

The logo for Newham London, featuring the text "Newham London" in a white, sans-serif font. A white curved line arches over the text, starting from the left and ending on the right, resembling a stylized 'N' or a bridge.

Newham London

The title "EASTER HOLIDAY PROGRAMME" is centered within a large, irregular, orange-red shape that has a speckled texture. This shape is surrounded by other overlapping, colorful, organic shapes in shades of yellow, green, pink, and red, creating a vibrant, abstract background.

**EASTER  
HOLIDAY  
PROGRAMME**

# WELCOME

**As the days grows brighter our aim is to inspire all Newham's children and young people to have a great holiday.**

I hope everyone has enjoyed being back at school and seeing friends these past few weeks. I expect it has been a positive change from doing school work at home!

As the Easter Holidays approach so does the feeling of Spring and hopefully our programme will give you plenty to do. There is a wide range of online activities and there are some, but very few, face-to-face activities. We must all remember, we are still in lockdown and staying home will help save lives and ease future lockdown restrictions.

In this holiday programme, we're also providing young people and families with information about how to stay safe and healthy and how to access support should you require it.

For those who want to continue learning over the half term there are lots of free resources and lessons covering many subjects from Early Years to Year 11, all of which are available at:

**[www.thenational.academy](http://www.thenational.academy)** do make sure you take time in your holidays to rest and have fun.

This programme shared is available to access online:

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

I hope you will give some of the activities in this programme a try.

Best wishes

**Lynne Crank**

Assistant Director, Youth Empowerment, Brighter Futures  
Newham Council

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For more details on the Covid-19 roadmap and timeframe, visit [www.newham.gov.uk/covidroadmap](http://www.newham.gov.uk/covidroadmap)

For your online version of this Easter Holiday programme, go to: [www.newham.gov.uk/ActivitiesForYoungPeople](http://www.newham.gov.uk/ActivitiesForYoungPeople)



Newham Together

The best place for Children and Young People





# GENERAL INFORMATION & STAYING SAFE ONLINE

## Health & Safety

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

## SEND

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

## Booking activities /events

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

## Photographs and Filming

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

## Contact Centre

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

Should you have any other enquiries about Newham's February Half-term Programme, please email: [Helena.Taylor@Newham.gov.uk](mailto:Helena.Taylor@Newham.gov.uk) or [Annette.Quinn@Newham.gov.uk](mailto:Annette.Quinn@Newham.gov.uk)

## Online Activities

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



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

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

## Data

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

## Technology & Equipment

Activity Organisers are not responsible for installing or supporting technology or platforms on Participant's computers, tablets or phones. Activity Organisers are not liable for any technical faults, failure or damage to equipment used by Participants during the activity. 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 time lost on activities.



## Space

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

## Safeguarding

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

## Communications

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

## 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 Organisers may ask a Parent/Carer to be nearby. In all cases, Parents/Carers should be fully informed that the online activity is happening and given information about appropriate practice relating to it.

## Reporting Concerns

It is important that all parties have the ability to raise any safeguarding or other concerns. These 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.

# SUPPORT SERVICES

CLICK!

HEALTH

CRISIS &  
COUNSELLING

HOUSING

FOOD &  
FUNDING  
SUPPORT

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

**Newham Council Contact Centre:**

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

**Textphone: 18001 020 8430 2000**



# 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. This advice is available 24 hours a day, 7 days a week.

## Covid-19 Testing

### COVID SYMPTOMS

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

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

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

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

Booking is recommended for all testing options, and required for the drive through and temporary testing sites. Please wear a face covering when you come for your test. This helps protect our staff and others.

### REGULAR COVID-19 TESTING

If you DO NOT have COVID-19 symptoms you can book a free rapid Covid-19 test (also known as a Lateral Flow Test), with results available in less than 40 minutes.

Rapid testing is available for residents and people who work in the borough who have to leave their home for work, volunteering or to care for others (paid or unpaid). It does not matter how frequently you leave your home

## COVID-19 Support

**PHONE** Covid Helpline: 020 7473 9711 or email [covidhelp@community-links.org](mailto: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 to isolate, general COVID-19 guidance, financial and food support.

and you do not have to be a Newham resident to get tested if you work in the borough.

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

Please wear a face covering when you come for your test. This helps protect our staff and others.

Testing is available at locations around the borough. Some locations have early morning appointments available too. Book a test online and for more information [www.newham.gov.uk/rapidtesting](http://www.newham.gov.uk/rapidtesting)

You can also attend without booking an appointment, however this will be subject to availability. If you need assistance with online booking, contact the Newham COVID-19 Helpline on **020 7473 9711** or email [covidhelp@community-links.org](mailto:covidhelp@community-links.org) (Open 9am-7pm, 7 days a week).

### TESTING FOR CHILDREN/FAMILIES/TEACHERS

For information about testing for school children, families and staff, please go to [www.newham.gov.uk/backtoschool](http://www.newham.gov.uk/backtoschool)

### COVID-19 VACCINE

The COVID-19 vaccination programme is currently in progress. You will be contacted by the NHS when it is time to book your vaccine. For more information on the vaccine, please visit [www.newham.gov.uk/covidvaccine](http://www.newham.gov.uk/covidvaccine)

If you have any questions or concerns about the vaccine, contact one of our Vaccine Peer Supporters for a confidential, one-on-one conversation with a trained volunteer. They can also answer basic questions about the vaccine and find out more information if needed. To request a conversation please email [covidhealthchampions@newham.gov.uk](mailto:covidhealthchampions@newham.gov.uk) or call **020 3373 2777**.



# FOOD AND FUNDING

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

<https://www.newham.gov.uk/coronavirus>

## Food Shopping

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

Open: 9am–7pm, 7 days a week

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

Open: 8am–8pm, 7 days a week. Eligibility details here: <https://nhsvolunteerresponders.org.uk/services>

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

## Holiday Food Vouchers

Newham Council is using the government's winter support to continue holiday food vouchers for the Easter holidays. Children in primary and secondary school up to year 11 who are eligible for benefits-related free school meals will receive a voucher for £30 to cover the cost of the two-week holiday period.

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(ren) is entitled to benefits-related free school meals, please contact your child(ren)'s schools.

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

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

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

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

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

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

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

1. Residents who have **difficulty accessing food due to financial issues** e.g. loss of or reduced employment, issues with benefits or no recourse to public funds should be referred to the Newham Food Alliance.
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](http://www.newham.gov.uk/newhamfoodalliance)





# CRISIS & COUNSELLING

## Adult Social Care

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

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

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>

## CAMHS

**INFO** <https://www.eventbrite.co.uk/o/newham-camhs-workshops-23209370238>

Multi-agency specialist mental health service for children and young people - call for advice and help on 020 8430 9000 and book on to a number of groups

## MH Crisis (all ages)

**PHONE** Call 0800 073 0066 24 hours a day 7 days a week.

## Chat Health: Advice for Teens in Newham

**TEXT** 07507 326645 - Response time: Within 24 hours, 9am to 5pm Monday to Friday (except bank holidays)

Allows any young person aged 11-19 in Newham to contact a school nurse to discuss their health including mental health.



## Child Line

**PHONE** 0800 1111

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

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

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

## Crisis Line

**PHONE** 020 7771 5888

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

## Hestia Domestic Violence Support

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

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

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

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

## Change Grow Live Charity

**PHONE** 0800 652 3879

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

Advice and support on drug or alcohol issues.

## Kooth

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

**Please note Kooth is accessible throughout the school holidays.**

Kooth is available if you're aged 11 to 18 years, and offers: A live chat function so young people can contact a qualified counsellor. Scheduled and drop-in counselling sessions available all year round (including evenings and weekends) and anonymous support. It is a young person friendly site which provides resources, an online forum & free anonymous online 1-1 counselling.

## Samaritans

**PHONE** 116 123 for free

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

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

## Family Advocacy

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

Advocacy is 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** 020 8496 7237

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

- Hormonal contraception - pills, patches, contraceptive injections, IUS' (coil), implants and vaginal rings
- Emergency contraception (the morning after pill – taken within 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

**INFO** <https://switchboard.lgbt/how-we-can-help>

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

## Befriending Support

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

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

You will be matched with a "telephone befriender" who will call you at an agreed time. We will agree with you how many calls you would like, from 3 up to 20, and how frequently you would like them, weekly or fortnightly.

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

You can access Connect Newham if you are:

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

## 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>

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

## Your Time

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

Supporting vulnerable children and young people by providing a regular weekly catch-up with a professionally trained and trusted adult who they can talk to about their interests; the stresses of family life; their own wellbeing and keeping connections & routines going Phone: 020 3373 9983 (select option 4 – HeadStart)



# 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, Monday to Friday.

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



# HOLIDAY PROGRAMME

CLICK!



**ONLINE  
ACTIVITIES**

**YOUTH  
EMPOWERMENT  
SERVICES**

**PHYSICAL  
HEALTH**

**LIBRARIES**

**YOUTH  
OFFENDING  
SERVICES  
(YOS)**

**SPECIAL  
EDUCATIONAL  
NEEDS &  
DISABILITIES**

**NURSERIES,  
CHILDREN  
CENTRES &  
PLAY SCHEMES**

**EMPLOYMENT**



## ONLINE ACTIVITIES

### MUSEUMS

#### The Natural History Museum

**All ages, Any time and 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.

##### Nature Live

Hang out with the Nature Live Online team every Tuesday at 3pm for interactive talks by their scientists about cutting-edge research.

From meteorites to mammoths, evolution to the climate crisis, Nature Live Online is a great way to explore the natural world.

All events are free to watch online on the Museum's website, YouTube channel or Facebook page. You do not need to enter any personal information to watch these broadcasts, although you will need to log in to Facebook or YouTube to leave a comment.

**INFO** <https://www.nhm.ac.uk/visit/exhibitions/nature-live.html>

#### For crafters and creators

Craft activities for over the holidays 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>

#### London Transport Museum

**All ages - Primary School, Anytime and 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. This can be found on their website:

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

#### Museum of London

**Any age, Anytime and 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

**Ages 0–5 years, Every Wednesday,  
10.30am–11.00am, Booking required and 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.

Please note: Free, but booking required

**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

**Any Age, Any time and 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/>

## Royal Maritime Museum

**Various ages, Free but Booking required**

### Saturday Art Club

**Ages 13-16, Every Saturday 10.00am–1.00pm**

The Saturday Art Club is part of the National Saturday Club network and is a free weekly drop-in for young people aged 13-16 years, co-delivered by Amy Leung and Maru Rojas. Material packs are posted out in advance to members. This is a great opportunity to develop new skills, make friends and to have the opportunity to achieve a Bronze or Silver Art Award and showcase your artwork in a national exhibition.

**INFO** To join, please sign up here: <https://form.jotform.com/201183412722040>

### Behind the Scenes – Online Tour

**All Ages, Every Thursday 1.30pm, Pay what you can.**

A family friendly tour specially designed to see the treasures of the collection, lasting up to an hour offering opportunities to ask questions and see parts of the museum you have never seen before.

**INFO** <https://tinyurl.com/2sn8cxu5>

## MUSIC, THEATRE & DANCE

## London Sinfonietta

**KS2 & KS3. Any time and free**

Want to become a young composer? The London Sinfonietta has created a set of Composition Challenges for young people to learn more about creating music. Check it out.

**INFO** <https://londonsinfonietta.org.uk/composition-challenges>

## Opera Up Close – At Home

**Ages 2–5, Any time and free**

### Peace at Last

In 2019, OperaUpClose presented a new opera for children, based on Jill Murphy's much-loved picture book. This year, our family of bears, harpist and clarinetist have set off to recreate some of the scenes.

In addition to performances, there are singing and movement activities for families to explore.

**INFO** <https://www.operaupclose.com/at-home/peace-at-last>

## Little Angel Theatre

**Ages 3-11, Any time and free**

Little Angel Theatre is a home for puppetry. Since its doors first opened in 1961 the theatre has been dedicated to creating and sharing inspiring stories. They are offering all their shows online for free, but asking for a donation. You can also find an amazing amount of hands-on creative activities including building a puppet theatre, various puppets and Easter arts & crafts.

**INFO** <https://littleangeltheatre.com/online-shows-and-activities/>

## Performing Arts Taster Day

**Saturday 17 April, 9.30am - 5.30pm**

**Ages 4-18 years, Face-to-Face and free**

The Anna Fiorentini Theatre and Film School is an award-winning not-for-profit performing arts school for 4-18 year olds. They provide singing, acting and dancing classes for children all over London.

The Taster Day is an opportunity to try out performing arts.

# ART & CRAFT

## Baltic

**Primary school age and Families. Any time and free**

Three pages full of exciting arts & craft activities guided by artists to do at home.

**INFO** <https://baltic.art/whats-on/home-school?page=1>

## Rosetta Arts

### Be Creative! 2021

**Thursday 8 April Various ages.**

**Various times and Free**

Join Rosetta Arts for a free online creative day! Drop into any session that takes your fancy.

All young people enrolled will get a free art kit in the post if they book in advance.

**INFO** For more information and booking <http://rosettaarts.org/book-your-free-place-at-be-creative-2021/>

## Join the Newham Youth Board!

**Ages 13-18, 10.00am - 10.30am**

Do you want to be a decision maker on culture and events in your local area, meet people and get PAID for it? You don't need experience, just passion! Hear what it's all about from the current youth board members.

## Art Stars! Step by Step Drawing

**Ages 9+, 10.30am – 11.00am**

Whether you are shy with a pencil or just can't stop scribbling, our ART STARS! Drawing session offers a welcoming and inspiring place to develop your artistic skills.

## Calligraphy

**Ages 12+, 11.00am – 12.00pm**

This unique session explores some of the rich and varied forms of Middle Eastern Art. Learn essential design principles that inform the art of calligraphy.

## Fashion Design

**Ages 10+, 12.00pm – 1.00pm**

Love fashion and want to find out how to begin designing your own clothes and accessories? Want to express your emotions through your creations? This session is for you!





## Film making

**Ages 10+, 1.00pm – 2.00pm**

Would you like to learn what goes on in front and behind the camera? This fun session on film-making will give you new practical skills.

## Zen Drama

**Ages 10+, 2.00pm – 3.00pm**

Want to feel more confident or express your feelings in a creative way? Join our acting session and explore your emotions through playing games and characters.

## Mindful moves

**Ages 10+, 3.00pm – 4.00pm**

Full of energy and nothing to do with it? Or maybe you are lacking energy and wish you had more? Either way, this dance class will help you! You will be up and moving, and expressing your emotions in this fun-packed session.

## Creative Careers

**Ages 14+, 4.00pm – 4.30pm**

Do you enjoy being creative? Have you been developing your creative skills in lockdown? Learn how we can support you in turning your creativity into a career!

## A Line Art

**Ages under 7, Any time and free**

An interactive art and theatre company for young people run by artist Anna Bruder and poet Arji Manuelpillai. They're currently bringing their flair for performance online in a series of cute Watch, Make & Do videos for under-sevens, presented from their broom cupboard, and requiring only the most basic art supplies (paper, colours, tape.)

**INFO** <https://www.alineart.co.uk/home-activities>

# SCIENCE & TECH

## The Crick Institute

**Primary School ages. Any time and free**

The Crick Institute brings together 1500 scientists and support staff working collaboratively across disciplines, making it the biggest biomedical research facility under a single roof in Europe.

They offer huge amounts of fun and inspiring science activities, including crazy crafting, kitchen challenges and meeting their brilliant scientists.

**INFO** <https://www.crick.ac.uk/whats-on/public-events/family-zone>

## Academy Achievers

**Ages 5-19, Any time and free**

Academy Achievers is a local not-for-profit organisation, offering a fantastic range of online Science, Technology Engineering, Math (STEM) learning resources from Nasa, National Geographic, BBC etc.

**INFO** <https://academyachievers.co.uk/>



# IMAGINATION, DISCOVERY & LITERATURE

## CBeebies

Primary School Age. Lots of fun ideas for things to do indoors. Treasure hunts, science experiments, arts & crafts, cooking and other fun activities.

**INFO** <https://www.bbc.co.uk/cbeebies/grownups/things-to-do-indoors-with-your-children>

## Children's University

**Any Age, Any time and free**

Children's University is a charity that works in partnership with schools to develop a love of learning in children. They do this by encouraging and celebrating participation in extra-curricular activities in and outside of school. They offer an amazing range of links around arts & culture (e.g. virtual visits to art galleries all over the world), education, sport and science.

**INFO** <https://www.childrensuniversity.co.uk/get-involved/activities-to-do-at-home-and-online/>

## Chatter Pack

**All ages. Any time and free**

Lost for ideas what to do during the holidays and beyond? This is an almost never-ending list of links to Virtual tours, Online learning, Geography, Nature & History, Music, Arts, Literature & Culture, New Skills Learning and Mental Wellbeing

**INFO** <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

## Tour for Muggles

**Ages: 9 years +, Any time and 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/>

## National Centre for Writing

**Ages 9-17 years, Any time and free**

This charity offers online courses for young people wanting to explore writing through fun, engaging prompts and activities – whether it's poetry, prose or any other kind of writing they want to develop!

**INFO** <https://nationalcentreforwriting.org.uk/working-with-schools/young-workshops/>

## NATURE

### ZSL London Zoo

**Ages: 3-14 years, Any time and 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.

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

## OTHER

### Kulan Somali Organisation

#### Get Creative & Grow

**Various ages, Online and free**

**PHONE** 07737218591 (contact via WhatsApp preferred)

**INFO** For information and to book: [info@kulankso.org](mailto:info@kulankso.org)

#### Poetry Camp

**Monday, 5th April and Monday, 12th April**

**11:00am-12:00pm (5-8 years old)**

**1.00pm-2.00pm (9-11-year-olds)**

#### Travel around the world & Zumba for Kids

**Wednesday 7th April and Wednesday 14th April**

**11 am-12:00 pm (5-8 years old)**

**1 pm-2 pm (9-11-year-olds)**

#### Explore healthy and tasty foods.

**Friday 9th April & Friday 16th April**

**11.00 am-12:00 pm (5-8 years old)**

**1.00pm-2.00pm (9-11-year-olds)**

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

#### Easter Family Fun Day

**Albert Road, North Woolwich, E16 2JB**

**Ages 4-12, Face to Face and free**

**Wednesday 14th April, 11.00am - 3.00pm**

Fun activities and games for families and children including games, sports and arts and crafts

Refreshments and Lunch will be provided.

**PHONE** 020 7476 166

**INFO** Email: [admin@rdlac.org.uk](mailto:admin@rdlac.org.uk)

<https://www.facebook.com/royaldocksactivitieshub/>

### Easter Family Time at Pilgrims Way and High Street South Church

**All ages. Online and free.**

**Saturday 27th March 21st, 11-12.15pm**

The Theme will be Easter and we will have songs, games, craft, story, quiz and prays. We are Christian but anyone is welcome.

**INFO** Pastor Nigel Lindsay:

Email: [pastornigel19@yahoo.co.uk](mailto:pastornigel19@yahoo.co.uk)

# YOUTH EMPOWERMENT SERVICES

Our Youth Zones are for young people aged 9-19 years (and up to 25 years if SEND):

- **Forest Gate Youth Zone**
- **Beckton Globe Youth Zone**
- **Little Ilford Youth Zone**
- **Shipman Youth Zone**
- **Detached Youth Team**
- **Participation Team**

Our Youth Zones are open during lockdown to provide youth support sessions, 1 to 1 support and outreach as well as digital sessions! While there are limits on the number of young people we can work with at each session, there is still plenty of opportunity to come together online in our new digital sessions, and other small group support sessions at a variety of places in Newham.

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

Once we have received your details a youth worker from that Zone will be in touch to get permission from your parent/carer to arrange an introductory Zoom session. You can use either a smart phone or a laptop with a webcam to do this. The youth workers can talk you through this if you are unsure how to.

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

## Our Youth Empowerment Service offer the following activities:

### Photography for well-being for ages 10-16 years

**Face to face and free**

**Tuesday 6th – Friday 16th April, 11.00am-1.00pm.**

Bored of being at home, looking at the same four walls? Sign up to get involved in this photography project in Stratford! This will help with your wellbeing and get you looking at the world in a different way! No experience or equipment necessary!

### Zoom: Youth Voices for ages 12-15 years

**Friday 9th April, 3pm**

Are you a young person who wants to write about what matters to you?

Do you have opinions you want to share? Are you interested in journalism? This is your chance!

Newham's Youth Empowerment Service are working with Newham Voices to develop opportunities for young people in Newham to develop journalism skills and get involved in writing, documenting and discussing what matters to you.

Whether you're interested in documentary film making, becoming a presenter, writing news stories or covering events, we want to hear from you! If you would like to get involved to shape this new campaign, sign up to join an online session in the holidays, to learn more and tell us what you'd like to see from Youth Voices! To secure a place of both activities, please get in touch with Senior Youth Worker Ellen Havard [ellen.havard@newham.gov.uk](mailto:ellen.havard@newham.gov.uk)

### Make up Masterclass for ages 12 – 19 years

**Face to face, free and booking required – only 8 places available (No referral necessary)**

**Thursday, 8th April and Thursday 15th April  
5.00pm – 6.30pm**

You will have the opportunity to learn first-hand from a knowledgeable make-up artist different styles & techniques within the make-up and skin care industry. From learning how to create an eye look to a complete flawless base. You will be provided with your own start-up kit.

## Forest Gate Youth Zone

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

**INFO** For information and to book: [Hollie Vincent](mailto:Hollie Vincent),  
07516 947 675 Email [hollie.vincent@newham.gov.uk](mailto:hollie.vincent@newham.gov.uk)  
[Instagram@forestgateyouthzone/bn](https://www.instagram.com/forestgateyouthzone/bn)

# PHYSICAL HEALTH

## 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 Newham Moving

**Various ages (suggested ages only – open for all young people). Various dates. Online. Free**

Active Newham is offering an activity programme which provides a variety of free, low impact classes for a variety of different age groups including children and families.

**INFO** <https://activenewham.eventbrite.co.uk>  
Email: [Sports@activenewham.org.uk](mailto:Sports@activenewham.org.uk)

## Family Yoga for Ages 5-11

**Monday, 29th March & 5th April, 6.00pm – 7.00pm**

Join Bisi Imafidon for some family Yoga and storytelling following Yoga movements: fun for all the family.

## Boxfit years 9-14

**Tuesday 30th March and Tuesday 6th April, 3:30-4:30pm**

A workout lasting 45 minutes based on training used for boxing. We encourage junior boxers to get a solid foundation in boxing in this workout session.

## SEND Activities with Paul for ages 7-25 years

**Wednesday, 31st March and Wednesday 7th April, 4.15pm – 5.15pm**

Get active and healthy with Paul's specialist activity sessions.

## Street Dance for ages 7+

**Thursday, 1st April and Thursday 8th April, 4.15pm-5.15pm**

An introduction to core street dance techniques and fun high-energy choreography. Freestyle dance with styles such as Hip Hop and Breakdance

## Street Tag

**Any time and free. From Friday 2nd April**

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

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

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



## Our Parks - Couch to Family Fit

All ages. Any time and free

You can join in with online classes from the comfort of your own home, and get fitter at your own pace.

Each video class is hosted by three different coaches, all working at different energy levels. So if you need to take it easy, you can, but if you want to push yourself, there's a coach who's really going for it!

**INFO** <https://ourparks.org.uk/user/join>

## 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/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

## 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>

# YOUTH OFFENDING SERVICES (YOS)

**The theme of the Newham YOS Easter programme is "Making a difference every day"**

This is an opportunity to consider how taking small steps each day can lead to big 'gains' in the future. As we emerge out of lockdown and look forward to the brighter days of Spring, Newham YOS are using this opportunity to reflect on how young people have been, and can continue to 'make a difference everyday' in their own lives and that of others. Please note: these are closed sessions that are referral only.

## Tuesday 6th March

2.00 – 4.00pm, Restorative Approaches: Contact: Gurjit

## Wednesday 7th March

11.00am – 1.00pm, School Health: Contact: Junid

## Thursday 8th March

11.00am – 1.00pm, Real Talk Contact: Keith  
6.00pm – Parent Session: Contact: Samuel

## Tuesdays, 13th March

2.00pm – 3.00pm, Street Doctors Virtual event -  
Contact: Emmeline

## Wednesday, 14th March

1.00pm – 2.00pm, R.O.A.D, Contact: Joel  
2.00pm – 3.00pm, Street Doctors Virtual event

## Thursday, 15th March

11.00am – 12.00pm, Wellness and Selfcare –  
Virtual event: Contact: Ash  
2.00pm – 3.00pm, Celebration Event: Contact:  
Samuel  
2.00pm – 4.00pm, Workplace One-2-Ones  
Contact: Frazer



# LIBRARIES

Newham Libraries are open for:

- Select and Collect services for borrowing books, DVDs and CDs
- Essential PC use

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

## Library opening times and contact details over Easter Weekend:

**Friday 2nd April: All Libraries Closed**

**Saturday 3rd April: Libraries Open for select and collect and essential PC use**

**Sunday 4th April: All Libraries Closed**

**Monday 5th April: All Libraries Closed**

**Services resume from Tuesday 6th April**

### Beckton

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

### Canning Town

18 Rathbone Market, Barking Road,  
London 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

currently closed for refurbishment.



## ONLINE LIBRARY

Your Newham library card gives you access to thousands of e-books and e-audiobooks for children, teenagers and adults, as well as online 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. Visit [newham.gov.uk/libraries](https://newham.gov.uk/libraries) to get started.

### Newham Libraries on YouTube

Our lovely library team are waiting for you on YouTube! Enjoy stories, crafts and activities at home brought to you by library staff from across Newham. Enjoy Amazing New Easter and Spring Crafts added for the holidays! Watch the Newham Libraries Playlist on Newham Council's YouTube: <https://www.youtube.com/user/LBNewham>

### Library Activities

#### Custom House and Canning Town Library

##### Craft Bags for children

Recommended ages 3 – 12 years

Collect a special craft activity bag when you borrow your library books!

#### Beckton Library

##### Easter Activity Bags recommended for ages 3 – 12 years

Get your hands on an Easter Goody Bag when you borrow 6 books to read to over the holiday. Everyone who maxes out their library card will get a golden ticket and a chance to win a prize!

#### East Ham Library

##### Eggcellent Activity Pack recommended for ages 3 – 12 years

A family activity pack and interactive video for primary aged children from East Ham to enjoy over the school holidays! East Ham Community Neighbourhood have designed an Eggcellent activity pack that includes Arts and Crafts, Imaginary Play, a Bug Hunting Kit, a Quiz, and Easter Card making activities.

**INFO** Activity packs are limited so please register now to avoid disappointment: <https://easthamseggcellentactivitypack.eventbrite.co.uk>  
For more information please email [CN.EastHam@Newham.gov.uk](mailto:CN.EastHam@Newham.gov.uk) or call 020 3373 0827

#### Green Street

##### IROKO Theatre Storytelling session

Thursday April 8th, 1.00pm

Engaging, inspirational, therapeutic and fun African storytelling performances and Music

**INFO** For more details and the zoom link email [Fathema.Rahaman@newham.gov.uk](mailto:Fathema.Rahaman@newham.gov.uk)

#### Plaistow

##### Fun virtual activities for families to enjoy from home.

**INFO** Call 020 3373 0859 or email [CN.Plaistow@newham.gov.uk](mailto:CN.Plaistow@newham.gov.uk) to get the zoom links.

##### Wednesday 7th April:

11.00am Stories and Crafts

3:30pm Science Experiments

##### Friday 9th April

11.00am Stories and Craft

3.00pm Book Quiz and chocolate nest making

##### Monday 12th April

11.00am Stories and Crafts

3.00pm Scavenger hunt and Crafts

##### Wednesday 14th April

11.00am Stories and Crafts

3.00pm Bunny arts and crafts

##### Friday 16th April

11.00am Bingo

3.00pm Easter Celebration Party





# EMPLOYMENT

## Our Newham Work

**Ages 16+. Various dates, Online and Free**

Our Newham Work has put together an exciting programme of sessions to help 16+ young people to get into work.

### Tuesday 6th April

11.00am Job Searching Online

12.00pm Disclosure of Sensitive Information

### Wednesday 7th April

11.00am Virtual Etiquette

1.00pm Kickstart Info Session

### Thursday 8th April

11.00am Interview Techniques

2.00pm Skills Surgery

### Friday 9th April

11.00am Virtual Etiquette

### Monday 12 April

11.00am Job Searching Online

### Tuesday 13 April

9.30am -12.30pm Completing a LinkedIn Profile

11.00am Completing Application Forms

12.00am Breaking Barriers into Employment

2.00pm Introduction into Construction

### Wednesday 14th April

11.00am Job Searching Online

1.00pm Jobcentre Kickstart Info Session

### Thursday 15th April

11.00am Interview Techniques

2.00pm Understanding & Improving Sleep

### Friday 16th April

11.00am Completing applications

**INFO** For information and to book:

[Paul.Fletcher@newham.gov.uk](mailto:Paul.Fletcher@newham.gov.uk)

# SPECIAL EDUCATIONAL NEEDS & DISABILITIES

## Little Soundabout

**Ages 0-5 years. Every Monday 2pm. Free**

Aimed at parents and carers of very young children with profound and multiple learning disabilities.

Little Soundabout offer a multi-sensory music making sessions for children in the early years with SEN. In these sessions parents and carers will learn new techniques for engaging with young children using music and sound whilst little ones enjoy some interactive music making!

**INFO** <https://www.youtube.com/c/soundabout>  
[www.soundabout.org.uk](http://www.soundabout.org.uk)

## Family activity sessions at Hermit Road Recreation Ground

**Hermit Road Recreation Ground, Terence Brown  
Arc, Hermit Road Park, Bethell Avenue, E16 4JT**

**Ages 0 – 25, Face to face. Free**

**Friday 2nd April – Monday 5th April**

**10:00am – 12:00pm**

**12:30pm – 2.30pm**

**3.00pm – 5.00pm**

London Borough of Newham have teamed up with Ambition, Aspire, Achieve to offer families of a child or children with SEND and most in need of a short break, the opportunity to attend Arc in the Park. A family group from the same household will be able to attend a 2-hour session. Given the need for social distancing, numbers are very limited; therefore, it is available on a first come-first served basis.

**INFO** For information and to book:  
phone 020 7511 4253



## Family activity days at Fairplay House Outdoor Activity Centre

Fairplay House Outdoor Education Centre, Station Road, Wickham Bishops, England, CM8 3JL

**Ages 0 – 25 years, Face to face. Free**  
**Tuesday 6th April – Friday 9th April**  
**Monday 12th April – Friday 16th April**  
**9.00am – 4.00pm**

This is a spectacular and inspiring 12-acre natural location. There is wide variety of tailored, flexible outdoor activities available, all overseen by highly qualified and experienced instructors and managed in accordance with social distancing guidelines.

These activity days are for families of children (0-25 years) with special educational needs and disabilities (SEND) living in Newham. Activities will be designed to meet the individual needs of families on the day.

This service has very limited capacity, therefore it is for families that were not able to attend Fairplay House in the October 2020 half term, and for families that do not receive any other form of additional support during the Easter break.

Three families that live in the same house (up to a maximum of 7 individuals per household) will be able to attend each day. Families will be able to book in for one day during the Easter Break. One instructor will support each family group and only one group will participate in an activity at any given time.

Given the need for social distancing, numbers are very limited, therefore it is available on a first come-first served basis.

**INFO** For information and to book:  
<https://tinyurl.com/dn9yvptd>

## Discover Stratford

**Ages 5-11, Free but Booking required.**

The Discover Children's Story Centre in Stratford is offering Mighty Mega, an online club for disabled children, their families and carers. The offering includes storytelling, music, dance, arts, crafts and multi-sensory play. Sign up to receive their weekly emails on Saturdays.

**INFO** [education@discover.org.uk](mailto:education@discover.org.uk)

## Zoom: Heart & Soul

**Various times and Free**

Heart & Soul is a creative project led by people with learning disabilities and autistic people, exploring the value of difference. They have Zoom meetings featuring Dance, Music, Drawing and Singing as well as showcasing a broad range of creative projects.

**INFO** <https://www.heartnsoul.co.uk/stayhome>



# NURSERIES, CHILDREN CENTRES & PLAY SCHEMES

## Trinity Day Care Nursery Half-term programme

East Avenue, Manor Park, London, E12 6SG

Ages 3-8, Face-to-Face. Booking required

Tuesday 6th – Friday 16th April, 10am – 3pm

Cost: £18 per session

The exciting programme during the holidays will include the following activities: Salt Dough Easter Egg, Lego Games and Competition Winner gets a prize, Easter Baking, Easter Arts and Crafts and Picnic at Plashet Park.

**INFO** [www.trinitydaycarenursery.org](http://www.trinitydaycarenursery.org)  
[nursery@thetrinitycentre.org](mailto:nursery@thetrinitycentre.org)

**PHONE** 020 8552 3992

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

### Easter Family Fun Day

Albert Road, North Woolwich, E16 2JB

Ages 4-12, Face to Face and free

Wednesday 14th April, 11.00am - 3.00pm

Fun activities and games for families and children including games, sports and arts and crafts  
Refreshments and Lunch will be provided.

**PHONE** 020 7476 166

**INFO** Email: [admin@rdlac.org.uk](mailto:admin@rdlac.org.uk)  
<https://www.facebook.com/royaldocksactivitieshub/>

## Little Manor Play Project's Holiday Play Scheme

The Froud Centre, 1 Toronto Avenue, Manor Park, London E12 5JF

Ages 5-12. Face to Face

Every weekday from Tuesday 6th April to Friday 16th April, 8.00am – 6.00pm

Costs: Holiday Play scheme: first child £18.00, Sibling £12.00

**Breakfast Club: All children £2.50 price includes snacks, lunch, and trip costs.**

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

- Children who need additional support
- Children where the programme is reasonably necessary to enable parents/carers to work (including working from home), search for work, undertake education or training, attend a medical appointment, address a medical need or attend a support group.

**INFO** For information and to book: Phone: 020 3355 3978 Email: [pay@aston-mansfield.org.uk](mailto:pay@aston-mansfield.org.uk)

## Out of school provision

If you are looking for out of school provision for children before or after school, or during the school holidays, please visit this website which has further information. If families require assistance with finding suitable out of school provision, they should email [FIS@newham.gov.uk](mailto:FIS@newham.gov.uk) for assistance.



## All Day Playcare

**Address:** Carpenters and Docklands Centre, 98 Gibbins Road, Stratford, E15 2HU

**Ages 4-12. Face to face**

**Friday 2 April 2021 to Friday 16 April, 7.15am – 6.15pm or 9.00am – 6.15pm**

**Costs: £22.70 per day**

**Additional £3.20 per day for the 7.15am – 9.00am Breakfast Club**

Children go on trips to the seaside, to Epping Forest, Go Ape, the Olympic Park, cinema, bowling etc. if / when these venues are open! Within the Community Centre there is a large sports hall for the children to play in with lots of organised activities such as football, scooting, basketball, netball, indoor-cricket. We also offer cookery, arts and crafts, imagination play and board games etc.

**INFO** <https://carpenter-and-dockland-centre.childcare-online-booking.co.uk/>

**Email:** [samantha.white@docklandsettlements.org.uk](mailto:samantha.white@docklandsettlements.org.uk)

**PHONE** 0208 534 4121

## Children Centres

Newham's Children's Centres offer a range of services to help give your child the best start in life. You can register for free if you are a Newham resident with a child under 5 (including if you're pregnant).

Children's centres are continuing to meet the needs of our community by offering ongoing family support and remotely delivering targeted/specialist groups. In addition to this, the centres are also offering tailored support to families on parenting, early education, child/adult learning, child development and Special Educational Needs and Disabilities.

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

## To find Children's Easter Holiday activities please visit the pages below

### Beckton and Royal Neighbourhood

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

### Canning Town and Custom House (Edith Kerrison and Keir Hardie)

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

### East Ham Neighbourhood (Altmore Children Centre and Oliver Thomas Children Centre)

**INFO** <https://www.oliverthomas.org.uk/childrens-centre/about-childrens-centre/>

### Forest Gate Neighbourhood (Kay Rowe Children Centre and Maryland Children Centre)

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

### Green Street Neighbourhood (St Stephens Children Centre)

**INFO** <https://www.st-stephens-nurserychildrenscentre.org.uk/Children-s-Centre/>

### Manor Park Neighbourhood (Manor Park Community Children Centre/ Sheringham)

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

### Plaistow Neighbourhood (Plaistow Children Centre)

**INFO** <https://plaistow.newham.sch.uk/Plaistow-Children-s-Centre/>

### Stratford and West Ham Neighbourhood (Rebecca Cheetham Children Centre)

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



# YOUR TIME

## MENTAL HEALTH AND WELLBEING SUPPORT FOR YOUNG PEOPLE

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

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

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

I don't understand my thoughts and feelings



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

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

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

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

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

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



# Free, safe and anonymous online counselling and support

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



**Chat to our  
friendly counsellors**



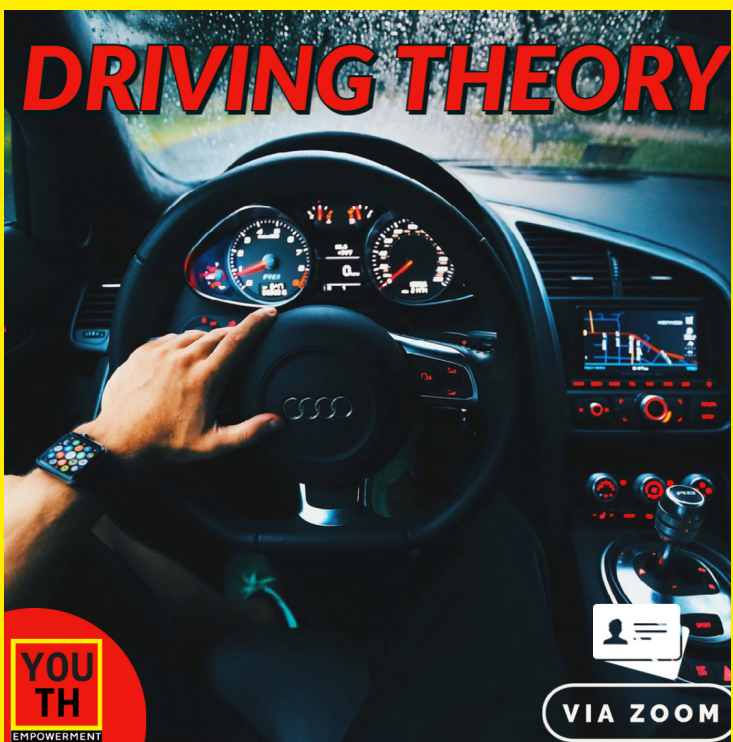
**Read articles written  
by young people**



**Join live  
moderated forums**

**kooth**

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



 **@youthzone LBN**

**Our Youth Zones are open during lockdown providing youth support sessions and outreach as well as fun and learning sessions! To find out more and sign up <https://padlet.com/YESLBN/YESProgramme>**



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

## ORGANISATIONS OFFERING FREE SUPPORT



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



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



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



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



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



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



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



Provides advice & support to young people affected by mental health issues  
[www.youngminds.org.uk](http://www.youngminds.org.uk) | 0808 808 8080  
Mon-Fri, 9:30am-4pm





people and their

RT

COMMUNITY  
LINKS



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



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



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



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



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



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

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



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

# Community Links

For advice, enquiries or support

call us: 07593 266 043

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

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

## We can help with any of the following:

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

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

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

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# COVID-19 SUPPORT

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

Contact the **COVID-19 helpline.**

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

16yrs + and would like  
to talk contact



Talking Therapies

## NEWHAM

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

## HARINGEY

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

## BARKING & DAGENHAM, HAVERING, REDBRIDGE

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

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

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

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

0300 330 9038

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

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

## [www.haveringcab.org](http://www.haveringcab.org)

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



## DEBT ADVICE

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

East End  
COMMUNITY FOUNDATION





# KEEP NEWHAM SAFE

## THE RISK FROM COVID-19 IS STILL HIGH.



KEEP YOURSELF  
AND OTHERS SAFE,  
STAY HOME TO  
STOP THE SPREAD.



ALWAYS FOLLOW THE  
LATEST GUIDANCE  
& GET THE VACCINE  
WHEN IT'S OFFERED.



## 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](mailto:younghealthchampion@newham.gov.uk)

People at the Heart  
of Everything We Do

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



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# 2021 NEWHAM YEAR OF THE YOUNG PERSON

WE ARE  
NEWHAM.



\*Please note the images were taken pre-covid

**Wishing all young people and families a safe,  
healthy and exciting Easter Holiday.**

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

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