	W	E	R	M	E	N	T
I	S	M	L	Z	U	S	P	I	H	S	N	O	I	T	A	L	E	R	G	N
S	F	N	R	W	J	U	D	G	E	M	E	N	T	P	S	E	U	L	A	V
E	M	O	T	I	O	N	A	L	T	N	E	M	T	I	M	M	O	C	N	X
R	S	C	H	O	O	L	Q	D	I	I	N	S	P	I	R	A	T	I	O	N
J	F	A	M	I	L	Y	T	R	A	N	S	F	O	R	M	E	V	A	R	B
F	R	I	E	N	D	S	T	N	E	M	E	G	A	R	U	O	C	N	E	F



Sudoku

A Game for Mathematicians



Fill out the blocks so that the numbers one to nine will only appear once in each row, column and 3x3 grid.

Easy
Answer

2	9	6	1	4	5	8	3	7
3	5	7	8	2	6	1	4	9
1	4	8	9	3	7	5	2	6
6	3	9	5	1	2	4	7	8
5	8	1	7	6	4	3	9	2
4	7	2	3	9	8	6	1	5
9	6	4	2	8	3	7	5	1
8	1	5	4	7	9	2	6	3
7	2	3	6	5	1	9	8	4

Medium
Answer

1	9	8	7	5	6	4	3	2
3	2	6	1	9	4	8	5	7
5	4	7	3	2	8	1	6	9
2	6	9	5	1	7	3	8	4
7	1	3	4	8	9	5	2	6
4	8	5	6	3	2	7	9	1
9	3	2	8	4	1	6	7	5
6	5	4	9	7	3	2	1	8
8	7	1	2	6	5	9	4	3



Useful Helplines And Resources

Social Media Accounts to Follow:



@HeadStartNewham



@YouthZonesLBN

www.headstartnewham.co.uk

Are you a young person aged 10-16? Find out what you can access as part of the HeadStart programme.

www.bouncebacknewham.co.uk

Online resources and interactive activities to build resilience and promote well-being.

www.kooth.com

Self help materials, moderated forums, online conselling, goal setting, mood tracking and peer to peer support for young people aged 10-16

CHILDLINE

0800 1111

<https://www.childline.org.uk/>

National support line helping all children and young people on various topics.

YOUNG MINDS

<https://youngminds.org.uk/>

Urgent help Text YM to 85258

PARENTS' HELPLINE

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>
Call: 0808 802 5544 Mon-Fri from 9.30am to 4pm.

Online form available—3 working days reply

MIND

<https://www.mind.org.uk/>

Mental health charity

Infoline: 0300 123 3393 9am to 6pm, Monday to Friday (except for bank holidays).

Email: info@mind.org.uk

Text: 86463

<https://www.elefriends.org.uk/>

THE MIX

[Www.themix.org.uk](http://www.themix.org.uk)

Essential supports for under 25s

Text: THEMIX to 85258 anytime

Call: 0808 808 4994 7 days a week 4pm to 11pm

SAMARITANS

<https://www.samaritans.org/>
Call: 116 123 anytime
jo@samaritans.org (24hrs response)

DOMESTIC VIOLENCE AND ABUSE

24hr national helpline: 0808 2000 247

<https://www.nationaldahelpline.org.uk/Contact-us>

PAPYRUS

<https://papyrus-uk.org/>
Prevention of young people suicide
Call: 0800 068 4141
Text: 07860 039967
pat@papyrus-uk.org
Mon-Fri 9:00 am to 10:00 pm
Weekends 2:00 pm to 10:00 pm
Bank Holidays 2:00 pm to 10:00 pm

ANNA FREUD

<https://www.annafreud.org/on-my-mind/>

MUSLIM YOUTH HELPLINE

<https://www.myh.org.uk/helpline>
Call: 0808 808 2008

The helpline service is open 7 days a week, 365 days a year including Bank Holidays and Eid. Our current opening hours are Monday to Sunday : 4pm-10pm

STUDENTS AGAINST DEPRESSION

<https://www.studentsagainstd Depression.org/>
advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.

NEWHAM TALKING THERAPIES

<https://www.newhamtalkingtherapies.nhs.uk/>
Self referrals: 020 8475 8080
Monday to Friday 9am–5pm or online form.

FINANCE AND FOOD RESOURCES:

NEWHAM MONEY WORKS

<https://newhammoneyworks.co.uk>
Tel: 020 8430 2041
Email: moneyworks@newham.gov.uk

LOCAL FOOD BANKS

<https://www.trusselltrust.org/>
<https://newham.foodbank.org.uk/>
Call: 01722 580 180
Email: enquiries@trusselltrust.org

TURN2US

National charity providing practical help to people who are struggling financially

<https://www.turn2us.org.uk/>

For Newham updates, please visit the Newham Council Website.

<https://www.newham.gov.uk/Pages/index.aspx>

[https://www.newham.gov.uk/Pages/ServiceChild/Coronavirus-\(Covid-19\).aspx](https://www.newham.gov.uk/Pages/ServiceChild/Coronavirus-(Covid-19).aspx)

How to sign up to kooth

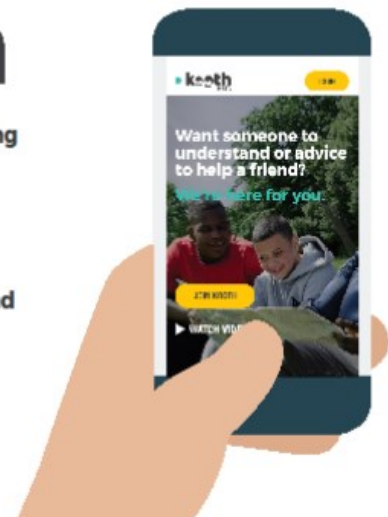
Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering counselling, information, and forums service for 10-16 year olds in: **Newham**

Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday, and 6pm-10pm Saturday and Sunday

Or live discussion forum Monday, Wednesday, Friday 7.30-9pm. Topics pages and articles are accessible at any time.

Log on through mobile, laptop and tablet.

www.kooth.com



1

Click on the **Join Kooth** button located in the centre of the home page of the Kooth website

2

Choose from the drop down box the location you are in

The place I live is...

Choose

3

Click on the gender you identify with I am...

Male

Female

Agender

Gender Fluid

4

Choose from the drop down box the ethnicity that best fits you

My ethnicity is...

Choose

5

Add the month and year you were born

I was born in...

Year

Choose

Month

Choose

6

Create an anonymous username (not your real name) and secure password

I would like this username

My password will be

7

Choose from the drop down box to explain where you found out about Kooth

Where did you learn about Kooth?

Choose

8

Click on the **Create Account** button to complete your registration

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click the turquoise "Chat now button"

To write a message to the team, click on the mustard "message the team."

www.kooth.com



We'd love to see how you're using the journal!

Email us or share pictures at:

HeadStart.ProgrameTeam@newham.gov.uk

Social Media

@headstartnewham

#HeadStartNewham



Newham Dockside

Building 1000, Dockside Road

London, E16 2QU

T: 0203 373 8600

Web: headstartnewham.co.uk

Web: bouncebacknewham.co.uk

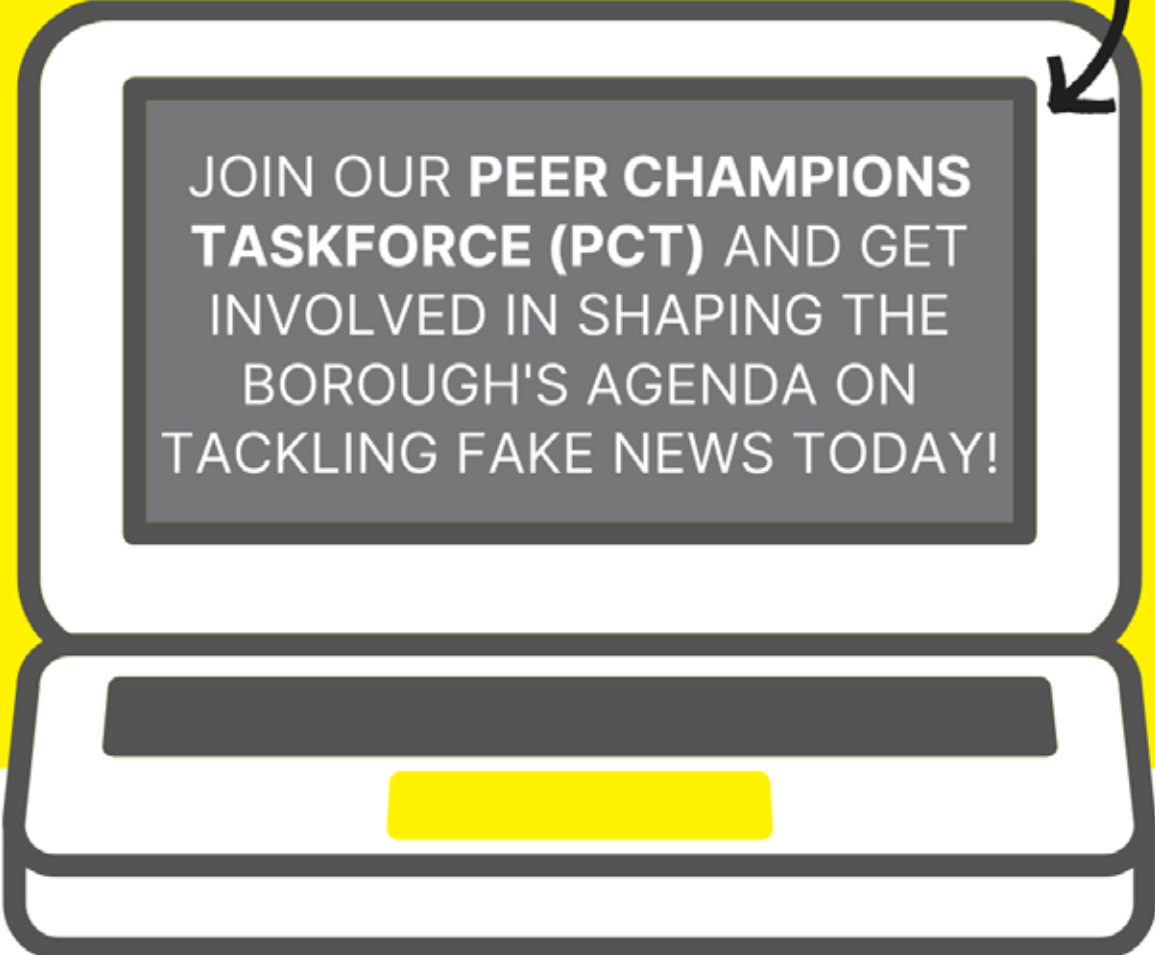


AGED 16-19 AND LIVE OR STUDY IN NEWHAM?

HAS YOUR MENTAL HEALTH EVER BEEN AFFECTED BY SOCIAL MEDIA?

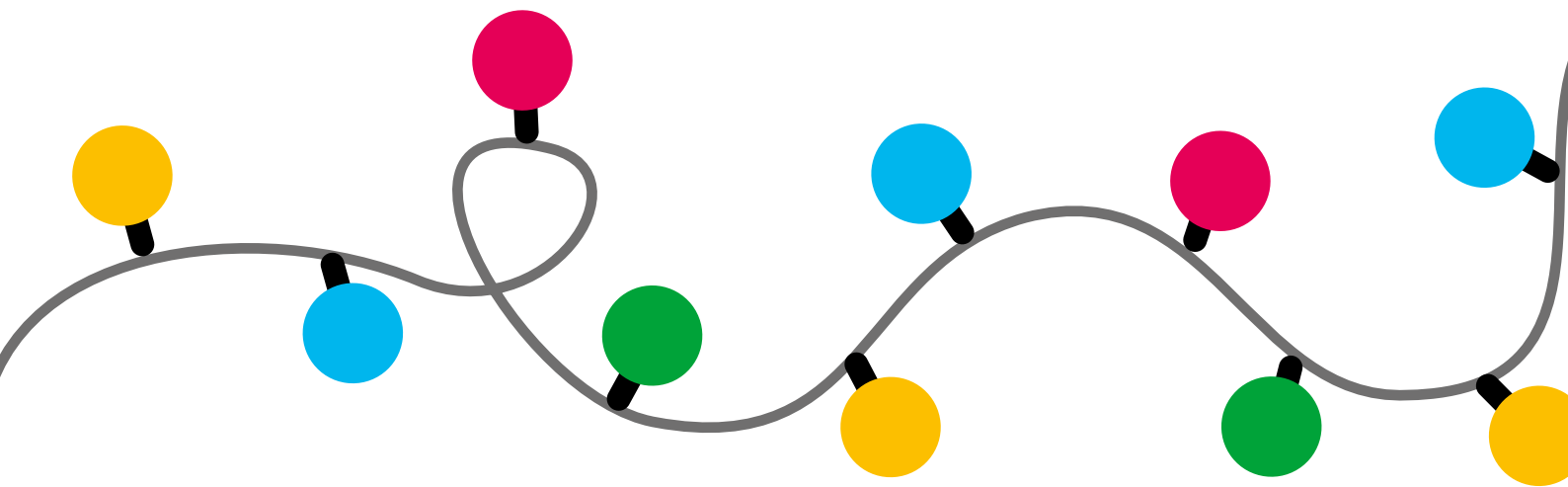
ARE YOU TIRED OF FAKE NEWS AND CLICKBAIT CONTENT?

YES?



JOIN OUR **PEER CHAMPIONS TASKFORCE (PCT)** AND GET INVOLVED IN SHAPING THE BOROUGH'S AGENDA ON TACKLING FAKE NEWS TODAY!

FOR MORE INFORMATION, EMAIL PCT@NEWHAM.GOV.UK



**Wishing all young people and families a
safe, healthy and happy festive season and a
wonderful start to 2021.**

**We are looking forward to sharing:
Newham's Year of Young People 2021
An inspirational year-long programme to raise
hope, celebrate and secure legacies for all our
young people: Newham's greatest assets.**

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