



Newham London

**MAY HALF
TERM
HOLIDAY
PROGRAMME**

WELCOME

As Spring is here and we are getting back to being able to see each other face-to-face, our aim is to inspire all Newham's children and young people to enjoy a great holiday.

The May Half-term Holiday Programme is offering a mixture of online and face-to-face activities, as although restrictions have been lifted, we all must still remember to maintain social distancing to ensure that we stay safe.

In this holiday programme, beyond lots of fun events, we're also providing young people and families with information about 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/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





CLICK!

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**For your online version of this May
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, 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 May Half-term 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

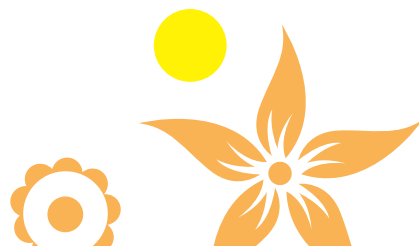
Activity Organisers agree to comply with all applicable laws, statutes and regulations including in relation to confidentiality, privacy and GDPR and the protection of personal data.

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 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**

**NURSERIES,
CHILDREN
CENTRES &
PLAY
SCHEMES**

**SPECIAL
EDUCATIONAL
NEEDS &
DISABILITIES**



PHYSICAL HEALTH

Active Newham

Active Newham is providing a range of sports sessions during the May Half-term. All activities below are for Ages 14 – 19, Face-to-face and free.

Table tennis

Tuesday, 1st June 3.30pm – 4.30pm

Little Ilford Youth Zone, 1a Rectory Road, Manor Park, E12 6ET

Basketball

Tuesday, 1st June 4.00pm - 5.00pm

Beckton Globe Youth Zone 1, Kingsford Way E6 5JQ

Boxing

Wednesday, 2nd June 4.30pm – 5.30pm

Mbox, Railway Arch, 438 Cramer Road, Forest Gate E7 0JN

Female Street Dance

Wednesday, 2nd June 5.00pm – 6.00pm

Stratford Youth Zone, Stratford Circus, E15 1BX

Football

Thursday, 3rd June 3.30pm – 5.00pm

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

INFO For information and to book:
craig.hughes@activenewham.org.uk

Street Tag

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.

INFO Residents can download the Street Tag app for free from the App Store or Playstore. For more information on Street Tag, visit www.streettag.co.uk



LIBRARIES

Newham Libraries are open for:

- Browsing
- Select and Collect services for borrowing books, DVDs and CDs
- PC and Wi-Fi use
- Bookable Study Space
- Dedicated Study evenings for 13 – 25 year olds

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

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.

INFO Visit: newham.gov.uk/libraries to get started.

Newham Libraries on YouTube

Our lovely libraries are waiting for you on YouTube! Enjoy stories, crafts and activities and stories at home for the May half term holiday brought to you by library staff from across Newham.

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

Institute of Imagination: Big Build at Newham Libraries - see page 10

Sculptures from the BIG BUILD will be on show across the Borough from half term – including some of Newham's Libraries!

A mini activity pack to build your own sculptures at home, along with a map of all the sculpture locations will be available to collect from all libraries in Newham.

INFO For more details on the project visit: home.ioi.london



Library Activities

Activity Goodie Bags

Ages 5-12

The following libraries offer a free Holiday Activity Packs when you borrow a book:

- Beckton Library
- Custom House and Canning Town Libraries
- Manor Park Library

Plaistow Library

Fun virtual activities for families to enjoy from home.

Ages 4-12, Online and free

INFO For more information call 020 3373 0859 or email CN.Plaistow@newham.gov.uk

Tuesday, 1st June, 2.00pm – 3.00pm

Storytelling - 'The Cow Who fell to earth'

A fun story session for children up to 7 years of age.

Arts and Crafts - 'Weather Chart'

Create your own weather chart to keep track of the weather each day at home!

Science activity - 'Now you see me, now you don't'

Join us and see how to make colored water become clear again in our on-line science experiment

INFO Please click the link below to join the webinar:
<https://zoom.us/j/93513305649>
Webinar ID: 935 1330 5649

Thursday, 3rd June, 2.00 – 3.00pm

A Scavenger hunt - 'Who can find the item first?'

Have fun running around the house to find certain items. The child with the most points will win a prize.

No-cook cooking activity - 'Choc chip granola bites'

Learn how to make a great snack for after school, or any time at all!

Arts and Craft - '3D Rainbow Butterfly'

Join us to make your own 3D butterfly's.

INFO Please click the link below to join the webinar:
<https://zoom.us/j/93169438546>
Webinar ID: 931 6943 8546

Saturday, 5th June, 2.00 – 3.00pm

Family Bingo

A fun with numbers session for children and adults to play together with a chance of winning a prize.

Storytelling session - 'What the Ladybird Heard Next'

Find out what the ladybird heard next. An interactive storytelling following on from our previous Ladybird story.

Messy play activity - 'Make your own play-dough'

Make play-dough with ingredients you can find at home. Great for toddlers and older children alike.

Max out your card

Announcing the Max Out Your Card winner/s.

INFO Please click the link below to join the webinar:
<https://zoom.us/j/96758162902>
Webinar ID: 967 5816 2902



MUSIC, THEATRE & DANCE

Opera Up Close - At Home

Ages 2-5, Any time, Online 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 clarinettist 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, Online 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're offering all their shows online for free, but asking for a small 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/>

East London Dance

Ages from 9 years, Various dates, Online and face-to-face, Booking required, Various cost

East London Dance is offering a range of exciting courses offering everything from Bollywood fusion, Hip Hop, Ballet, Capoeira to Commercial dance. Courses have started already, but are running beyond the May Half-term.

INFO For information and to book:
<https://www.eastlondondance.org/classes/>

ART & CRAFT

Rosetta Arts

Various ages, Various dates, Online and face-to-face, Booking required, Various costs

Rosetta Arts is delivering a range of exciting courses ranging from Calligraphy, Fashion Design, Young Makers, Art Stars etc. Most courses have started already, but are running beyond the May Half-term.

INFO For further information and to book:
<https://rosettaarts.org/courses-overview/>

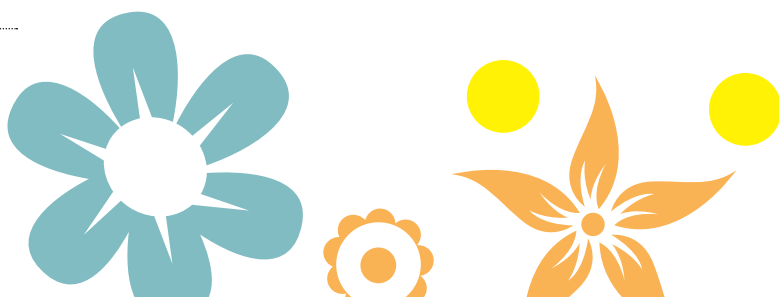
Institute of Imagination - The Big Build

8 public sculptures across 8 locations in Newham from 31 May.

Thousands of primary school children across Newham have been involved in the Institute of Imagination's The Big Build, imagining, designing and building sculptures representing hope and celebration. Using unique modular designs from Netherlands-based Collective Paper Aesthetics, the children's vision will be brought to life by Danish born East Ham artist Anne Harild. Sculptures will be on show across the Borough - including at Westfield, Queen's Market, London Aquatics Centre, Thames Barrier Park, ExCel, East Ham and Beckton Library - throughout the half term and the month of June.

Families can pick up a leaflet from any of the sculpture sites or from local libraries or online at home.ioi.london to see the map of locations. There is a printable version to design and build your own sculptures at home too.

INFO If you want to join in and build your own sculptures at home don't forget to tag us with your picture @instituteofimagination #TheBigBuild to be in with a chance of winning a prize.





Royal Docks

Brickfield Newham: Hands-on Outdoor Brickmaking and Short Performance

Saturday, 29 May 10.00am & 1.00pm,

Sunday, 30 May 11.00am & 2.00pm

Booking required, Face-to-face and free

Brickfield Performance Site (adjacent Tate & Lyle Factory), 33 Factory Road, London, E16 2HB

At this outdoor workshop in the Royal Docks you will learn how to mix clay dug from the borough with local industrial materials to create a unique clay body for brickmaking. Work alone or team up with a partner to see how many you can make!

After the workshop you can watch a new performance made by students from University of East London about housing in the borough.

INFO For information and booking visit:

<https://tinyurl.com/jr6xdwx>

SCIENCE & TECH

The Crick Institute

Primary School ages. Any time, Online 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, Online 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

Children's University

All Ages. Any time, Online and free

Children's University is a charity that works in partnership with schools to develop a love for learning in children. They do this by encouraging and celebrating participation in extra-curricular activities in and outside of school, offering 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, Online 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>

National Centre for Writing

Ages 9-17 years, Any time, Online 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/>

ENVIRONMENT

Waste & Recycling (London Borough of Newham)

Half-term 'Recycling' for children

Wednesday, 2 June, 14:00-15:00

Ages 8-10 years. Booking required. Online and free

Join us to find out what recycling is and why it is so important! Fun filled interactive games and quizzes to explore the world of recycling and what you can recycle in Newham.

Great British Spring Clean Story time 'The Three Litter Pigs'

Thursday, 3 June, 15:00-16:00

Ages 3-8 years. Booking required. Online and free

Join the three litter pigs as they travel across 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?

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

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. All events are online and free.

Primary School Zoom on County Lines

Tuesday 1st June 11am – 11.25am

Ages 8 -11 years

A talk on phone lines, homes, terms used, modern slavery, why County Lines is an issue as well as much more helpful information.

Secondary School Zoom on County Lines

Tuesday, 1st June 12.00pm – 12.25pm

Ages 11 - 16 years

Find out about why County Lines is an issue, phone lines, stats, homes, the profit, modern slavery, the different types of grooming and much more.

Me and My Pencil - (Arts and Craft Session)

Tuesday, 1st June 2.00pm – 3.00pm

Ages 6-12 years

Award-winning artist educators will take you through the steps of how to make spectacular drawings – and all with just the humble pencil! Draw anything from Harry Potter to a furry cat.



British Red Cross – Back to Better

Wednesday 2nd June 3.00 – 4.00pm

Ages 13 – 24 years

Hosted by the British Red Cross, this session looks at how coronavirus affected our day to day lives and how we can take positive steps to prepare for the future.

Step Back Workshop

Thursday, 3rd June 5.30pm – 7.00pm

Ages 15 years +

This very informative and interesting workshop looks at consequences to decisions, gang culture and youth violence.

Parents' event

Friday, 4th June 12.00pm – 1.00pm

Adults

An informative discussion on the different types of grooming, how to spot the signs, how to report County Lines, terms used, the profit, modern slavery and much more.

INFO To sign up a young carer to these activities, please contact Carers First on 0300 303 1555 or youngcarers@carersfirst.org.uk. To make a referral visit <https://www.carersfirst.org.uk/make-a-referral>.

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 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.



SPECIAL EDUCATIONAL NEEDS & DISABILITIES

Ambition, Aspire, Achieve

AAA provides a wide range of projects and services from two hubs and across local communities in Newham. Their work focuses on and supports children and young people most in need, including those with disabilities or additional needs.

All activities are Face-to-face and Free.

SEND Youth

Wednesdays 4.30pm - 6.30pm

St. Lukes Community Centre, 89 Tarling Road, Canning Town E16 1HN

Thursdays 3.30pm – 7.00pm

Terence Brown Ark in the Park Bethell Avenue, E16 4JT

Ages 12 - 25 with additional needs. Staff ratio 1 Staff member to 3 young people. Booking essential.

INFO For more information or to book:
leo@theaaazone.com or phone: 07904882104

AAA Youth group

Tuesdays, Wednesdays & Fridays 4.00pm – 6.00pm

Terence Brown Ark in the Park Bethell Avenue, E16 4JT

Young people aged 10-14

INFO For more information or to book:
bob@theaaazone.com or phone: 07852350793

Good for Girls Project

Wednesdays 4.30 - 6.30pm

Terence Brown Ark in the Park Bethell Avenue, E16 4JT

Young women of colour or ethnic minority groups aged 10-14 years old

Sessions aim to enable girls to be self-motivated, empowered and inspirational to each other.

INFO For more information or to book:
marie@theaaazone.com or phone: 07852350350786

Positive Transitions

Start date: Monday, 7th June

Terence Brown Ark in the Park Bethell Avenue, E16 4JT

Weekly life skills support sessions for 16-24 year old young people with additional needs transitioning into adulthood. Face-to-face and Free.

Mondays: 2.00pm – 4.00pm Life skills

Tuesdays: 1.30pm – 2.30pm Multisports & Exercise

Thursdays: 2.00pm – 4.00pm Creative sessions and workshops

INFO For more information or to book:
leo@theaaazone.com or phone: 07904882104

Little Soundabout

Ages 0-5 years. Every Monday 2pm. Online and 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



Discover Stratford

Ages 5-11, Booking required. Online and free

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

Zoom: Heart & Soul

Various times. Online 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>

Together! 2012 CIC

Puppetry workshop

Thursday, 3 June, 11.00 - 12.00, Online and free

Ages 11-25 years

As part of our Youth Together! programme, we will be hosting an online puppetry workshop 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 the session we will create and perform a puppet show together. For this activity you will need card or thick paper, pens, Sellotape, 2 sticks and anything else for decoration.

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

0-19 Children's Health and HeadStart Service

Introduction to Healthy Baking

Thursday, 3rd June, 10.00am -12.00pm, Online and free

Parents of Children with Special Educational Needs and Disabilities (SEND) – Ages 2-12 years

Join us every Thursday for the next 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 <https://www.eventbrite.co.uk/e/introduction-to-healthy-baking-tickets-154670580871> or 0208 250 7330

Support group for Parents/Carers who support Children with SEND

Friday, 4th June, 10.00am -12.00pm, Online and free

Join us every First Friday of the month for a Zoom support group hosted by the specialist Health visitors and our Parent Lead.

You will be able to meet with other parents/carers of children with SEND and discuss various topics that affect you and your children. The next session will focus on EHC and Parents Advocacy.

We provide practical support during the sessions and if further support is required, the Specialist Health Visitors able to offer further support or signpost you to the most appropriate service.

INFO <https://www.eventbrite.co.uk/e/parent-support-group-tickets-137774734941> or 0208 250 7330



NURSERIES, CHILDREN CENTRES & PLAY DAYS

East Ham Community Neighbourhood

The Great Outdoors

**Wednesday, 2nd June 2021 2.00pm – 4.00pm,
Norman Road, London E6 6HN**

Ages 4-11 years, Face-to-face and Free

Join East Ham Community Neighbourhood team at East Ham Nature Reserve, explore their outdoor story trail and pick up your very own activity pack. Please note: This event is for East Ham residents only.

However, the story trail will be in place for all visitors to enjoy from Thursday 3rd June – Sunday 6th June.

INFO To book your place at this event or to collect an activity pack from East Ham Library please visit:
<https://thegreatoutdoorseastham.eventbrite.co.uk>

Trinity Day Care Nursery

May Half-term Programme

**Tuesday, 1st June – Friday 4th June,
10.00am – 3.00pm**

East Avenue, Manor Park, London, E12 6SG

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

Cost: £18 per session

The exciting programme during the holidays will include the following activities: Paper Plate Fish, Fruit Smoothie making, Toothpick and Playdough Structure and a Picnic at Plashet Park.

INFO For information and to book:
www.trinitydaycarenursery.org
Email: nursery@thetrinitycentre.org or 020 8552 3992

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 May Half-term activities please visit the pages below

Beckton and Royal Neighbourhood

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

Canning Town and Custom House

(Edith Kerrison and Keir Hardie)

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

East Ham Neighbourhood

(Altmore Children Centre and Oliver Thomas Children Centre)

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

Forest Gate Neighbourhood

(Kay Rowe Children Centre and Maryland Children Centre)

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

Green Street Neighbourhood

(St Stephens Children Centre)

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

Manor Park Neighbourhood

(Manor Park Community Children Centre/ Sheringham)

https://www.sheringham-nur.org.uk/?page_id=2585

Plaistow Neighbourhood

(Plaistow Children Centre)

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

Stratford and West Ham Neighbourhood

(Rebecca Cheetham Children Centre)

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





SUPPORT SERVICES

CLICK!



HEALTH

CRISIS &
COUNSELLING

FOOD &
FUNDING
SUPPORT

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

**Questions about council services
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. The advice is available 24 hours a day, 7 days a week.

COVID-19 Support

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

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

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

Many people have COVID-19 without symptoms, so it is important to get tested even if you DO NOT have symptoms to protect people around you. You can book a free rapid COVID-19 test (also known as a Lateral Flow Test), with results available in less than 40 minutes.

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.

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

You can also attend without booking an appointment, however this will be subject to availability.

You can also collect a home test kit (7 tests in a box) from a collection point across the borough or order a box of test kits online to be delivered to your home. To find out more visit www.newham.gov.uk/coronavirus-covid-19/covid-19-testing/3

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

Over 120,000 people in Newham have already had the first dose of their Covid-19 vaccination. 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 book your vaccination by going 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**.



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 26th May 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; 0797 081 3937

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>

ChatHealth

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/kYhf9jAlHxk>

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>

FOOD AND FUNDING SUPPORT

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

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** 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**

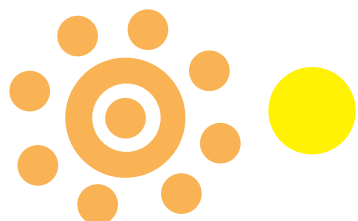
Open: 8am–8pm, 7 days a week. Eligibility details here: **<https://nhsvolunteerresponders.org.uk/services>**

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 May half term 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 £15 to cover the cost of the one-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 before half-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

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)

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 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

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

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 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 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.

Befriending Support

INFO You can call Connect Newham on 020 3954 3224 or email 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.

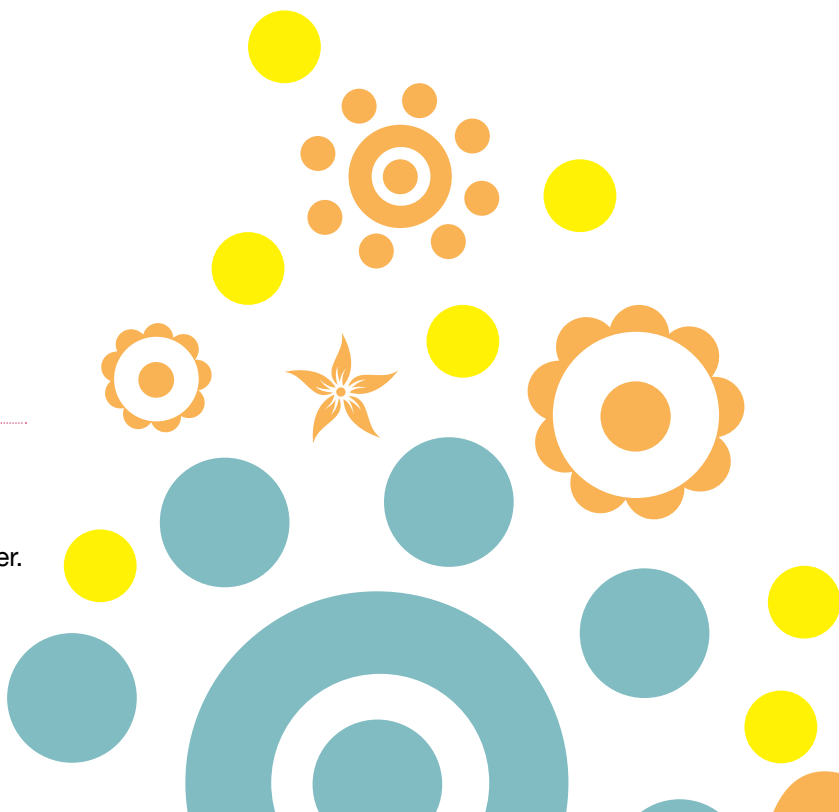
You can access Connect Newham if you are:

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

HeadStart: All About Me Journal

INFO <https://www.headstartnewham.co.uk/resources-2/>

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.





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.

Street Tag is launching on 10 May. Don't miss out!

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

Age 13-25?

Need a place

to study?

Visit Newham Libraries

Weekdays
4pm- 7:45pm*

Beckton	Tuesday & Wednesday
Canning Town	Monday & Friday
East Ham	Monday & Friday
Forest Gate	Tuesday & Friday
Manor Park	Monday & Wednesday
Plaistow	Wednesday & Thursday
Stratford	Tuesday & Thursday

**Dedicated Study Space for
13 - 25 year olds**

**1 person study spaces
available**

PC access, Wi-fi and printing

**Call or pop in to your local
library to book a study space**

*13-25s only after 5pm
Masks required





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



 **@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>

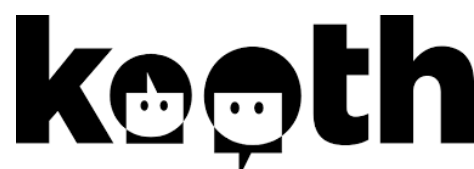


The More than Mentors team would like to ensure young people and their families can access support when needed.

ORGANISATIONS OFFERING FREE SUPPORT



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 Mi 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

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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.haverincab.org

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



DEBT ADVICE

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 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

People at the Heart
of Everything We Do

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



1362497

For free translation phone

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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

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Перевод – бесплатно. Звоните

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Also for Audio, Large Print and Braille, phone

0800 952 0119

© The Language Shop

2021 NEWHAM YEAR OF THE YOUNG PERSON



*Please note the images were taken pre-covid

**Wishing all young people and families a safe,
healthy and exciting May Half-term 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.