

WE ARE FUN.

WE ARE NEWHAM.



SUMMER 22 HOLIDAY PROGRAMME

MESSAGE FROM THE MAYOR



Hello Everyone,
I hope you are all set to enjoy the hot weather, and I am so excited about all the fun

activities we have planned for you and your friends as detailed in this Summer 22' Holiday Programme brochure!

As your Mayor, I want to make sure that we offer a wide-ranging package of fun and interesting things for you to do and experience.

This year will see a full and exciting range of fun and engaging activities for a variety of ages. This brochure sets out all the things and there is something for everyone: both outdoors and indoors, physical activity, creative and thoughtful immersive experiences for many ages and all of them are inclusive.

We have everything from pony riding to street tag, and from Go-karting to mini yoga. Taking inspiration from the Commonwealth Games and the

Olympics and Paralympic sports – there is an exciting array of things to join in with.

Our libraries will be open, providing a brilliant choice of activity, from Making Art to the Gamers Zone, and from Dance club to Mad Science. If its writing, the environment, Magic Maths or Popcorn and Movies that's your bag – there is something for everyone.

Our fantastic Youth Zones will also be offering a great choice of things to get involved in. We have a great range of activities for those with special education needs and disabilities. And many activities are there for our younger children through nurseries, children's centres and play schemes.

Much of this year's activities are face-to-face, but there are still some which are online only, so make sure you check out the details on the website.

We are also providing young people and their families with information on how to stay healthy and secure and how to access support should

CLICK!



it be required. Importantly, a free nutritious meal is available for all those attending who are eligible, with full details in this brochure.

So please do access the activities and events on offer, and I wish you all a fantastic and safe summer!

Have fun!

Rokhsana Fiaz OBE
Mayor of Newham

🐦@rokhsanafiaz
📷@rokhsana_fiaz

- Check out our journey of child web link also here:

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

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For your online version of this Summer Activity programme, go to:

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



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 & 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:
summerprogramme@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

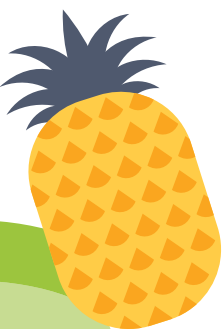
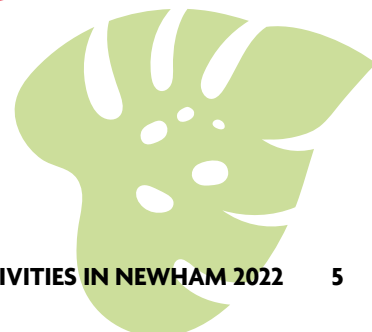
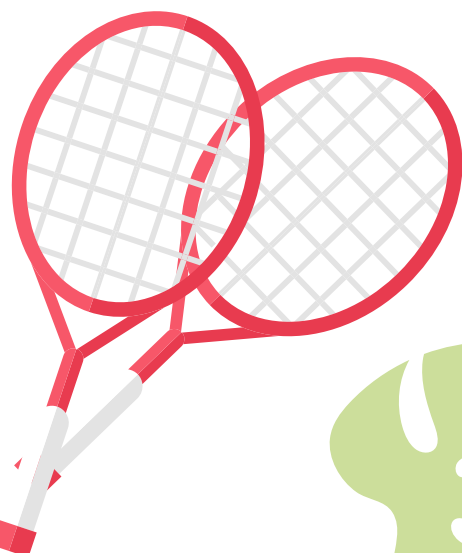
It is important that all parties have the ability to raise any safeguarding or other concerns. These are guidance signposts where all parties can report harmful or upsetting content, as well as bullying or online abuse.

Harmful or Upsetting content

- Report harmful online content to: <https://saferinternet.org.uk/>
- Review guidance from: <https://educateagainsthate.com/>

Bullying or Abuse Online

- Advice from National Crime Agency's: Child Exploitation and Online Protection command <https://www.ceop.police.uk/Safety-Centre/>
- Advice and support from Anti-Bullying Alliance for children who are being bullied
Advice and support from <https://anti-bullyingalliance.org.uk/>
- Tootoot to provide a confidential route for children and young people to report bullying or abuse
<https://tootoot.co.uk/>





CLICK!



**PHYSICAL
HEALTH**

LIBRARIES

**HOLIDAY
ACTIVITIES**

**YOUTH
EMPOWERMENT
SERVICES**

**SPECIAL
EDUCATIONAL
NEEDS &
DISABILITIES**

**NURSERIES,
CHILDREN
CENTRES &
PLAY
SCHEMES**





PHYSICAL HEALTH

Women's European Football Championship Festival

Free football themed festival with Wapping Youth Football Club. Come along and have a go at football pool, inflatable football darts, football rounders, football tennis and fitness drills.

DATES/TIME

Saturday 30 July

12noon-4pm

AGE

5 years and over

PLACE

Central Park, High Street South, East Ham E6 6ET

TO BOOK

No booking required. Just turn up.

Street Tag

Street Tag is a FREE fun, family-friendly game using your smartphone which encourages you to get out and about earning points for being active!

By participating you have a chance to explore and discover your local area, parks and green spaces. Walk, run, cycle and scoot, collecting virtual tags along the way! These tags are worth points that add up on your local leader board giving everyone the chance to win prizes. Street Tag helps to support an active lifestyle and improves mental wellbeing. Don't miss out, join the Street Tag community today! Download the Street Tag app on the App Store or Play Store. For more information, please visit



ACTIVE NEWHAM

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

Active Minis

This summer activeNewham have a range of free activities taking place across Newham for 3-5 year olds to keep them entertained. Join Mini Tennis, FUNdamental Movements, Mini Kickers and Mini Yoga sessions.

DATES/TIME

25 July - 26 August

11am-12noon

PLACE

Beckton District Park (North), Tollgate Road, Beckton, E16 3SW

MEETING POINT: Playground

Central Park, High Street South, East Ham E6 6ET

MEETING POINT: Park Cafe

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

MEETING POINT: Old Changing Rooms

Plashet Park, Plashet Grove, Forest Gate E6 1DQ

MEETING POINT: Bowls Club

Stratford Park, West Ham Lane, Stratford E15 4PT

MEETING POINT: Changing Rooms/ Covered MUGA

SESSIONS

Mini Tennis - Serve, Volley, and Smash your way through Summer with this tennis session.

FUNdamental Movements - Fun movement skills developing "building blocks" needed throughout children lives.

Mini Kickers - Fun participation sessions that provide the ideal first step on a young person's Football for Life journey.

Mini Yoga - Simple yoga poses can be great to help kids get to know their bodies and work on balance and stretching.

TO BOOK

<https://tinyurl.com/NewhamSummerYouthactivity>

CONTACT

E: sports@activenewham.org

T: 07741 293506



Olympic & Paralympic Sports

SESSIONS

Free activities for children and young people to start the celebration of the up and coming 10 year anniversary of London 2012. Come and try a variety of Olympic and Paralympic Sports with activeNewham. Sessions include combat sports (taekwondo, judo, karate, boxing), racquet sports (tennis, badminton, table tennis) and team sports (football, basketball, volleyball, hockey, handball, baseball/softball, rugby).

DATES

Monday - Friday 25 July - 26 August

TIMES/AGE

12-2pm – 5-11 years } 2-4pm – 12-16 years

PLACE

Beckton District Park (North), Tollgate Road, Beckton, E16 3SW

MEETING POINT: Playground

Central Park, High Street South, East Ham E6 6ET

MEETING POINT: Park Cafe

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

MEETING POINT: Old Changing Rooms

Plashet Park, Plashet Grove, Forest Gate E6 1DQ

MEETING POINT: Bowls Club

Stratford Park, West Ham Lane, Stratford E15 4PT

MEETING POINT: Old Changing Rooms/Covered MUGA

TO BOOK

<https://tinyurl.com/NewhamSummerYouthactivity>

CONTACT

E: sports@activenewham.org

T: 07741 293506

Rowing

activeNewham are working with London Youth Rowing to provide free rowing sessions aimed at complete beginners, taking participants through land training exercises, equipment handling and on-water rowing boats.

DATES

Week 1: Monday 25, Tuesday 26, Thursday 28 & Friday 29 July

Week 2: Monday 1, Tuesday 2, Thursday 4 & Friday 5 August

Week 3: Monday 8, Tuesday 9,

Thursday 11 & Friday 12 August

TIME

10am-1pm

PLACE

Royal Docks Adventure, 1012 Dockside Rd, E16 2QT

AGE

12-16 years

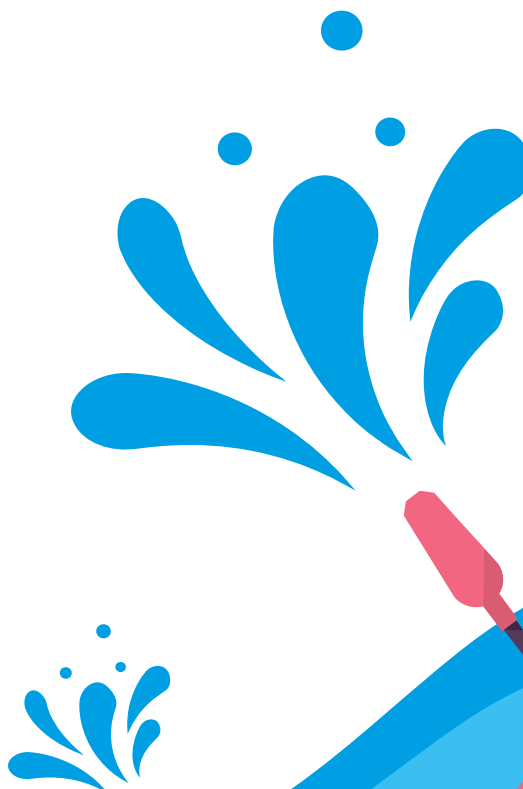
TO BOOK

<https://tinyurl.com/NewhamSummerYouthactivity>

CONTACT

E: sports@activenewham.org

T: 07741 293506





Commonwealth Games Festivals

activeNewham are providing free activities for children, young people and families to celebrate the Commonwealth Games. Come along and try a number of taster sessions in a variety of Commonwealth Games sports including badminton, table tennis, cricket, volleyball, basketball, boxing, judo, rugby and athletics.

DATES/PLACE

Saturday 6 August

Central Park, High Street South, East Ham E6 6ET

Sunday 7 August

Stratford Park, West Ham Lane, Stratford E15 4PT

TIME

12-4pm

AGE

5 years and over

TO BOOK

Book at: <https://tinyurl.com/NewhamSummerYouthactivity>

CONTACT

E: sports@activenewham.org

T: 07741 293506

BMX sessions

Free BMX sessions with Community Outdoor Group (COG).

DATES

25 July - 2 September

SESSIONS/TIMES/AGE

Mondays and Wednesdays BMX

10am-12noon – under 10s

12-2pm – over 10s

Fridays BMX SEND and Balance Bike

10-11am and 11am-12noon – SEND

12-1pm and 1-2pm – Balance Bike

PLACE

Gooseley Playing Fields (BMX Track), St Albans Avenue, East Ham E6 6HU

INFO

No booking required. Just turn up.

Please note: adults will need to attend to register children.

Bikes and helmets provided.

Please wear long sleeve tops, long trousers and full finger gloves.

CONTACT

E: info@cogcycling.co.uk

StreetGames and London Youth Summer Celebration

Newham organisations are invited to celebrate 10 years since London 2012 by bringing children and young people to the StreetGames and London Youth Summer Celebration Multi-Sport Festival. Children and young people will have the chance to take part in over 25 different sports! Book your organisation in early to avoid disappointment.

DATES

Thursday 25 August

TIME

10.30am-4.30pm

PLACE

CopperBox Arena, Queen Elizabeth Olympic Park, E20 3HB

AGE

8-18 years (children and young people must attend with an organisation).

TO BOOK

<https://www.eventbrite.co.uk/e/summer-celebration-eventtickets-369036727787>



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 – 8pm

Canning Town

18 Rathbone Market, Barking Road,
London E16 1EH
020 3373 0854
Monday – Saturday: 9am – 8pm

Custom House

Prince Regent Lane, E16 3JJ
020 3373 0855
Monday, Tuesday, Thursday, Saturday:
10am – 6pm

East Ham

328 Barking Road, E6 2RT
020 3373 0827
Monday – Saturday: 9am – 8pm

Forest Gate

2-6 Woodgrange Road, E7 0QH
020 3373 0856
Monday – Saturday: 9am – 8pm

Green Street

337 -341 Green Street, E13 9AR
020 3373 0857
Monday – Saturday: 10am – 8pm

Manor Park

658 – 693 Romford Road, E12 5AD
020 3373 0858
Monday – Saturday: 10.30am – 5pm

North Woolwich

5 Pier Rd, E16 2LJ
Monday, Tuesday, Saturday:
9.30am – 5.30pm
Thursday: 1pm – 8pm
02033730843

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: 9am – 8pm,
Sunday: 12pm – 4 pm

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 www.newham.gov.uk/libraries-arts-culture/newham-library-services

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: www.youtube.com/user/LBNewham

Summer Reading Challenge

The theme for the Summer Reading Challenge 2022 is 'Gadgeteers' – designed to spark children's curiosity about the world around them. With resources and activities from the Science Museum Group, the challenge focuses on inspiring children to see the science and innovation behind everyday objects, showing that reading and science are for everyone. See page 19.

INFO Head down to your local library for more information.





ACTIVITIES AT YOUR LOCAL LIBRARY

Beckton Library

INFO Spaces are limited, 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 chose books to read for the Summer Reading Challenge.

Make a pot of slime (ages 4-12)

Fridays 5, 19 and 27 August 3-345pm

Make a pot of slime. Limited to 25 places per session.

Singalong storytelling (ages 0-6)

Tuesdays 26 July, 2, 9, 16, 23, 30 August 10.30-11.30am

Interactive storytelling and nursery rhymes

Lego Club (ages 3-12)

Wednesdays 27 Jul 7, 3, 10 ,17 and 24 August 4-5pm

Saturdays 6, 13 and 20 August 4-5pm

Build your own designs in our free club

Make Art (ages 4-12)

Saturdays 30 July and 13 August 3-3.45pm

Friday 12 August 3-3.45pm

Families can come and make art to take away and display at home.

Limited to 25 places each session.



Canning Town Library

INFO Spaces are limited, 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.

Nursery Rhymes (ages 0-5)

Tuesdays 19, 26 July, 16 and 23 August 10.30am – 11.15am

Join us for a singalong and fun nursery rhymes

Arts & Crafts (ages 5+)

Wednesday 20 July 4-5pm

Wednesday 3, 10, 17 and 24 August 2pm – 3pm

Come and show us your crafty side.

Board Games (ages 5+)

Thursdays 21, 28 July and 18 August 4pm – 5pm

Challenge yourself with fun games

Story Time/Stay & Play (ages 0-5)

Friday 22 July 4pm – 5pm

Friday 29 July, 12, 19 and 26 August 3pm – 4pm

Make new friends and hear some great stories

Lego Club (ages 5+)

Mondays 25 July, 1, 8 and 22 August 2pm – 3pm

Come and show off your creative building skills

Pins Art

Tuesday 2 August 2pm

Games Afternoon (ages 5+)

Thursday 4 August 2pm – 4pm

Join us for some fun and games

Family Movie (All ages)

Friday 5 August 2pm

Immerse yourself in the magical world of movies

Fizz Pop

Tuesday 9 August 11am

Cupcake Decorating (ages 5+)

Thursday 11 August 2pm – 4pm

Have some delicious fun

Neal Zetter

Monday 15 August 2pm

Prepare Robo

Thursday 25 August 2pm



East Ham Library

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

Gadgeteers Art & Craft (ages 4-11)

Monday 25 July 1, 8, 15 and 22 August 12pm-1.30pm

Create your own Gadget of your choice

Spelling Bee (ages 5-11)

Mondays 25 July, 1, 8, 15 and 22, August 2.30-3.30pm

Best speller win a prize per category

Lego Gadgeteers (ages 2-11)

Tuesdays 26 July, 2, 9, 16, 23, 30 August 12pm-1.30pm

Build your gadgets from scratch with Lego

Family movie (ages 2-11)

Tuesdays 2, 9, 16, 23 and 30 August 3pm-4.30pm

Come and enjoy a family film with a different

Rhyme Time Storytelling/Colouring (ages 0-5)

Wednesdays 27 July 3, 10, 24, 31 August 10.30am-11.30am

Come and enjoy funny stories

Gadgeteers (ages 5-12)

Wednesday 27 July

Wordsearch and colouring (ages 5-12)

Wednesdays 3, 17, 31 August 1.30pm-2.30pm

Search for your favourite Gadgeteers words colour gadgets in your favourite colour

Pink wall Art and Craft for Gadgeteers (ages 3-11)

Thursdays 28 July 4, 11, 18 and 25 August 11am-12.30pm

Design your own Gadget for the pink wall

Gadgeteers slime (ages 3-11)

Thursdays 28 July 11, 18, 25 August 3pm-4pm

Make your slime with many colours and glitters

Gamers Zone (ages 2-13)

Fridays 29 July, 5, 12, 19, 26 August 11am-1pm

Come and enjoy brilliant Gadgeteers games

Lego Extravaganza (ages 2-11)

Fridays 29 July 5, 12, 19, 26 August 2pm-3.30pm

Make your favourite toys from Lego

Popcorn and movies (ages 2-13)

Saturdays 30 July 6, 13, 20, 27 August 2pm-4pm

Join us and enjoy your favourite family film

Gadgeteer colouring competition (ages 2-8)

Saturday 30 July, 6, 13, 20 August 12pm-1pm

Come to win a prize for the best gadget colouring. 5 winners will be chosen

Summer fun stay and play (ages 3-11)

Saturday 27 August 10am-12pm

Come sit chat and meet other family to enjoy few hours of fun with the kids

Forest Gate Library

INFO Spaces are limited, 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.

BINGO

Mondays 25 July, 1, 8, 15 and 22 August 11.30am-12.30pm

A fun game for all the family. There is a chance to win prizes.

Gageteers Arts & Crafts

Mondays 25 July, 1, 8, 15, 22 August 4-5.30pm

Join our special Summer Reading Challenge art workshop for children and Young adults.

Under 5's Rhyme Time (ages 0-5)

Tuesdays 26 July, 2, 9, 16 and 23 August 11am-12pm

Join us for a lovely storytelling and sing along with a fun simple craft activity. Some sessions in collaboration with HSBCs Financial Education Programme.

Kids Gaming Club (ages 0-7)

Wednesdays 27 July, 3, 10, 17 and 24 August 4-5pm

Have fun at our games club; try playing our PS4, board games and more.

Story Telling (ages 0-5)

Thursdays 28 July, 4, 11, 18 and 25 August

Join us for a lovely storytelling and sing along with a fun simple craft activity.

Children's Table Tennis

Thursdays 28 July, 4, 11, 18 and 25 August 3.30-5.30pm

Fun for everyone.

LEGO club

Fridays 29 July, 5, 12, 19 and 26 August 4-5.30pm

Join us and use your imagination to see what you can build at our Lego Club.

Getting to know the nature

Fridays 5, 12, 19 and 26 August 2-4pm

Gardening in collaboration with local community gardens. First part of the session (2-3pm) in the library and 2nd part (3pm onwards) in the local gardens!

Kids Movie Club

Saturdays 30 July, 6, 13, 20 and 27 August 12.30-2pm

Film clubs provide young people with a rare opportunity to be part of something fun, creative and sociable. Come and join us!

Dance Club

Saturdays 30 July, 6, 13, 20 and 27 August 4.30-5.30pm

Come and learn dance styles from different cultural Modern, Hip Hop and more.





Green Street Library

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

Story and Rhymes (ages 0-8)

Mondays 1, 8, 15 and 22 August 12pm

Thursdays 4, 11, 18 and 25 August 12pm

Join us for a story and rhyme session that will make you sing and smile.

Gadgeteers Get Crafty (ages 7-12)

Mondays 1, 8, 15 and 22 August 2-4pm

Wednesdays 3, 10, 17 and 24 August 2-4pm

Fridays 5, 12, 19 and 26 August 2-4pm

Come and show us your skills with our Art and Craft, be prepared to use your imagination.

Messy Play (ages 0-5)

Tuesdays 2, 9, 16 and 23 August 10.30-11.30am

Fun session for under 5's, sensory play and family fun.

Games Club (ages 5-12)

Tuesday 2, 9, 16 and 23 August 2-4pm

Come play board games, Boccia and other fun games.

Let's Get Cooking (ages 7-12)

Wednesday 17 August 12pm

Let's get cooking, using ingredients and Maths to make something delicious.

Robolab (ages 7-12)

Thursday 11 August 12pm

Make Robots and see them come to life; test your mind and skills.

Recycling Workshop (ages 5-12)

Thursday 4 August 2-4pm

Join us for a fun session making amazing creations with your everyday items.

Tots Sensory Session (ages 0-5)

Fridays 5, 12, 19 and 26th August 10.30-11.30am

Fun session for under 5's, sensory play and family fun.

Lego Inventors Get Creative (ages 5-12)

Saturdays 6, 13, 20 and 27 August 11am-1pm

Build and learn, let us inspire young inventors to do great things.

Movie Time

Saturdays 6, 13, 20 and 27 August 4-6pm

Enjoy your favourite movies with friends.

Mad Science Quizzes and Experiments (ages 7-12)

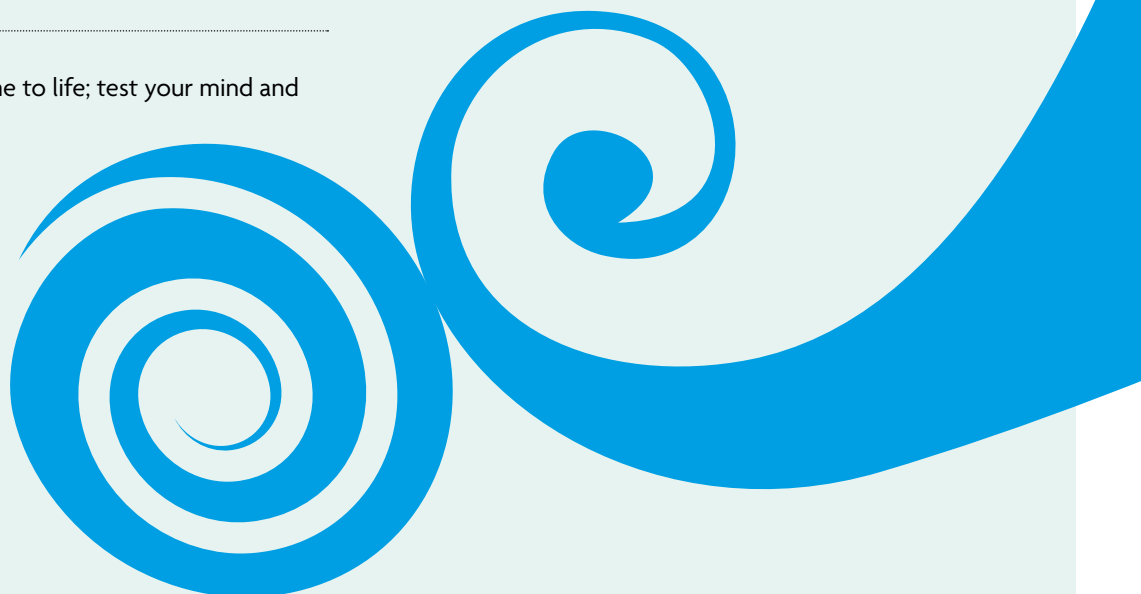
Saturdays 13, 20 and 27 August 2-4pm

Join us for a session that will blow your mind, young scientist show us your skills.

Bingo Mania (ages 7-12)

Saturdays 6, 13 and 20 August 2-4pm

B.I.N.G.O Let's play Bingo, join friends for a fun session and win prizes.



Manor Park Library

INFO Spaces are limited, 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.

Gadgeteers Art & Craft (ages 4-11)

Mondays 25 July, 1, 8, 15, 22 August 12-1.30pm
Saturdays 6,13,20,27 August 3.30pm-5.30pm

Create your own Gadget of your choice

Make Gadgeteer Recycled Books (ages 5-11)

Monday 25 July 2pm-3.30pm
Have fun creating your own recycled book and add your own story

Make Concertina Books (ages 5-12)

Monday 15 August 2-3.30pm
Turn yourself into a Gadgeteers Super Hero, with a mask for summer

Gadgeteers Lift Up The Flap Card (age 2-12)

Monday 22 August 2-3.30pm
Surprise your friend with a lift up flap card, you choose the theme

Lego Gadgeteers (ages 2-11)

Tuesdays 26 July, 2, 9, 16, 23, 30 August 12pm-1.30pm
Surprise your friend with a lift up flap card, you choose the theme

Family Movie (ages 2-11)

Tuesdays 2, 9, 16, 23, 30 August 3pm-4.30pm
Come and enjoy a family film with a different

Creative Club Gadgeteers (ages 5-12)

Wednesdays 27 July, 3, 10, 24, 31 August 2.30pm-3.30pm
Come and create your own gadget

Lego Extravangza (ages 5-12)

Thursdays 28 July, 4, 11, 18, 25 August 12.30pm-1.30pm
Fridays 29 July 5,12,19, August 2pm-3.30pm
Be creative with Lego

Gadgeteers Slime (ages 5-12)

Thursdays 28 July, 11, 18, 25 August 2-3pm
Make your slime with many colours and glitters

Gamers Zone (ages 5-12)

Fridays 29 July, 5, 12, 19, 26 August 11am-12pm
Come and enjoy brilliant Gadgeteers games

What's Your Story? (ages 5-12)

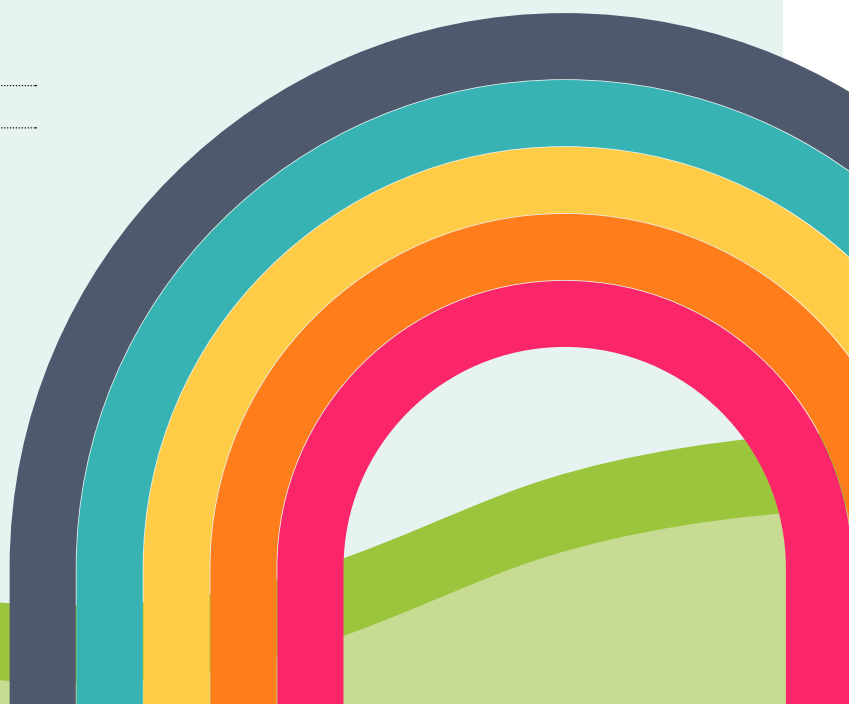
Friday 26 August 2.30-4pm
Come and enjoy brilliant Gadgeteers games

Popcorn and movies (ages 5-12)

Saturday 30 July
Join us and enjoy your favourite family film

Gadgeteer Colouring Competition (ages 5-12)

Saturday 30 July, 6, 13, 20, 27 August 2-3pm





North Woolwich Library

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

Family Games (All)

Mondays 25 July, 1, 8, 15 and 22 August 4-5pm

Joining family games has lots of benefits. It's a social form of play that doesn't involve screens.

Valuable bonding time for the whole family.

Your child can learn a variety of skills such as turn-taking, working as a team and patience, while having fun! Playing traditional family games can be great fun for you and your child. Come and join us!

Creative Fun with Arts & Crafts (under 12)

Tuesdays 26 July, 2, 9, 16, 23, 30 August 4-5pm

Come and have fun with creative arts and crafts.

Lego (Age 5-16)

Wednesdays 27 July, 3, 10, 17, 24 and 31 August 4-5pm

Saturdays 30 July, 6, 13, 20 and 27 August 4-5pm

Join us to make amazing Lego creations.

Board Games (Age 16 Under)

Thursdays 28 July, 4, 11, 18 and 25 August 4-5pm

Come and have fun with a range of board games.



Stratford Library

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

Board Games

Mondays 25 July, 1, 8, 15 and 22 August 10am-11am

Various Board games set up for families to engage among each other and compete.

Colouring / Crosswords (ages 2-16)

Tuesdays 26 July, 2, 9, 16 and 23 August 10-11am

Children can let their imagination fly and expand their creativity in this session where they can colour or paint different canvases that will be provided from the library.

Chess Club (ages 5-16)

Tuesdays 26 July, 2, 9, 16 and 23 August 10-11am

Chess Club where a tutor will be teaching families how to play chess and will introduce them to a new world of tactics and planning skills.

Movie Club (ages 2-16)

Wednesdays 27 July, 3, 10, 17 and 24 August 10am-12pm

Every week children will be given a few choices of films where they can explore new adventures and share their thoughts on the film with their families.

Writing Competition (ages 5-16)

Thursdays 28 July, 4, 11, 18 and 25 August 10-11am

Children will be asked to come up with adventurous and ingenious stories for this writing.

Lego Club (ages 5-16)

Thursdays 28 July, 4, 11, 18 and 25 August 3-4pm

Children will become architects for a day to build up funny and ingenious constructions.

Arts & Crafts (ages 2-16)

Fridays 29 July, 5, 12, 19 and 26 August 10-11am

Creativity will be in place when arts & crafts are involved, every week children will be given a new activity to enjoy.

Storytelling (ages 0-5)

Saturdays 30 July, 6, 13, 20 and 27 August 10-11am

Children will attend an adventurous session where no day is the same, will they fight a dragon or perhaps share a good meal with bear family?

Scavenger Hunt (ages 2-16)

Saturdays 30 July, 6, 13, 20 and 27 August 4-5pm

Treasures await those who are willing to read through the clues and explore the library in their quest.

Tables Tennis (ages 5-16)

Sundays 31 July, 7, 14, 21 and 28 August 12-3pm

Family fun where children can teach adults how to properly play table tennis.





SUMMER READING ACTIVITIES

The theme for the Summer Reading Challenge 2022 is 'Gadgeteers' – designed to spark children's curiosity about the world around them. With resources and activities from the Science Museum Group, the Challenge focuses on inspiring children to see the science and innovation behind everyday objects, showing that reading and science are for everyone. The Challenge and the accompanying book collection will show that imagination can unlock endless possibilities, and the library is where this starts. Through taking part in the Challenge, children will be able to join six fictional 'Gadgeteers.' The characters use their curiosity and wonder to understand the science behind a whole range of interests from fashion and technology to cooking and music.

All our children's Summer Reading Challenge library events this year are 'Gadgeteer' themed. Do come and take a look, but don't forget to book!

Summer Reading Challenge Author Event

Join our children's author event across Newham Libraries. Try your hand at some creative writing too.

Author Charlotte Browne

Thursday 28 July

2pm Beckton Library

Author Fiona Lumbers

Tuesday 3 August

2pm Forest Gate Library

Author Sufiya Ahmed

Thursday 4 August

2pm East Ham Library

Author Jess Wade

Friday 5 August

2pm Plaistow Library

GO GADGETEES - Workshop

Join artist PiNS to help you design your own t-shirt inspired by your favourite gadget, exploring various arty application techniques in the process. All materials provided. Age 6+ Wild imaginations and booking essential!

Monday 25 July

2-4pm Custom House Library

Tuesday 26 July

2-4pm East Ham Library

Wednesday 27 July

2-4pm Forest Gate Library

Thursday 28 July

2-4pm Green Street Library

Friday 29 July

2-4pm Manor Park Library

Monday 1 August

2-4pm Beckton Globe Library

Tuesday 2 August

2-4pm North Woolwich Library

Wednesday 3 August

2-4pm Plaistow Library

Thursday 4 August

11-1pm Canning Town Library

Friday 5 August

2-4pm Stratford Library



Magic Maths

Predicting the future, reading minds, sending secret messages and making objects vanish are easy when you are a maths magician. Matt's aim is to give his audience tricks they can go away and use to amaze their friends and families. However, in doing so, they will be exposed to, and be using, a surprising amount of maths. With shapes, symmetry, patterns and numbers forming the basis of the maths behind the magic.

Wednesday 27 July

11am Canning Town Library

Gadgeteer Everyday Science with Atomic Anthony

This summer, Atomic Anthony from Fizz Pop Science will be back to support this year's super Summer Reading Challenge: The Gadgeteers. We will do some cool experiments to explore how science is behind so many of the things we use. Some funky physics and cool chemistry will wow participants, and everyone will get to make a great science gadget of their own to take away.

Age 5+

Monday 8 August

11am Beckton Library

2pm North Woolwich Library

Tuesday 9 August

11am Canning Town Library

2pm Custom House Library

Wednesday 10 August

11am Manor Park Library

2pm East Ham library

Thursday 11 August

11am Forest Gate Library

2pm Stratford Library

Friday 12 August

11am Plaistow Library

2pm Green Street Library





Gadgeteer Rap 'n' Rhyme

'Rhythm, Rap & Rhyme' your way through summer with award-winning children's author and funny poet, Neal Zetter. In these FREE interactive sessions Neal will feature poems linked to the SRC Gadgeteers theme - 'Gadget Man, from his book 'Here Come the Superheroes'. You'll then get the chance to create your own fun poem and illustration. Neal will also offer his books for sale and sign after the session.

Ages 6-12 with parents, carers and wee ones welcome.

Monday 15 August

11am Custom House

2pm Canning Town Library

Tuesday 16 August

11am North Woolwich Library

2pm Beckton Library

Wednesday 17 August

11am East Ham Library

2pm Manor Park Library

Thursday 18 August

11am Green Street Library

2pm Plaistow Library

Friday 19 August

11am Stratford Library

2pm Forest Gate Library

Gadgeteer Robo Lab

Join us for a fun session building LEGO robots. Create them from scratch and see them go! During workshops children will learn how to build simple constructions using LEGO parts, add controllers, motors and sensors; and then explore how their creations perform a given task. All with the help of one of our experienced instructors.

Booking essential.

Age 7+

Monday 22 August

11am Plaistow Library

2pm Green Street Library

Tuesday 23 August

11am Beckton Library

2pm North Woolwich Library

Wednesday 24 August

11am Manor Park

2pm East Ham Library

Thursday 25 August

11am Custom House Library

2pm Canning Town Library

Friday 26 August

11am Forest Gate Library

2pm Stratford Library





HOLIDAY ACTIVITIES

SPORT AND LEISURE

Newham Riding School

Pony and Horse Riding

Pony and horse rides every Thursday between 1pm and 3pm, Newham Riding School & Association Limited, Docklands Equestrian Centre, 2 Claps Gate Lane, Beckton, E6 6JF.

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

OWN A PONY £45.00 FOR THE DAY.

PONY RIDES £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

West Silvertown Foundation

Summer fun day

20th August, Saturday 1:00 -5:00 pm.

This will include live performances, animal encounters, bouncy castles, face painting and more! Everything is free (other than the food stalls).

Location: Britannia Village Green, 49, 53 Hanameel St, London E16 1UA

INFO To find out more email: families@wsfroyaldocks.org or call 0207 511 6118.



WE ARE SUPPORTING FAMILIES.

WE ARE NEWHAM.

**FREE
SUMMER
HOLIDAY
CLUB PLACES
WITH
DELICIOUS
MEALS
EACH DAY**



FOR SCHOOL AGED CHILDREN IN RECEIPT OF BENEFITS RELATED FREE SCHOOL MEALS

FOR MORE INFORMATION AND TO BOOK A PLACE VISIT

WWW.NEWHAM.GOV.UK/HAF



Holiday Activities
and Food Programme
funded by



Department
for Education

BUILDING A
FAIRER
NEWHAM



MUSIC, THEATRE & DANCE

Newham Music

Newham Music Summer Programme

Ages 10-20, Tuesday, 30 August 1pm-6pm, face to face and free, Stratford Youth Zone, Theatre Square, E15 1BX

NewYVC is the leading youth choir in the borough. It provides exceptionally high-level music training and eventually leadership training in order to enable young people to follow a professional pathway into music teaching, leadership and performance.

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, 27 July-25 August, 9am-5pm, Sat/Sun closed

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

AA Coding Taster Session

Ages 7-16, from 26 July to September, last Saturday every month 2pm

Online via Google Classroom

Free Monthly coding sessions to help them get familiar with new applications.

The programs offered in Academy Achievers taster sessions include:

- Minecraft
- Python
- Scratch
- TinkerCAD and much more

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

Register here: <https://forms.gle/xE9xiGoXDIFPudH59>



ARTS & CRAFT

Caramel Rock

Summer Fashion Programme

Face-to-face sessions for ages 11-16.

Time: 1-19 August, 10am-3pm.

Location: 17-18 Lower Dock Walk, E16 2GT

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 at info@caramelrock.com or call 0207 7475 3222 to book a place.

ENVIRONMENT

Waste & Recycling East London Waste Authority

Repair Café

For children and families, Saturday, 13 August, 11am– 14pm at East Ham Library. Parental supervision is compulsory during the event.

Join East London Waste Authority and London Borough of Newham for our free Repair Café where our repair experts will help you repair your broken household items including small electrical appliances & children's toys, digital devices, clothing and bicycles.

Refreshments are provided so grab a drink on us and watch our repairers give live 'How to...' demonstrations throughout the event.

A great event for the whole family to learn new skills.

INFO For information <https://eastlondonwaste.gov.uk/repair-cafes/> or contact Michaela Main at Michaela.Main@eastlondonwaste.gov.uk, or Ruma Jana at Ruma.Jana@newham.gov.uk

A Storytelling, Plastic-Free Workshop

For children and families. Preventing Single Use Plastic – Thursday, 28 July, 3.30-4.30

Preventing Single Use Plastic

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 prevent single-use plastics in our daily life.

Story time for children – Virtual Recycling Workshop 'Introducing Gadgeteers' – Friday, 12 August 4:30pm

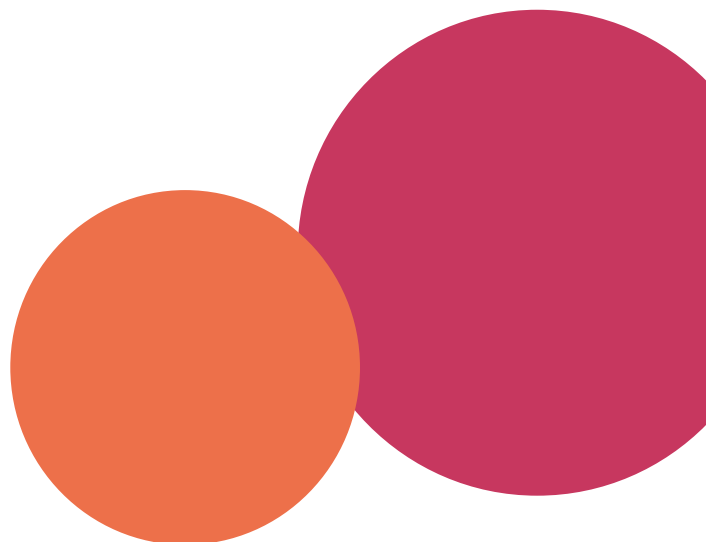
Recycle for your community and Newham Council are joining forces to bring you an exciting eco-themed workshop to support Summer Reading Challenge 2022.

You will get a chance to design your very own Eco-themed Gadget. Your gadget will include important eco messages; discover the amazing science and innovation behind the world around you.

INFO To book your free space at Preventing Single-Use Plastic: <https://www.eventbrite.co.uk/e/preventing-single-use-plastic-tickets-374226971947>

Once you sign up, you will get the zoom link and more details of the workshop.

To book your free space at Free Virtual Recycling Workshop, please send an email: recycleFYC@keepbritaintidy.org





YOUTH EMPOWERMENT SERVICES

Our Youth Zones are for young people aged nine-19 years old and up to 25 with SEND

You can find out more information on each youth zone's summer programme below or by visiting: padlet.com/YESLBN/YESProgramme

Beckton Globe Youth Zone

Monday 18 July – Friday 22 July

Universal Session 1-5 pm

Monday 25 July – Friday 29 July

Universal Session 1-5 pm

Monday 1 August – Friday 5 August

Universal Session 1-5 pm

Monday 8 August – Friday 12 August

Universal Session 1-5 pm

Monday 15 August – Friday 19 August

Universal Session 1-5 pm

Little Ilford Youth Zone

Monday 25 July – Friday 29 July

Southend on Sea – Tuesday

Own a Pony Day Spaces are limited, Thursday

Madame Tussaud's & Marvel Universe 4D – Thursday, 2 pm

Olympic Sport – Basketball – Friday

Monday 1 August – Friday 5 August

Go Ape – Tuesday, 2.30 pm

London Aquarium – Thursday, 2 pm

Olympic Sport - Tug-of-War – Friday

Monday 8 August – Friday 12 August

London Eye – Tuesday, 2 pm

Thames River Cruise – Thursday, 1.45 pm

Hindleap Residential – all week

Monday 15 August – Friday 19 August

Olympic Sport – Badminton – Friday

Monday 22 August 2022 – Friday 26 August 2022

Bowling – Tuesday

Electric Games – Wednesday, 2pm

Museum – Thursday

Olympic Sport – Softball – Friday

Monday 29 August – Friday 2 September

Young Drive – Tuesday

Thorpe Park – Wednesday

Cinema Day – Thursday

Olympic Sport – Boxing – Friday

Shipman Youth Zone

Please note that during the rebuilding process of Shipman Youth Zone's permanent location, our activities will take place at different temporary locations.

Tuesdays & Wednesdays – Trinity Centre

Thursdays – Custom House Library

Fridays – St. Luke's

Monday 18 July – Friday 22 July

Universal Session - 1-3.30 pm and 4-6.30 pm Tuesday & Wednesday

Universal Session 2-5.30 pm Thursday

Universal Session 4-8.30 pm Friday

Trips & Activities

Youth Assembly – Friday @Stratford Youth Zone

Monday 25 July – Friday 29 July

Universal Session - 1-3.30 pm and 4-6.30 pm Tuesday & Wednesday

Universal Session – 2-5.30 pm Thursday

Universal Session – 4-8.30 pm Friday

Social Action Workshops – Tuesday, Wednesday, Thursday

Monday 1 August – Friday 5 August

Universal Session - 1-3.30 pm and 4-6.30 pm

Tuesday & Wednesday

Universal Session – 2-5.30 pm Thursday

Universal Session – 4-8.30 pm Friday

Trips & Activities

Social Action Workshops – Tuesday, Wednesday

Monday 8 August – Friday 12 August

Universal Session - 1-3.30 pm and 4-6.30 pm

Tuesday & Wednesday

Universal Session – 2-5.30 pm Thursday

Universal Session – 4-8.30 pm Friday



Trips & Activities

Nutrition Workshop – Tuesday
Smoothie Workshop/Fruit in the box – Wednesday
Football – Active Newham – Thursday
Pool, Table Tennis and Gaming - Friday

Monday 15 August – Friday 19 August

Universal Session - 1-3.30 pm and 4-6.30 pm Tuesday & Wednesday
Universal Session – 2-5.30 pm Thursday
Universal Session – 4-8.30 pm Friday

Trips & Activities

Xpand/CAMHS – WF Stop & Search – Tuesday
Xpand/CAMHS – Fruit in the box – Wednesday

Monday 22 August – Friday 26 August

Universal Session - 1-3.30 pm and 4-6.30 pm Tuesday & Wednesday
Universal Session – 2-5.30 pm Thursday

Trips & Activities

Community Fun Day – Wednesday

Stratford Youth Zone

Monday 18 July – Friday 22 July

Sessions to be confirmed. Please visit padlet.com/YESLBN/YESProgramme for updates.

Trips & Activities

Youth Assembly – Friday @ Stratford Youth Zone

Monday 25 July – Friday 29 July

Music & Dance (14-25s) – every day – 10.30-4pm

Monday 1 August – Friday 5 August

Outreach – Tuesday and Wednesday – time & location TBC
Senior session (14-19s) – Thursday – 3-7pm
Junior Session (9-14s) – Friday – 12-4 pm

Monday 8 August – Friday 12 August

Universal Art & Wellbeing Focus
Outreach and Universal Art (9-16s) - Tuesday, 12-4 pm
Outreach and Universal Art (9-16s) – Wednesday, 2-6 pm
Senior session (14-19s) – Thursday – 3-7pm
Junior Session (9-14s) – Friday – 12-4 pm

Monday 15 August – Friday 19 August

Outreach & Universal (TRSE Summer School)
Outreach & Universal Sessions TBC
Monday 22 August 2022 – Friday 26 August 2022

Outreach & Universal, DJ Sessions – Tuesday and Thursday

Make Space (V&A) – Wednesday

BBQ Session - Friday

Monday 29 August – Friday 2 September

Choir Day – Tuesday

Forest Gate Youth Zone

Monday 18 July – Friday 22 July

Monday 5.00pm – 8.00pm

Target Youth Session (Shpresa Youth)

Poetry & Spoken word workshops

Drama workshop

Multi Sports

Tuesday 1.00 pm to 9.00pm

Universal Youth Session

Artist Development workshop

Wednesday 12.00pm – 8.00pm

Stop & Search with Police Engagement Team

(Attitude and Behaviour) workshop

Filming & Broadcasting workshop

Universal Youth Session – Tuesday, 1-9 pm

Artist Development workshop – Tuesday, 1-9 pm

Fashion workshop – Tuesday, 1-9 pm

Thursday 12.00pm – 8.00pm

Sexuality & Gender Workshop

Creative Content & Editing

Friday 12.00pm – 8.00pm

Universal Youth Session – Friday

Dance & Creative Art Therapy – Friday

Youth Assembly – Friday @ Stratford Youth Zone

Monday 5.00pm – 8.00pm

Target Youth Session (Shpresa Youth)

Poetry & Spoken word workshops

Drama workshop

Multi Sports

Tuesday 1.00 pm to 9.00pm

Universal Youth Session

Fashion & Singing Workshop

Wednesday 12.00pm – 8.00pm

Social Media and Cypher Bullying Workshop

Health & Wellbeing session

Filming & Broadcasting workshop

Girls' Non-contact Boxing



Thursday 12.00pm – 8.00pm

Drugs & Alcohol Awareness Workshop
Creative Content Editing

Friday 12.00pm – 8.00pm

Universal Youth Session
Dance & Creative Art Therapy

Monday 1 August 2022 – Friday 5 August 2022

Music workshop

Monday 8 August 2022 – Friday 12 August 2022

Monday, Tuesday, Wednesday, 5.00pm - 8.00pm

Residential

Tuesday 1.0pm - 9.00pm

Universal Youth Session
Fashion & Singing Workshop

Wednesday 12.00pm -8.00 pm

Workshop on Knife safety /consequences –
Health & Wellbeing session
Filming & Broadcasting workshop

Thursday

Dealing with loss and bereavement with CAMHS -
Creative Content Editing

Friday

Universal Youth Session
Dance & Creative Art Therapy
Music workshop
Target Youth Session (Shpresa Youth)
Poetry & Spoken word workshops
Drama workshop
Multi Sports

Tuesday 1.00pm – 9.00pm

Universal Youth Session
Basic First Aid workshop with St John's Ambulance
Wednesday 12.00pm – 8.00pm
Internet and Safety Use workshop
Filming & Broadcasting workshop
Thursday
CV & Employability workshop

Friday

Showcase Day 12.00pm – 8.00pm

Universal Youth Session

SPECIAL EDUCATIONAL NEEDS & DISABILITIES

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

Thursdays at 11am-12pm and every second Saturday of the month 11am-12pm. Ages 18 – 25, online via Zoom and free.

A peer support session for Disabled young creatives to network, find solutions, create community, and make sure their voices are heard. For 18 – 25 year-olds with disabilities, who have completed their initial education and training but are facing barriers to beginning their careers in arts.

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



Royal Society for Blind Children (RSBC)

Classes & Workshops

For ages 8-25, a mixture of remote Online sessions via Zoom, Face to face sessions at the RSBC's Life without Limits Centre, with one event being held at Victoria Park.

Support for vision impaired young people.

RSBC will be running a range of online and face-to-face workshops and sessions. Assistive tech workshops, virtual song workshops, audio book clubs and many more activities will be provided for visually impaired young people and their families. Find out the whole summer programme via the link below.

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

Bikeworks

All Ability Cycling Group

Tuesdays and Thursdays 10am-1.45pm

Fridays 10am-1pm at Central Park Cafe

These are drop-in activities where you have the opportunity to ride a variety of adapted bikes including Platform bikes for wheelchair users, Trikes, Recumbent Trikes and two-wheel bikes.

INFO www.bikeworks.org.uk/all-ability-clubs/

activeNewham

Inclusive Activity

Come and try a variety of free taster sessions with activeNewham in a range of Paralympic sports for children and young people with disabilities.

For Age 8+

12-2pm

Monday 25 and Tuesday 26 July

Stratford Park, West Ham Lane, Stratford E15 4PT

Monday 1 and Tuesday 2 August

Central Park, High Street South, East Ham E6 6ET

Monday 8 and Tuesday 9 August

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

Monday 15 and Tuesday 16 August

Beckton District Park (North), Tollgate Road, Beckton, E16 3SW

Monday 22 and Tuesday 23 August

Plashet Park, Plashet Grove, Forest Gate E6 1DQ

INFO <https://tinyurl.com/NewhamSummerYouthactivity>
E: sports@activenewham.org T: 07741 293506

Disability Tennis

Taster Sessions

Free tennis sessions with the National Tennis Association which cater for all types of disability and is all inclusive. We use special equipment, smaller courts and softer balls to ensure everyone gets to have a great tennis experience.

Saturdays

30 July

6, 13 and 20 August

3-4pm

Stratford Park (Tennis Courts), West Ham Lane, Stratford E15 4PT

All ages

<https://bit.ly/3yEPTTrT>

E: alex@nationaltennis.org.uk

West Silvertown Foundation

SEND Play Sessions

Ages 5-11 with Special Educational Needs and Disabilities (SEND)
Parents must accompany their child.

26th July to 12th August 2022.

- Tuesdays 10.00am-12.00pm.
- Thursdays 1:00pm -3:00pm.

Location: Royal Wharf, Community Dock, E16 2ZA.

To find out more email: families@wsfroyaldocks.org or call **0207 511 6118**.



NURSERIES, CHILDREN CENTRES & PLAY SCHEMES



Aston-Mansfield

Little Manor Play Project's Holiday Playscheme

Every weekday, 8am-6pm

Monday 18 July – Friday 22 September

**Aston-Mansfield Community Centre, 1 Toronto Avenue,
Manor Park, London, E12 5JF**

**Ages 5 – 12, breakfast club 8am-9am, holiday playscheme
9am-6pm**

**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 trips per week. Ofsted registered.

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





The Manor – Transitional Youth Programme

4 August to 2 September

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

Children in Year 7 to Year 9, breakfast club 8am-9am, Youth Programme 10am-6pm

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.org.uk/media/BaRD_Activity_timetable_July_Aug22.pdf

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/activities-and-information/>

Green Street Neighbourhood

(St Stephens Children Centre)

INFO <https://www.st-stephens-nurserychildrenscentre.org.uk/Calendar/>

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-Childrens-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

5 STEPS FOR LIVING WITH COVID-19 SAFELY

DO THE BASICS



- Wear your face covering in crowded indoor places
- Consider the risks and how to reduce them e.g. meet outside if possible
- Open windows for fresh air indoors
- Wash your hands regularly

GET VACCINATED



- Get all doses of the vaccine for maximum protection
- Vaccines are the best way to keep people safe and out of hospital
- Talk to our Vaccine Peer Supporter for more information
- Book a Q&A session for your community group

www.newham.gov.uk/bookyourvaccine

GET TESTED



- If you have symptoms; stay home while you wait for results
- If you don't have symptoms, do a rapid test before you meet others, especially if they are vulnerable to COVID-19

www.newham.gov.uk/testing

STAY HOME



If you have symptoms or test positive, it is best if you can stay home for 10 days until you feel better or your rapid test is negative on days 5 & 6

We can make staying home easier by helping with:

- Shopping & food
- Financial advice
- Befriending

STAY HEALTHY



- Stay active and eat a healthy diet
- Ask for help if you're feeling down, anxious or stressed
- Go to your health and care appointments
- Look after each other

Newham Covid-19 Helpline: **020 7473 9711** (9am and 7pm, 7 days a week)
or covidhelp@community-links.org
Call handlers can speak multiple languages.

Be kind, and think of others.

COVID-19 is still with us and people will respond to the changes differently.

www.newham.gov.uk/coronavirus

WE ARE NEWHAM.

HEALTH

School Health Service (SHS)

School Health's Young Carers organize events for young people aged 5-18 who have caring responsibilities. Info: Visit: <https://www.newhamconnect.uk/Services/3580> for more information.

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 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.

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 If you have an enquiry about the National Child Measurement Programme, please call 0300 303 5678 or email enquiries@nhsdigital.nhs.uk.

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!

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

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

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-iNblimg>

#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=lJ4cTwMev0>

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=NblqBgmTFE>

Children and Young People's Services, Public Health via the Children and Young People's Mental Health & 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/corona virus](http://www.newham.gov.uk/corona-virus)

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://www.newham.gov.uk/health-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.

@NHS_ELFT's Newham Mental Health Crisis Line phone number updates: 24hr Mental Health Crisis Line number from today is 020 7771 5888.

The Newham Home Treatment Team no. is now: 020 7540 6759.

Full details: <https://tinyurl.com/jd6v2vb3>

@Gill_NHS

@NHSNewhamCCG

@MindITHN

@NewhamLondon



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 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 www.changegrowlive.org/local-support/find-a-service
Advice and support on drug or alcohol issues.

Kooth

PHONE 0203 984 9337

INFO www.kooth.com

INFO contact@kooth.com

INFO www.koothplc.com/contact-us

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

INFO www.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

<https://www.bizseek.co.uk/the-family-advocacy-project-020-8519-8312>

Shine – Sexual Health & 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).

**For SEND young
people aged up
to 25**

Free

**Saturday
16th July
12:00 - 18:00**

**Newham
Leisure Centre
281 Prince Regent Ln
E13 8SD**



GR8 Day 2 Play

**Ever wondered what sports & leisure activities are
on offer for SEND young people in Newham?**

Come and try out some sports taster sessions such as Bollywood and Bhangra dance, indoor rowing, pilates, wheelchair basketball, Boccia, multi-sports, table tennis, & swimming.

There will also be information stalls about other services, opportunities to have your say about important issues that effect SEND young people in the borough, as well as a relaxation and sensory space.



**BSL Interpreters are
available on the day**



**Click on the link for more information
about the day and to book places
<https://tinyurl.com/GR8DAY2PLAYJULY>**



JOIN US THIS SUMMER

9-25YRS

ECO WARRIOR Handbook

CLIMATE CHANGE

Making NEWHAM a GREENER space

IMMERSIVE TECHNOLOGIES

ENVIRONMENTAL awareness and JUSTICE

IT'S NOT TOO LATE...

USE YOUR VOICE

VR

ECO WARRIOR

SPREAD the word, ENGAGE PEOPLE

THIS SUMMER THE ECO WARRIORS ARE BACK!

JOIN US FOR:

TRIP TO CODY DOCKS

EXPLORING MORE VR & IMMERSIVE TECHNOLOGIES

RECYCLING AND ECO GARDENING

TRIP TO EXHIBITION ABOUT THE AIR WE BREATHE

ARE YOU 9-25YRS? DO YOU LIVE, STUDY OR WORK IN NEWHAM? WANT TO GET INVOLVED!?

SIGN UP NOW!
FOLLOW QR

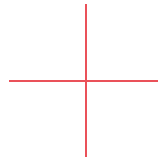
MON 15 - THURS 18 AUGUST
BETWEEN 10AM-4PM



Show the FUTURE



11 - 19
YEARS
OLD?



We help young people with all kinds of things like...

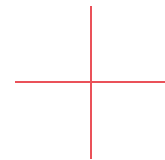
RELATIONSHIPS
MENTAL HEALTH
BULLYING
ALCOHOL
SELF HARM
HEALTHY EATING
DRUGS
SMOKING

Message us for confidential advice and support

Send a message to

07507 326 645

and chat with a
school nurse



Find @NwhmSchHealth at chathealth.nhs.uk

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.

NSR

 App coming soon

 Newham London

 NHS

 ChatHealth

REFRESH

MONDAYS

CHANGE UP

CHAT, GET CREATIVE, PLAY GAMES,
EXPLORE & INFLUENCE CHANGE

FOCUS ON

ISSUES THAT MATTER TO YOU:
MENTAL HEALTH & WELLBEING,
ENVIRONMENT, ARTS &
ENTERTAINMENT, CELEBRATING
DIFFERENCES, CULTURE,
COMMUNICATION

EVERY MONDAY

5-6.30PM



9-25 yrs



HYBRID SESSION ONLINE OR IN PERSON

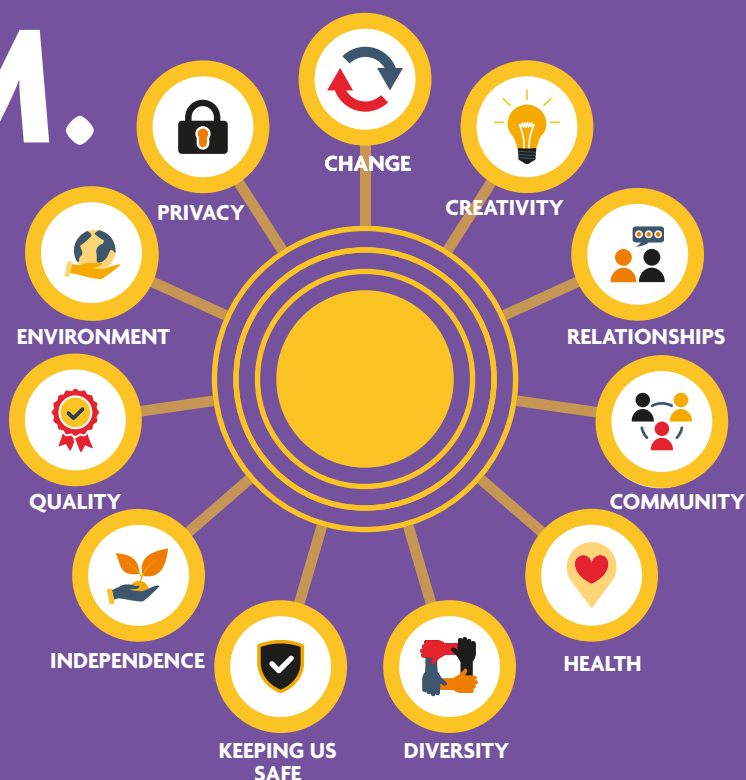


AT STRATFORD YOUTH ZONE, E15 1BX

WE ARE AMBITIOUS.

WE ARE NEWHAM.

YOUNG PEOPLE'S CHARTER



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 summer 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.