

WE ARE FUN.

WE ARE NEWHAM.



SUMMER 21 HOLIDAY PROGRAMME

People at the Heart
of Everything We Do

WELCOME

The Summer has finally arrived and with lockdown restrictions easing, it's the perfect opportunity for young people in Newham to benefit from the Summer Holiday Programme, which offers a full range of fun and engaging activities for a variety of ages.

Most of the activities offered as part of the Summer Holiday Programme are face-to-face but there are still a few that are online only. We encourage you to review the information on each activity and follow any restrictions provided by the Activity Organisers. It's important that we still abide by recommended advice to keep everyone safe.

In this holiday programme, we are also providing young people and families with information on how to stay healthy and secure and how to access support should you require it.

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

We hope you take advantage of some of the activities available and have a fantastic Summer.

Best wishes

Lynne Crank

Assistant Director,
Youth Empowerment,
Brighter Futures





General Information & Staying Safe Online **4**

Holiday Programme **6**

Physical health **7**

Libraries **10**

Activities **18**

Youth Empowerment Services **22**

Special educational needs & disabilities **23**

Nurseries, Children Centres & Play Schemes **26**

Support Services **28**

Health **29**

Food & Funding Support **32**

Crisis and Counselling **33**

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





GENERAL INFORMATION & STAYING SAFE ONLINE

Health & Safety

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

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 Summer Programme, please email:

Volker.Nissen@newham.gov.uk.

Online Activities

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

- Participants 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 are guidance signposts where all parties can report harmful or upsetting content, as well as bullying or online abuse.

Harmful or Upsetting content

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

Bullying or abuse online

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





CLICK!



**PHYSICAL
HEALTH**

LIBRARIES

**HOLIDAY
ACTIVITIES**

**YOUTH
EMPOWERMENT
SERVICES**

**SPECIAL
EDUCATIONAL
NEEDS &
DISABILITIES**

**NURSERIES,
CHILDREN
CENTRES &
PLAY
SCHEMES**



PHYSICAL HEALTH

activeNewham

activeNewham is providing a range of sports sessions during the Summer Holidays.

Family Dance

For all Ages, face-to-face and free.

From 28th July to 26th August 2021, 3.00pm – 4.00pm, on different days and in different locations across Newham.

Dance the hour away with Dancefit Rhythm instructors in this fun-filled class and learn some new dance moves.

Family Yoga

Family groups with children Aged 4+, face-to-face and free.

From 26th July to 23rd August 2021, 12.00pm – 1.00pm, on different days and in different locations across Newham.

Do Yoga as a family to build your bond, strengthen your core muscles, develop stamina and breathing control.

Family Games

For family groups with children Aged 5+, face-to-face and free.

From 26th July to 27th August 2021, 1.00pm – 3.00pm, on different days and in different locations across Newham.

Try different fun activity as a family, such as Rounders, ultimate frisbee, Tag and much more!!

Family Hula

For all Ages, face-to-face and free.

From 26th July to 27th August 2021, 3.00pm – 4.00pm, on different days and in different locations across Newham.

Hula your way to fitness with expert instructor Bisi. Fun for the whole family.

Family Yoga

Family groups with children Aged 7+, face-to-face and free.

From 27th July to 27th August 2021, on different days/times and in different locations across Newham.

Do Yoga as a family to build your bond, strengthen your core muscles, develop stamina and breathing control.

Multi-sports

For Ages 5 - 11, face-to-face and free.

From Monday to Sundays from 26th July to 27th August 2021.

Activities will take place in a variety of locations and times may vary. Please check Eventbrite link for more details.

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

Multi-sports

For Ages 8 - 13, face-to-face and free.

From Monday to Fridays from 26th July to 27th August 2021, 12.00pm - 4.00pm, in different locations across Newham.

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



Boxing

For Ages 8 - 13, face-to-face and free.

Every Monday from 26th July to 23rd August 2021, 1.00pm – 2.00pm, in different locations across Newham.

Learn the jab, cross, uppercut and more under expert guidance. All equipment provided.

Judo

For Ages 8 - 13, face-to-face and free.

Fridays from 30th July to 27th August 2021, 1.00pm – 2.00pm, in different locations across Newham.

Expertise instructing with Stratford Judo Club for all abilities.

Karate

For Ages 8 - 13, face-to-face and free.

Wednesdays from 28th July to 25th August 2021, 1.00pm – 2.00pm, in different locations across Newham.

Learn the basics of Karate in these fun and engaging sessions with EliteZKarate.

Kick Boxing

For Ages 8 - 13, face-to-face and free.

Tuesdays from 27th July to 24th August 2021, 1.00pm – 2.00pm, in different locations across Newham.

Practice your kicking techniques with London School of Martial Arts.

Taekwondo

For Ages 8 – 13, face-to-face and free.

Thursdays from 29th July to 26th August 2021, 1.00pm – 2.00pm, in different locations across Newham.

Practice your kicking techniques with London School of Martial Arts.

Rowing

For Ages 11 - 18, face-to-face and free.

From 26th July to 20th August 2021, on different days/times and in different locations across Newham.

Rowing is a great way to get active and enjoy the outdoors. Participants will learn basic rowing technique, parts of a boat and how to manoeuvre a boat both independently and in a team.

Multi-sports

All activities below are for Ages 14 – 19, face-to-face and free.

From 26th July to 29th August 2021.

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

Boxing

Tuesdays 4.30pm – 5.30pm

Mbox Gym, Railway Arches, 438 Cranmer Road, Forest Gate, E7 0JN



Female Football

Wednesdays 5.00pm – 6.00pm

Newham Leisure Centre, 281 Prince Regent Lane,
London, E13 8SD

Tuesdays 6.00pm – 7.00pm

Forest Gate School, Forest Lane, Forest Gate,
E7 9BB

Mixed Football

Thursdays 3.30pm – 5.00pm

Shipman Youth Zone, 340 Prince Regent Lane,
Canning Town, E16 3JH

Table Tennis

Tuesdays 3.00pm – 4.30pm

Little Ilford Youth Zone, Rectory Road, Manor Park,
E12 6ET

Baseball

Sundays 1.00pm – 2.00pm

Keir Hardie Recreation Ground, Tarling Road,
Canning Town, E16 1LQ

INFO Visit <https://activenewhamsummer.eventbrite.co.uk> or email Sports@activenewham.org.uk or call 07741 293 506.

Pathways to Health Newham (Ages 8 – 18)

From 9th August to 30th August 2021, with different sessions running on different days.

Location to be confirmed.

Cost : £25 per student.

A range of classes including, self defence, core, roller skating and zumba/salsa. There is also access to Talk to Terry (Group Social Support) and Vineconnect (Knife Crime Prevention).

INFO For information and to book:
email Pathwaystohealthnew@gmail.com.

Street Tag (All ages)

Anytime, Online and free.

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

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

INFO For more information on Street Tag, visit www.streettag.co.uk



LIBRARIES

Library times and services are subject to change.

Visit newham.gov.uk/libraries or contact your library directly for the most up to date information.

INFO For full details of our services visit: www.newham.gov.uk/libraries

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 – Friday: 9am – 5pm
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

North Woolwich

5 Pier Rd, E16 2LJ
Monday, Wednesday, Friday,
Saturday: 9:30am – 5:30pm
Tuesday and Thursday:
9:30am – 8pm

Plaistow Library

North Street, E13 9HL
020 3373 0859
Monday – Saturday: 10am – 5pm

Stratford Library

3 The Grove, E15 1EL
020 3373 0826
Monday – Saturday: 10am – 5pm,
Sunday: 1pm – 4pm

Online Library

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

INFO Visit newham.gov.uk/libraries 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 videos including author events added for the summer holiday!

INFO Watch the Newham Libraries Playlist on Newham Council's YouTube: youtube.com/user/LBNewham

Summer Reading Challenge

Pack your bags we're heading for Wildeville! Get ready for Wild World Heroes arriving in your library this summer! This year we're delighted to announce that every child attending a Newham primary school is already on course to complete the Challenge. Got your collector folder and your library card? Then head on down to your local library this summer, read 6 books or more, collect your prizes and a super shiny gold medal! Are you excited to join the #WildWorldHeroes this summer?

INFO Head down to your local library for more information.



LIBRARY ACTIVITIES: CENTRAL PROGRAMME

Limited Spaces, please book your space on the Newham Libraries Eventbrite to avoid disappointment.
<https://www.eventbrite.co.uk/o/newham-libraries-32262720157>

Events will be subject to any national restrictions in place. Please see our website [newham.gov.uk/libraries](https://www.newham.gov.uk/libraries), or contact libraries directly for the most up to date information.

Authors & illustrators

The Newham Libraries author and illustrator programme is back! This summer take part in fun workshops and talks in libraries across the borough and online.

INFO *The full programme of authors and illustrators to be confirmed, check our Eventbrite page <https://www.eventbrite.co.uk/o/newham-libraries-32262720157> and twitter <https://twitter.com/NewhamLibraries> for the latest information.*

Did you Eat Sunshine for Breakfast?

In this hour long, practical session, award-winning author Michael Holland will take you through some of the hugely varied and wonderful world of plants – what they need, how they grow and some of the amazing ways they have adapted and evolved. He will share some amazing facts about the world of plants from his own book 'I Ate Sunshine For Breakfast'

Find out how plants are essential to many parts of your everyday life and that you did definitely eat sunshine for breakfast!

There will also be a chance to plant your own seed to brighten your home as well as to create some stunning nature-based art to take away (clay printing and a beautiful leaf print bookmark).

Thursday 5th August 2021

11.00am Stratford Library

Monday 9th August 2021

11.00am East Ham Library

2.00pm Beckton Library

4.00pm North Woolwich Library

Tuesday 10th August 2021

11.00am Custom House Library

2.00pm Canning Town Library

4.00pm Plaistow Library

Friday 13th August 2021

11.00am Green Street Library

2.00pm Forest Gate Library

4.00pm Manor Park Library



Meet the Creatures of Wildeville

Naturetown - Come along and meet some exotic animals like snakes, tree frogs and tarantulas whilst going on a rhyming adventure, following eco-warriors in a crusade to help their local wildlife. This tale investigates issues of plastic pollution, deforestation and litter; teaching us about alternatives such as recycling, composting and habitat creations, to reinforce what we can do to protect and care for our animal neighbours.

Monday 2nd August 2021

11.00am	Beckton Globe Library
2.00pm	East Ham Library
4.00pm	North Woolwich Library

Tuesday 3rd August 2021

11.00am	Canning Town Library
2.00pm	Custom House Library

Wednesday 4th August 2021

11.00am	Manor Park Library
1.15pm	Stratford Library

Friday 6th August 2021

11.00 am	Forest Gate Library
2.00pm	Green Street Library
4.00pm	Plaistow Library

Neal the Wild World Poet Rhythm, Rap and Rhyme

Listen to award winning poet Neal Zetter wax lyrical with an assortment of funny poems on a Wild World theme and learn the art of writing your own funny poems to share. Beware this workshop is guaranteed to make you laugh! Suitable for children aged 5+

Monday 16th August 2021

11.00am	Custom House Library
2.00pm	Canning Town Library

Tuesday 17th August 2021

11.00am	North Woolwich Library
2.00pm	Beckton Library

Wednesday 18th August 2021

11.00am	East Ham Library
2.00pm	Manor Park Library

Thursday 19th August 2021

11.00am	Plaistow Library
2.00pm	Green Street Library

Friday 20th August 2021

11.00am	Stratford Library
2.00pm	Forest Gate Library

Fizz Pop Science

Join Atomic Anthony on his journey with his fun and zany science experiments with an environmental theme. At a library location daily from 23rd to 27th August 2021. Check the Newham Libraries Eventbrite for full details of times and locations

INFO <https://www.eventbrite.co.uk/o/newham-libraries-32262720157>



ACTIVITIES AT YOUR LOCAL LIBRARY

Beckton Library

INFO Limited Spaces, booking advised for all our face-to-face events. Contact Beckton Library for details on how to book. Email CN.BecktonRoyalDocks@newham.gov.uk or call 020 3373 0853. Bring your library card and we will help you choose books to read for the Summer Reading Challenge.

Thursday 29th July 2021, 2.00pm – 3.00pm

Recycling Craft Session

Make a recycled craft with our friendly local recycling team.

Friday 30th July 2021, 2.00pm – 3.00pm

Colourful Light Clay Modelling

Come and join in with light clay modelling session. Take home what you make!

Tuesday 3rd August 2021, 11.00am - 11.45am

Summer Reading Challenge Story Telling

Come and join in with storytelling and songs, with our friendly library staff.

Wednesday 11th August 2021, 2.00pm – 3.00pm

Summer Reading Challenge Craft Session

Make a colourful wildlife themed craft to take home with our friendly library staff.

Thursday 19th August 2021, 11.00am - 11.45am

Summer Reading Challenge Story Telling

Come and join in with storytelling and songs, with our friendly library staff.

Friday 27th August 2021, 2.00pm - 3.00pm

Make a pot of slime

Come and join in with making a slime pot to take home, with our friendly library staff.

Custom House Library

INFO Limited Spaces, booking advised for all our face-to-face events. Contact Custom House Library for details on how to book. Email CN.CustomHouseCanningTown@newham.gov.uk or call 020 3373 0855.

Tuesday 20th July 2021, 1.30pm – 2.30pm

Plastic Free July with Newham Recycling Team

An interactive workshop where children will discover how to reduce single use plastics and find great alternatives that can become new habits forever.

Thursday 29th July 2021, 11.00am - 12.00pm

Summer Reading Challenge Stories

Recycle for your community and Newham Waste and Recycling Team are joining forces to bring you an exciting eco themed workshop. We will read the story of the three litter pigs as they travel through land and sea to find their perfect home and design our own eco themed wild world hero cape.



East Ham Library

INFO Limited spaces, booking advised. Contact East Ham for details of how to book. Email CN.EastHam@Newham.gov.uk or call 0203 373 0859.

Tuesdays and Thursdays, 11.00am - 12.00pm

Wild World Adventure Story time

Join us for amazing adventures! Let your imagination take you high in the sky or deep in the sea. Into the wild and among the trees.

INFO Watch out for Wild World Adventure Story times from East Ham on YouTube too! youtube.com/user/LBNewham

Monday to Friday, 2.00pm - 4.00pm

World Heroes Get Creative

Get creative with our daily craft sessions this summer. Be inspired each week with a different theme.

INFO Watch out for World Heroes Get Creative sessions from East Ham on YouTube too! youtube.com/user/LBNewham

Fridays, 12.00pm - 2.00pm

Urban Wilds Explorers

This event will be taking place at East Ham Nature Reserve.

Explore our summer story trail at East Ham Nature Reserve throughout the summer holidays. Meet staff at the Norman Road entrance to the East Ham Nature Reserve every Friday during August to get hands on with nature at our family Urban Wilds Explorers club.

Saturdays, 11.00am - 12.00pm

Lego Makers

Get creative with Lego and build your own Wild World Hero creations.

Saturdays, 2.00pm - 4.00pm

Movie Time

Come and enjoy an evening with friends watching your favourite Into the Wild family films at East Ham.

Green Street Library

INFO Limited spaces, booking early advised. Contact Green Street Library for details on how to book. Telephone booking – 0203 373 0857, CN.greenstreet@newham.gov.uk.

Wednesday 28th July 2021, 2.00pm - 4.00pm

Have Fun Saving The World! Recycling Story Telling

The crafting activity will also include storytelling with an important message to Reduce, Reuse and Recycle! Learn how we can help save the environment, by making small changes to our daily habits.

Monday 2nd and 9th August 2021

2.00pm - 4.00pm

Lego Club (Ages 4+)

Come and explore the world of Lego.

10.30am - 11.30am

Mega bloks Club 10 (Ages 0-4)

In this Baby & Toddler group they can have fun building with Duplo.

Tuesday 3rd, 10th, 17th and 24th August 2021 and Thursday 5th, 12th and 26th August 2021

2.00pm - 4.00pm

Wild World Arts & Craft

Summer Reading Challenge inspired Arts & Crafts. Linked to saving the environment these crafts are always popular. Book early.

Wednesday 4th and 11th August 2021

2.00pm - 4.00pm

Kahoot Quiz (Ages 3+)

Come have a hoot, play kahoot! This is an interactive themed quiz. Smart phone required.

Monday 16th August 2021, 2.00pm - 4.00pm

Music Session

Sing and dance to the rhythms of nature. An immersive musical workshop for all ages.





Wednesday 18th August 2021, 1.00pm - 3.00pm

Teddy Bear Picnic in Priory Park (subject to weather)

'We're going on a Bear Hunt'. Bring your own picnic to eat after the hunt. Be cautious bringing honey or orange marmalade sandwiches the bear might be hungry! Fun & games for all.

Friday 20th August 2021, 2.00pm - 4.00pm

Mini Cinema (Ages 0 - 6)

Watch your favourite characters from children's storybooks come to life!

Monday 23rd August 2021

1.00pm - 3.00pm

Mini Park Games in Priory Park (subject to weather)

A family fun day with outdoor games in Priory Park. A great place to learn more about our local environment and how we can protect it.

Friday 27th August 2021

2.00pm - 4.00pm

Wild World Board Games (Ages 7+)

Come and learn how to play chess and lots of other board games.

Activities running throughout the Summer

- Summer Reading Challenge
- Creative nature photo competition
- Leaf challenge competition
- 25 Book Read competition
- I spy a Caterpillar word hunt

Manor Park Library

INFO Limited spaces, booking required for all of our face-to-face events. Contact Manor Park for details on how to book. Email CN.Manorpark@newham.gov.uk or call 0203 373 0858.

Monday 2nd, 9th, 16th and 23rd August 2021

2.00pm - 3.30pm

Wild World Superhero

Let your imagination run wild to draw and colour your own super hero to join the Wild World Heroes group.

Tuesday 3rd, 10th, 17th and 24th August 2021

2.00pm - 3.30pm

Wild World Lego Hero challenge

Challenge yourself to build your own Lego Hero from hundreds of colourful Lego bricks.

Wednesday 4th, 11th, 18th and 25th August 2021

2.00pm - 3.30pm

Wild World Heroes Creative time

Join for a variety of creative activities of Origami, Poetry, Collage art and model making.

Thursday 5th, 12th, 19th and 26th August 2021

2.00pm - 3.30pm

Wild World Hero Exploration

Explore the local natural surroundings to learn more about our environment, and play outdoor games and do Yoga.

Friday 6th, 13th, 20th and 27th August 2021

2.00pm - 3.30pm

Wild World Hero Story Time

Frankie the facilitator will be on hand to help your imagination go on an adventure, to create a wild and wonderful story.

Saturday 7th, 14th, 21st and 28th August 2021

2.00pm - 3.30pm

Wild World Craft

Come join us for our crafty fun activity based on our planet, ecosystems, nature and the environment.



North Woolwich Library

INFO Limited Spaces, booking advised. Contact North Woolwich Library for details on how to book. Email CN.BecktonRoyalDocks@newham.gov.uk or call 020 3373 0853.

Monday 26th July 2021

2.00pm - 3.00pm

Plastic Free July with Newham Recycling Team

An interactive workshop where children will discover how to reduce single use plastics and find great alternatives that can become new habits forever.

Monday 2nd, 9th and 16th August 2021

10.30am - 11.00am

Story Telling (Under 5's)

Come and join in with storytelling songs for under 5's.

Tuesday 10th, 17th and 24th August 2021

2.30pm - 3.30pm

Wild World Lego Hero challenge

Challenge yourself to build your own Lego Hero from hundreds of colourful Lego bricks.

Wednesday 4th, 11th, 18th and 25th August 2021

2.00pm - 3.30pm

Wild World Heroes Creative time

Join for a variety of creative activities of Origami, Poetry, Collage art and model making.

Friday 6th and 13th August 2021

2.00pm - 3.30pm

Spiderman themed Slime making workshop

Come and join in the fun making a pot of slime.

Plaistow Library

INFO Limited Spaces, booking advised. Contact Plaistow Library for details on how to book. Email CN.Plaistow@newham.gov.uk or call 020 3373 0859.

Thursday 5th, 12th, 19th and 26th August 2021

Saturday 7th, 14th, 21st and 28th August 2021

3.00pm - 4.00pm

Family Table Tennis

Come along and play a game with your family, have fun whilst improving your skills.

3.00pm - 4.00pm

Lego Club

Let your creative imagination and building skills go wild at our family Lego club.

Monday 2nd, 9th, 16th and 23rd August 2021

Wednesday 4th, 11th, 18th and 25th August 2021

10.30am - 11.30am

Storytelling and Rhyme Time

Come and join in with our fun interactive singing and story session for all children and their parents or carers.

Friday 6th, 13th, 20th and 27th August 2021

2.00pm - 3.00pm

Wild World Hero Bingo

There is a chance to win a prize in our Children's Wild World Hero themed bingo!

Tuesday 3rd, 10th, 17th, 24th and 31st August 2021

Saturday 7th, 14th, 21st and 28th August 2021

11.00am - 12.30pm

Family Arts and Crafts Session

Join our Wild Wildlife themed arts and craft sessions with our friendly library staff and create something great to take home.



Stratford Library

INFO Limited spaces, booking advised. Contact Stratford Library for details on how to book. Telephone booking – 0203 373 0826, CN.StratfordLibraryMailbox@newham.gov.uk.

Monday 26th July and 2nd, 9th, 16th and 23rd August 2021

2.00pm - 3.30pm

Wild World Hero Games Challenge

Lots of fun to be had playing our giant board games, watch out for the snakes.. and ladders!

Tuesday 27th July and 3rd, 10th, 17th and 24th August 2021

2.00pm - 3.30pm

Wild World Hero Crafty Afternoon

An arts and crafts afternoon full of surprises and adventure, what will we make this week?

Wednesday 28th July and 4th, 11th, 18th and 25th August 2021

11.00am - 12.30am

Wild World Heroes Scavenger Hunt

A scavenger safari through our Wild World library, how many clues will you solve?

Thursday 29th July and 5th, 12th, 19th and 26th August 2021

3.00pm - 4.00pm

Wild World Hero Storytelling

Storytelling, from the plains of Africa to the deep blue sea. Adventure awaits!

Friday 30th July and 6th, 13th, 20th and 27th August 2021

2.00pm - 3.30pm

Wild World Hero Film Matinee

Wild World themed movie afternoon.

Saturday 31st July and 7th, 14th, 21st and 28th August 2021

2.00pm - 3.30pm

Wild World Hero Recycling Craft

Come join us for our crafty fun activity using recycled materials to make something wild!

Sunday 1st, 8th, 15th, 22nd and 29th August 2021

2.00pm - 3.30pm

Wild World Hero Table Tennis

An afternoon of table tennis.



HOLIDAY ACTIVITIES

SPORT AND LEISURE

Marine Society and Sea Cadets

Sailing and Kayaking

Morning and afternoon sessions running from the 26th July – 29th August 2021, Royal Docks Adventure, Dockside Road, London, E16 2QT.

Ages 9 – 14, face-to-face and free.

On The Water Project is all about getting young people out onto the water doing Sailing and Kayaking. Young people can achieve an RYA qualification if they do more than one session. Group sessions and individual sessions available. Limited availability.

INFO To book [click here](#)

Newham Riding School

Pony and horse riding

Pony and horse rides every Thursday between 1.00pm and 3.00pm, Newham Riding School & Association Limited, Docklands Equestrian Centre, 2 Claps Gate Lane, Beckton, E6 6JF.

Ages 3+ (and 36" in height) and adults.

Cost: £1.50 per lap or 4 laps for £5.

If the child is under 10, they need a 'side-walker' to walk around with them. If the child is under 5 the 'side-walker' needs to be in physical contact with the rider. Riders cannot ride in trainers due to Health and Safety. If they have any boots [wellies are ideal] they should wear them. Alternatively, we have numerous and various boots you can loan free of charge on the day. Side-walkers are allowed to wear trainers or any type of

closed in shoe. Any form of sandal, flip-flop or slider is not permitted.

No need to book, the main reception of the centre sells tickets.

INFO For more information email riding.school@btconnect.com, call 0207 473 4951 or visit www.docklandsequestriancentre.com

MULTI-THEMED ACTIVITY SESSIONS

Sphere Support CIC

Summer Holiday Hub

Ages 5 – 11, 26th July to 1st September 2021, 10.00am – 4.00pm, face-to-face and free.

Location: Methodist Church, Bryant Street, E15 4RU.

A variety of sessions taking place throughout the Summer, including outdoor activities, trips, gardening, art & craft, coding sessions, science and physical activities. A full list of activities can be requested from the Activity Organiser.

INFO For information and to book: Email charitysphere5@gmail.com or call 07961 510 055 or 07709 074 903.



The Royal Docks Learning & Activity Centre (RDLAC)

RDLAC Summer Holiday Scheme

Ages 4 – 13, weekdays between Monday 19th July to Friday 3rd September 2021, 10.00am – 6.00pm, face-to-face and free. Location: RDLAC, Albert Road, North Woolwich, E16 2JB. Lunch and healthy snacks included.

Mondays and Tuesdays – centre-based activities

Wednesdays – themed fun days

Thursday and Fridays – outings

A variety of activities including, Arts & Crafts, Sports, Gardening, Dance, Drama, Digital & Computer sessions, Creative Workshops, Cooking & Nutrition, Gardening, Fun Days, Sports Days, Outings.

INFO For more information and to book email admin@rdlac.org.uk or call 020 7476 1666.

West Silvertown Foundation

BV Summer Fun

Ages 5 – 14, 26th July to 12th August 2021, 10.30am – 12.30pm for 5 – 7 years and 10.30am – 3.00pm for 8 – 14 years. Location: Britannia Village Hall, 65 Evelyn Road, E16 1TU.

Join us for a summer of team games, crafts, sports, workshops and more! Each day there will be a range of activities for you to choose from – and lunch is included!

Cost: £1 for 10:30-12:30 session (5-7s, no lunch)
£3 for 10:30-3:00 session (8-14s, lunch included)

INFO People can register here: <https://bvsummerscheme.paperform.co/>
To find out more email youth@wsfroyaldocks.org or call 0207 511 6118.

Kulan Somali Organisation

Get Creative & Grow

Ages 5 – 11, every Friday from 30th July – 27th August 2021, 11.00am - 12.00pm for 5 – 8-year-olds and 1.00pm - 2.00pm for 9 – 11-year-olds, online via Zoom and free.

Activities include poetry camp, travel around the world and Zumba for kids, exploring healthy and tasty foods, Quiz N Whizz and guess which character from a story. Volunteers are available who can also speak in Somali and Baravanese languages to parents who can't or find it difficult to speak, read and write in English.

INFO For more information and to book email info@kulankso.org or call 07377 866 118.

Cool You!

Ages 12 - 15, every Wednesday from 28th July – 25th August 2021, 5.00pm - 6.00pm, online via Zoom and free.

Young Youth Activities will be led by the attendees, they will be given choices to choose from prior to the sessions. The themes of the activities will be on games, Music, Arts and crafts. Volunteers are available who can also speak in Somali and Baravanese languages to parents who can't or find it difficult to speak, read and write in English.

INFO For more information and to book email info@kulankso.org or call 07377 866 118.



MUSIC, THEATRE & DANCE

Newham Music

Newham Music Summer Programme

Ages 15+, Monday 23rd August to Friday 27th August 2021, 10.00 - 4.00pm, face-to-face and free, Stratford Youth Zone, Theatre Square, E15 1BX.

'Mixtape In A Week' a collaboration between Newham Music's Studio Sessions Team and facilitator, director and poet Kat Francois, to produce, record and perform live: a 'Mixtape In A Week'

INFO For more information or to book: Email info@newham-music.org.uk or call 020 3598 6260.

SCIENCE & TECH

Beckton Skills Centre

Build a Go-kart Summer Project

Ages 14 – 18, 3 days per week, Wednesday, Thursday and Fridays from 28th July – 28th August 2021, 10.00am – 3.00pm, face-to-face and free, 7 Hillcroft Road, Beckton, E6 6LW.

Participants will work in small teams, building, respraying and then testing Go-karts. They will develop skills and confidence working in a fully equipped motor vehicle workshop. On the last day of the project, they will visit a professional kart track to experience driving electric karts. Successful candidates will achieve City and Guilds accreditation.

INFO For information and to book: Email info@becktonskillscentre.co.uk or call 07484 775 013 or visit www.becktonskillscentre.co.uk.

Academy Achievers

Virtual STEAM Summer Camp

Ages 6 – 10, from 26th July to 27th August 2021, 5 weeks with 2 sessions available 10.00am – 11.30am or 1.00pm – 2.30pm, online via Google Classroom and £30 per week.

A range of online science, technology, engineering, art & mathematics activities. Special pre-recorded sessions.

INFO Please email admin@academyachievers.co.uk for more details and how to register.

Alternatively visit the Academy Achievers website: https://academyachievers.co.uk/virtual_steam_camp/

Register for the Virtual STEAM Summer Camp here: <https://forms.gle/npaJhzwPDp43bHnN8>



IMAGINATION, DISCOVERY & LITERATURE

HeadStart

Newham Stories

Ages 10 – 16, online via Zoom and free.

Kooth and HeadStart will be working with a group of young people to create digital media, sharing stories about mental health in Newham

What we create is up to you! It could be a podcast, an animation, a short film, or something we haven't even thought of yet!

As well as an opportunity to meet other like-minded young people, and have fun creating digital media, you'll get some training around mental health and wellbeing to put on your CV and will have your work featured on Kooth's social media platforms!

INFO For more information or to show interest email HeadStart.programmeteam@newham.gov.uk.

ARTS & CRAFT

Caramel Rock

Summer Fashion Programme

Ages 11+, different dates on offer and location to be confirmed, face-to-face and online via Zoom and free.

Our summer fashion programme will provide an amazing introduction into an array of essential fashion processes including workshops based around textile and craft and fashion illustration. Covering the following topics:

- Pattern Cutting
- Fashion Illustration
- Creative Fashion Learning

INFO For information and to book: Email admin@caramelrock.com or call 0207 7475 3222 to book a place.

ENVIRONMENT

Waste & Recycling (London Borough of Newham)

Plastic Free July

For children and families, Thursday 15th July 2021, 3.30pm - 4.30pm, online via Zoom and free.

Join us for a workshop on plastic free alternatives where we guide you to go plastic FREE!!!!

During the workshop, you will learn about the impact of plastic in our environment and how to refuse single-use plastics in our daily life.

Once you sign up, you will get the Zoom link and more details of the workshop. Parental supervision is compulsory during the workshop.

INFO For information recycling@newham.gov.uk and to book: <https://www.eventbrite.co.uk/o/newham-recycling-team-30714345880>

Summer Reading Challenge Story time 'The Three LITTER Pigs'

Ages 3 – 8, Monday 26th July 2021, 11.00am - 12.00pm, online via Zoom and free.

Join the three litter pigs as they travel through land and sea to find their perfect home. Get ready for some trouble along the way! Will the litter pigs learn an important lesson, whilst on their mission? You will get a chance to design your very own Wild World Hero cape. Your cape will include important eco messages; teaching everyone how we can all become Wild World Heroes.

Once you sign up, you will get the Zoom link and more details of the workshop. Parental supervision is compulsory during the workshop.

INFO For information recycling@newham.gov.uk and to book: <https://www.eventbrite.co.uk/o/newham-recycling-team-30714345880>



YOUTH EMPOWERMENT SERVICES

Our Youth Zone 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
- Ambition Aspire Achieve
- Rights Equalities In Newham REIN
- West Silver Town/Fight for Peace/Royal Docs Activity centre
- Bonny Downs/Renewal programme

Our Youth Zones are open 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 [Click here for more information](#)

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.

Carers First

The following activities are for Young Carers. If you would like to take part, you need to be referred by a Newham professional. Some events are face-to-face, and some are online. All events are free.

**Tuesday, 3rd August 11.00am - 12.00pm,
online via Zoom**

Ages 8 - 16

Boxing and Mindfulness

Learn powerful mindfulness techniques and physical activities which you can do at home and gain a fit body and mind.

Connect with other young carers too.
No experience needed.

Wednesday, 4th August 12.00pm - 4.00pm

Ages 8+

Bowling and Nando's

Enjoy a fun game of bowling followed by a delicious Nando's lunch.

**Thursday, 5th August 3.30pm - 4.30pm,
online via Zoom**

Ages 8 - 11

Me and My Pencil

Award-winning artist educators will take you through the steps of how to make spectacular drawings...and all with just the humble pencil! Learn how to draw Dobby from Harry Potter.

**Tuesday, 10th August 11.00am - 12.00pm,
online via Zoom**

Ages 6 - 13

Arts and Crafts - Block Printing

We will provide all the materials to enable you to make outstanding and amazing prints!

Wednesday, 11th August 1.00pm - 3.30pm

Ages 8+

Cinema and Popcorn

Watch a fun movie at the cinema with tasty snacks.
Time to be confirmed closer to date.



**Thursday, 12th August 3.30pm - 4.30pm,
online via Zoom**

Ages 12 - 18

Me and My Pencil

Award-winning artist educators will take you through the steps of how to make spectacular drawings...and all with just the humble pencil! Learn how to draw Toothless the Dragon.

**Tuesday, 17th August 3.00pm - 4.00pm,
online via Zoom**

Ages 6 - 11

Me and My Pencil

Award-winning artist educators will take you through the steps of how to make spectacular drawings...and all with just the humble pencil!

Enjoy drawing action hero, Black Panther.

Wednesday, 18th August 12.00pm - 4.00pm

Ages 8 - 13

Museum with McDonald's

Enjoy a fun day at the Science Museum followed by a delicious McDonald's lunch.

Thursday, 19th August 10.30am - 5.00pm

Ages 11 - 18

Day Trip to Thorpe Park

Enjoy a fantastic day out at Thorpe Park, home to exciting rides, attractions, and live events. The ultimate destination for thrills and fun!

Minivan transport included.

INFO To book please email us at hello@carersfirst.org.
uk or call us on 0300 303 1555. If you are not currently registered and would like to join these events, please visit www.carersfirst.org.uk/register-with-us or contact us as above. If you are a professional, please visit www.carersfirst.org.uk/make-a-referral

SPECIAL EDUCATIONAL NEEDS & DISABILITIES

Children's Health 0 - 19 and HeadStart Service

Introduction to Healthy Baking

Running on Thursdays from 29th July to 20th August 2021, 10.00am – 12.00pm, online via Zoom and free.

Parents/Carers of Children with Special Educational Needs and Disabilities (SEND) – and their children ages 2-5 years.

Join us every Thursday for 4 weeks for a Zoom bake along with a baking expert.

You will learn:

- how to bake amazing healthy recipes
- how to interact with your child through cooking
- how to participate in sensory play and explore different flavours to expand children's dietary intake
- physical exercises that you can do with children or as a family.

A specialist health visitor will provide health promotion tips.

INFO Book your place via the Eventbrite link - <https://www.eventbrite.co.uk/e/introduction-to-healthy-baking-tickets-161516260483> or call 020 3373 9983 Option 3



Newham Ability Camp

Multi-sports club

Wednesdays and Fridays, 5.00pm – 6.00pm, Newvic Sixth Form College, Prince Regent Lane, E13 8SG.

A multi-sports club run by Paul Archer and specialist coaches, which aims to give children and young adults with disabilities their first steps into sport.

Open to any young person or young adult with any disability.

Cost: Club Membership is £10 per term or £30 per year per participant. The first session is FREE.

INFO Contact Paul Archer on paul495@btinternet.com or call 07811 671 082.

Resources for Autism

Holiday Club

Four weeks of activities over the Summer for each day and week, based on the needs of the group.

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

Together! 2012 CIC

Puppetry workshop

Every Thursday between 8th July and 29th July 2021, 11.00am – 12.00pm.

Ages 16 – 25, online via Zoom and free.

As part of our Youth Together! programme, we will be hosting online puppetry workshops led by our Youth Development Worker, the artist Hazel Brill. Using materials that you might find around the house, you will be making your own simple puppets. At the end of each session we will create and perform a puppet show together. For these activities you will need card or thick paper, pens, sellotape, 2 sticks and anything else for decoration (googly eyes, stickers, feathers etc).

INFO For information: <http://www.together2012.org.uk/>
For booking: hazel@together2012.org.uk

Royal Society for Blind Children (RSBC)

Introductory Summer Fair

Summer Fair takes place on July 27th 2021.

Support for vision impaired young people. RSBC will be running a range of online and face-to-face workshops and sessions. The Summer Fair is an opportunity for young people to learn about the services they offer and sign up.

INFO For information: <https://www.rsbc.org.uk/>
To sign up: owain.robinson@rsbc.org.uk or call 07826 267 341



Bikeworks

Inclusive drop-in cycling sessions

From Friday 11th June 2021, starting at Beckton District Park South, 11.00am – 1.00pm. Sessions run for 12 weeks on a drop-in basis.

All ages and free.

Free inclusive drop-in cycling sessions, alternating between Beckton District Park South and Central Park each week. Adapted cycles available to use.

INFO For more information contact all.ability@bikeworks.org.uk or call 0208 980 7998 option 3.

activeNewham

Inclusive Sports

For Ages 11 – 25, running from 2nd August to 13th August 2021, 12.00pm – 3.00pm, on different days and in different locations across Newham, face-to-face and free.

Monday 2nd August 2021

New Beckton Park

Wednesday 4th August 2021

Plashet Park

Friday 6th August 2021

Stratford Park

Monday 9th August 2021

Royal Victoria Gardens

Wednesday 11th August 2021

Central Park

Friday 13th August 2021

Plashet

A variety of sports, athletics and activities for children and young people with disabilities.

INFO Visit <https://activenewhamsummer.eventbrite.co.uk> or email Sports@activenewham.org.uk or call 07741 293 506.

Newham Music

Newham Music Summer Programme

Ages 14 – 21, Monday 16th August to Friday 20th August, 10.00 - 4.00pm, face-to-face and free, Stratford Youth Zone, Theatre Square, E15 1BX.

'Musical In A Week' – a collaboration between Newham Music SEND practitioners and the Half Moon Theatre's 'Play In A Week' summer project team, to devise a play with music, across the course of five days, culminating in a filmed showcase.

INFO For more information or to book: Email info@newham-music.org.uk or call 020 3598 6260.



NURSERIES, CHILDREN CENTRES & PLAY SCHEMES

Aston-Mansfield

Little Manor Play Project's Holiday Playscheme

Every weekday from Monday 26th July – Friday 3rd
September 2021.

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

Ages 5 – 12, breakfast club 8.00am – 9.00am, holiday
playscheme 9.00am – 6.00pm

Cost: £18 per session, £2.50 for breakfast club (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. Minimum of three
trios per week. Ofsted registered.

INFO To book phone 020 3355 3978 or email
play@aston-mansfield.org.uk.

The Manor – Transitional Youth Programme

Every Thursday and Friday from 29th July to 3rd
September 2021.

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

Children in Year 7 to Year 9, breakfast club 8.00am –
9.00am, Youth Programme 9.00am – 6.00pm

Cost: £5 per session, £2.50 for breakfast club (price
includes snacks, lunch and trip costs).

A mixture of activity sessions and outings, planned in
partnership with the young people, and workshops
focused on life-skills, covering topics such as, keeping
yourself safe online, negotiating peer pressure,
self-defence, volunteering, citizenship, and money
management.

INFO To book phone 020 3355 3978 or email
play@aston-mansfield.org.uk.



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.

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 Summer 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

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>



SUPPORT SERVICES

CLICK!



HEALTH

FOOD &
FUNDING
SUPPORT

CRISIS &
COUNSELLING

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

For questions about council services, get in touch with the Newham Council Contact Centre on:

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)

Online: 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

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 to isolate, general COVID-19 guidance, and financial and food support.

TESTING

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

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

IF YOU HAVE SYMPTOMS:

If you have COVID-19 symptoms you can get a test by calling 119 or visiting www.nhs.uk/ask-for-a-coronavirus-test

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 or call 119)

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

REGULAR TESTING

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

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

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

WHERE CAN I GET HOME TEST KITS?

Order online to be delivered to your home www.gov.uk/order-coronavirus-rapid-lateral-flow-tests

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

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

COVID-19 VACCINE

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

When it is your turn visit book your vaccination go to www.newham.gov.uk/bookyourvaccine

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

If you have any questions or concerns, we have a trained group of volunteers who can answer your questions. If you'd like a confidential 1-2-1 conversation with a Vaccine Peer Supporter please email covidhealthchampions@newham.gov.uk or call 020 3373 2777.



School Health Service (SHS)

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

National Child Measurement Programme (NCMP)

The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception class (aged 4 to 5) and year 6 (aged 10 to 11). We are running parent information workshops on Zoom for anyone who may have any questions and is an opportunity to meet members of the school health service that will be providing the NCMP in your child's school.

INFO Sessions run throughout the year and can be booked here: <https://www.eventbrite.co.uk/e/national-child-measurement-programme-parent-information-workshop-tickets-128253745405>

- 1st Monday each month – 5pm – 6pm
- 1st Wednesday each month – 11.30-12.30
- 1st Friday each month – 9.30am – 10.30am
- 3rd Tuesday each month – 2pm – 3pm
- 3rd Thursday each month – 9.30am – 10.30am

Well Child Clinics

Our well child clinic provides individual appointments for families to be seen by a qualified school nurse or community practitioner. Children are offered a review of health needs, including growth assessment, and vision and hearing screen. If you are worried about any aspect of your child's health, make an appointment and come along!

The next session takes place at Beckton Globe Youth Zone, on 28th July 2021 and the last Wednesday of every month after that.

INFO For more information and to make an appointment please contact us on Schoolhealth@newham.gov.uk, or by phone Monday- Friday 9-5 pm on: 020 3373 9983 Option 2

Partners can refer using our referral form - [click here](#)

Living Your Best Life (LYBL)

LYBL is a health roadmap which supports children (aged 11-19) to think more independently about their health and wellness. The roadmap is a health fair where loads of services come together in one place to give you the opportunity to ask questions, engage in activities and pick up free goodies!!

INFO Check out our pages on Newham connect for more details <https://www.newhamconnect.uk/Services/3580>

ChatHeath

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

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

INFO Text the service on: 07507 326645



Filming Health Videos

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

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

We're Back to Secondary School/ Sixth form/College:

<https://youtu.be/kYhf9jAIHxk>

School Readiness-Early Years

<https://youtu.be/RK85GXs3qVo>

Vision and Hearing for 4/5 year olds

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

Thinking Inside the Box- A Health Visiting Story

<https://youtu.be/LxBNTudWyCw>

Family Nurse Partnership

https://youtu.be/NSQX9C7u3_s

Covid related

#WeGotThis Back to School

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

#GotoAandE

<https://youtu.be/m3xBUR5FI9I>

#KidsTalk

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

Asthma Videos

Asthma a Hero Story

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

Implementing A Whole School Asthma Approach

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

My Asthma Hero travel pack:

https://www.youtube.com/watch?v=pfaG_Rz5CwQ

Asthma, the Straw Game:

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

Looking after my Asthma Spacer:

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

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

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

Episode 1-Turning up

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

Episode 2-Meeting Poetess Jess

https://www.youtube.com/watch?v=K_CgsNHIVMU

Episode 3-Rehearsals

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

Episode 4- Getting in the zone

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

Episode 5- It's Showtime

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

Episode 6- Q&A

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

Episode 7- I get it - Full performance

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



FOOD AND FUNDING SUPPORT

For the most up to date list of support available visit: www.newham.gov.uk/coronavirus

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

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 government funding to continue holiday food vouchers for the Summer holiday. Children in primary and secondary school up to year 11 who are eligible for benefits-related free school meals will receive a voucher for £65.

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 before the Summer holiday or if you are not sure whether your child(ren) is entitled to benefits-related free school meals, please contact your child(ren)'s school.

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

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

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 (9am-5pm, weekdays)

INFO For further information about Our Newham Money and loan applications, including emergency support, visit 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 can provide support. The food provided by Newham Food Alliance partners is predominantly a weekly box of groceries to be collected.

1. Residents who have difficulty accessing food due to financial issues e.g. loss of or reduced employment, issues with benefits or no recourse to public funds should be referred to 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.

INFO Residents can refer themselves or be referred by organisations or others via the form at: 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

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

PHONE Out of Hours Phone: 020 8430 2000

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

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

Child Line

PHONE 0800 1111

PHONE 0808 800 5000 for adults concerned about a child

INFO www.childline.org.uk/

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

Crisis Line

PHONE 020 7771 5888

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



Hestia Domestic Violence Support

PHONE 999 if you are in immediate danger

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

INFO Email: 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 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.

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 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

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

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

Befriending Support

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

You will be matched with a "telephone befriender" who will call you at an agreed time. We will agree with you how many calls you would like, from 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

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

HeadStart: All About Me Journal

HeadStart Newham is a mental health service working closely with schools and the community to transform how young people and their families are supported to stay emotionally healthy. **www.headstartnewham.co.uk**

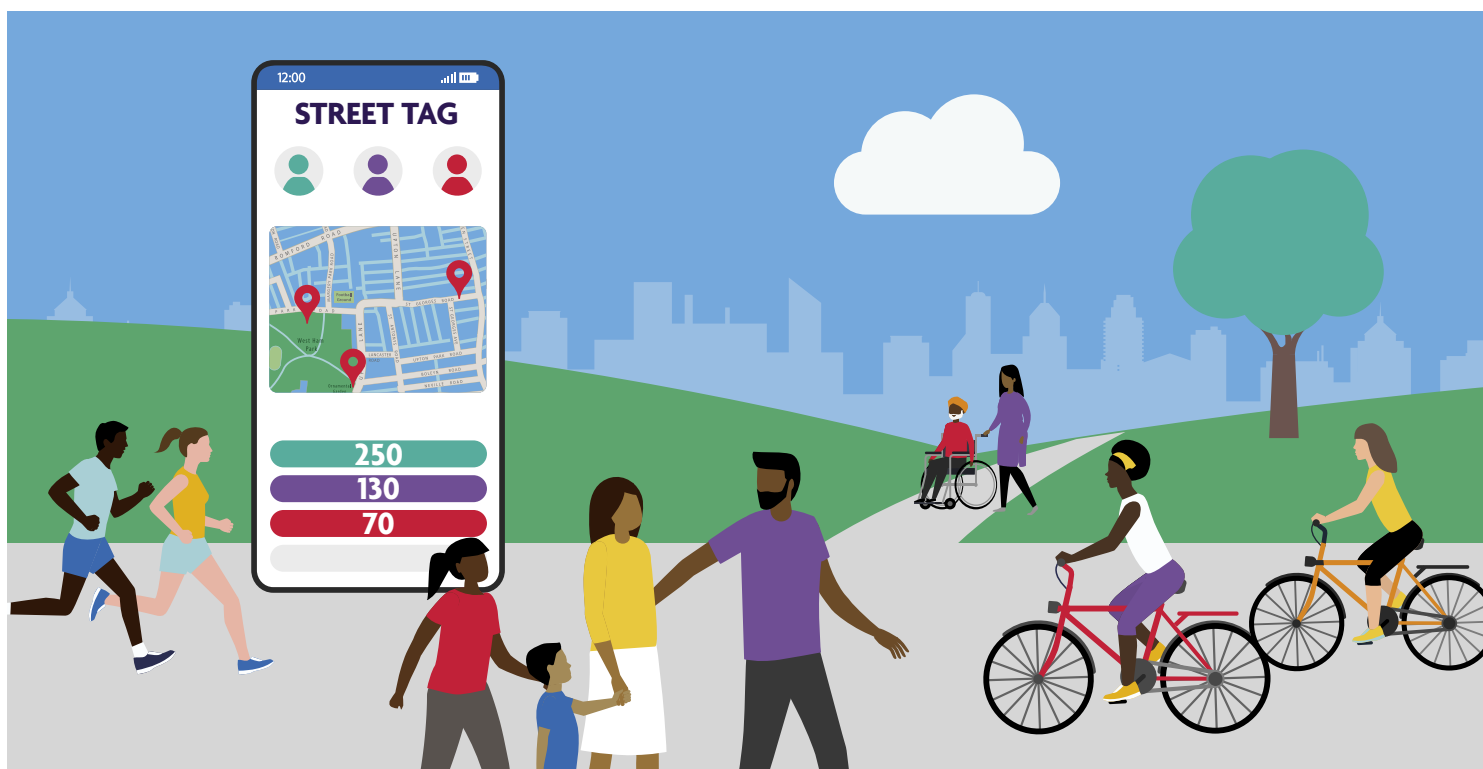
HeadStart have developed a journal to support you. It is a place where you can write your thoughts and worries.

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





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



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

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

Download the Street Tag app today on the App Store or Play Store.
For more information visit www.streettag.co.uk

WE ARE NEWHAM.

People at the Heart
of Everything We Do



YOUR TIME

MENTAL HEALTH AND WELLBEING SUPPORT FOR YOUNG PEOPLE

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

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

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

I don't understand my thoughts and feelings



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

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

Email: your.time@newham.gov.uk

Online referral: 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



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



**YOUTH
EMPOWERMENT**

#DofEwithadifference



LONDON BOROUGH OF NEWHAM

**DETACHED
YOUTH WORK
TEAM**

ON-ROAD YOUTH WORK IN STRATFORD.
MEETING YOUNG PEOPLE WHERE THEY'RE AT.



MONDAYS, BI-WEEKLY // 4 - 5:30 PM

**THE YOUNG
PEOPLE SPEAK**

ONLINE POP-UP TALK SHOW



**YOUTH
ZONE**



 **@youthzone LBN**

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

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

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

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



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

ORGANISATIONS FOR ERING BEEB BURPO



Free crisis messenger, 24/7 support for all ages
www.giveusashout.org | Text SHOUT to 85258



Online counselling support for ages 11-25
www.kooth.com



Free and confidential helpline for young people under the age of 19
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 | 116 123



Provide support for infants, children, young people and their families from conception to 25
www.annafreud.org | 0207 794 2313



Provides support for anyone under the age of 25
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 | 0808 808 2008



Provides support 365 days a year to people who have or are worried they have an eating disorder
www.beateatingdisorders.org.uk | 0808 801 0677



COMMUNITY LINKS



supporting teenage mental health

Free service & apps supporting mental health
for ages 11-19
www.stem4.org.uk



NHS talking therapies supports with common mental
health problems like stress, anxiety and depression
www.nhs.uk



Free advice and support to anyone
experiencing a mental health problem
www.mind.org.uk | 0300 123 3393



Provides support for vulnerable young people and
their families
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 | 0800 068 4141
Everyday, 9am-midnight



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

YOUNG MINDS

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



Confidential support to people
experiencing difficulties
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

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

w: www.community-links.org

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



COVID-19 SUPPORT

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

Contact the **COVID-19 helpline.**

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

16yrs + and would like
to talk contact



Talking Therapies

NEWHAM

www.newhamtalkingtherapies.nhs.uk
020 8475 8080 - 9am-5pm, Mon-Fri

HARINGEY

www.lets-talk-iapt.nhs.uk
020 3074 2280

BARKING & DAGENHAM, HAVERING, REDBRIDGE

www.talkingtherapies.nelft.nhs.uk
0300 300 1554 - 9am-5pm, Mon-Fri



www.haringeycabx.org.uk

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

www.bdcab.org.uk

0300 330 9038

www.eastendcab.org.uk

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

www.haveringcab.org

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



DEBT ADVICE

www.moneyadvicetrust.org
National Debtline free on 0808 808 4000

East End
COMMUNITY FOUNDATION



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

Become a Young Health Champion (YHC)

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

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 Tuesdays, 5-6pm.

TO REGISTER

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

or go to

<https://forms.gle/ufwtN99rudor8YeN9>

[@younghealthchampions](https://www.instagram.com/younghealthchampions)

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

1362497

For free translation phone

Për një përkthim falas telefononi

للترجمة المجانية الرجاء الاتصال هاتفياً

বিনাখরচে অনুবাদের জনস্ টেলিফোন করুন

Za besplatne prevode pozovite

欲索取免費譯本，請致電

Pour une traduction gratuite, téléphonez

Για δωρεάν μετάφραση, τηλεφωνήστε

મફત ભાષાંતર માટે ફોન કરો

निःशुल्क अनुवाद के लिए कृपया फोन कीजिए

بو ته رجومه كردنى به خورايى ته له فون بكه بو

Dël nemokamo vertimo skambinkite

സൗജന്യമായ തർജ്ജിമയ്ക്കായി ബന്ധപ്പെടുക

Po bezpłatne tłumaczenie prosimy dzwonić

Para uma tradução grátis, telefone

ਮੁਫਤ ਅਨੁਵਾਦ ਲਈ ਫੋਨ ਕਰੋ

Перевод – бесплатно. Звоните

Para obtener una traducción gratuita llame al

Turjubaan bilaash ah kala soo hadal telefoonka

இலவச மொழிபெயர்ப்புக்கு தொலைபேசி செய்யவும்

Ücretsiz çeviri için telefon edin

Để có bản dịch miễn phí hãy điện thoại

مفت ترجمے کے لئے فون کریں

Also for Audio, Large Print and Braille, phone

0800 952 0119

© The Language Shop

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 summer holiday.**

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.