



**0-19 EARLY HELP
SERVICE**

SPRING TERM ACTIVITIES



FOR YOUNG PEOPLE AGED 4-19*

January - March 2023

***UP TO 25 FOR THOSE WITH DISABILITIES AND/ OR AUTISM**



SPRING TERM ACTIVITIES

January - March 2023

Spring Term 2023 Positive Activities Delivery:

We have a range of face to face activities for young people who school and/or live in the Borough of Barnet aged 4-19yrs and up to 25 with a disability and/or Autism.

All of our sessions are inclusive and open to all abilities. Sessions start back in January 2023 until March 2023, so please see course information within this booklet below. All sessions will have a break during the February half Term w/c 13th February 2023.

Our Spring Term activities are FREE to young people living or schooling in Barnet. Some sessions have a number of limited FREE places for vulnerable young people with key workers or Practitioners. To see if you are eligible contact a member of the team on byes@barnet.gov.uk.

How to apply online:

Visit and register on our website and navigate through the Spring Term timetable to find the course for your young people. Within this document all online courses will be outlined to show what is on offer each week.

*For more support please email
byes@barnet.gov.uk*

SIGN UP NOW



Sign up now button

When you find a course you would like to apply for, all you need to do is select this icon and it will automatically take you to the page on our website where you can sign up

WE ARE ALSO ONLINE...



@BARNETCOUNCIL



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@BARNETYOUTH_



@BARNETCOUNCIL



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MONDAYS

CIRCUS SKILLS JUNIORS

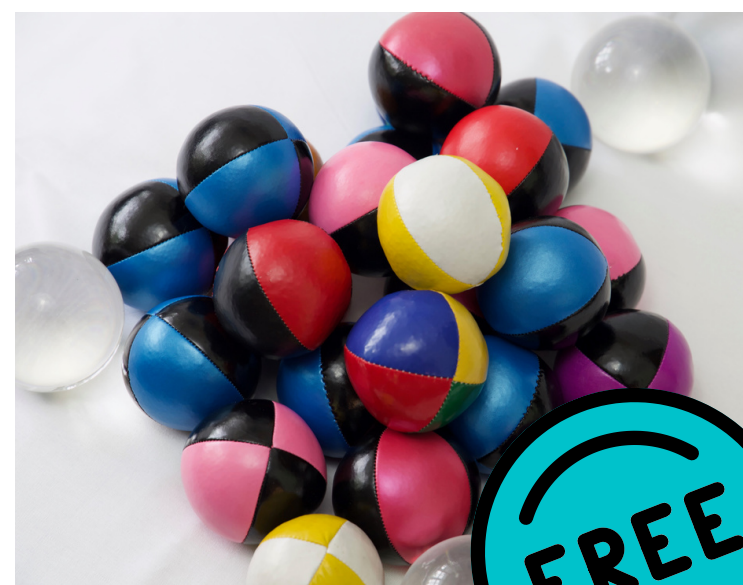
An exciting way to exercise! This course is a chance for you to explore circus skills and see if you want to take your interest further. Develop physical, mental and social skills including balance, flexibility and teamwork. Workshops will include juggling, diabolo, spinning plates, hula hooping and acro-balance. No experience is needed. Come and have a go at trying something new!

SIGN UP NOW

**Every Monday: Starting
16 January 2023**

**Times: 4.30pm - 5.30pm
Ages: 8 - 11s**

**Venue: Finchley Youth
Centre, N2 9ED**



FREE

CIRCUS SKILLS SENIORS

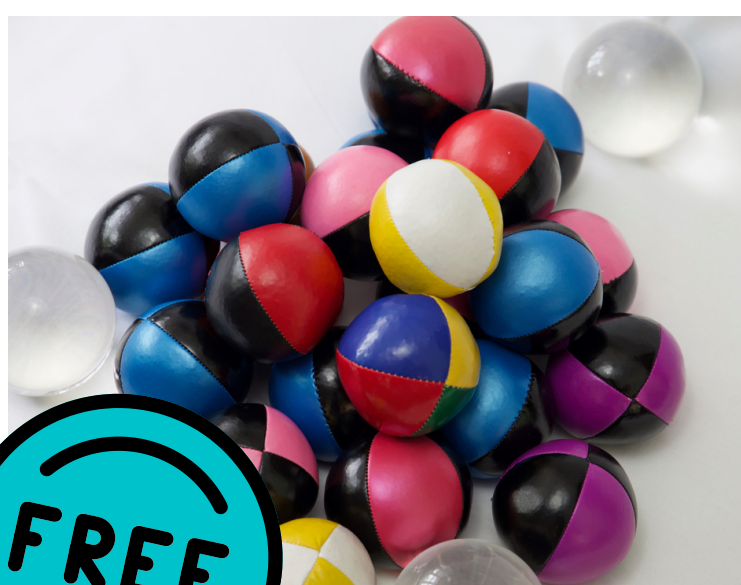
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**Every Monday:
Starting 16 January 2023**

**Times: 6pm - 7.30pm
Ages: 12 - 17s**

**Venue: Finchley Youth
Theatre, N2 9ED**

SIGN UP NOW



FREE

SEND PERFORMING ARTS

This session is a weekly performing arts session for young people with Learning Disabilities and/or Autism.. Do you love to sing, dance and act? Then come on and access this weekly performing arts session that runs during the Barnet School term.

SIGN UP NOW

**Every Monday:
Starting 16 January 2023**

**Times: 4pm - 5.30 pm
Ages: 11+**

**Venue: Finchley Youth
Theatre, N2 9ED**



FREE

MUSIC PRODUCTION & RECORDING STUDIO JUNIORS

If you have a passion for, or interest in music and want to make your own beats, write your own lyrics record your own songs or create and collaborate with other artists, come and get involved in the Rithmik Music Production session. You'll be supported by some of the best UK music producers to help you build your own sound using professional music software. No previous musical experience is needed just a keen interest and passion for music!

**Every Monday:
Starting 20 February 2023**

**Times: 5.30pm - 6.30pm
Ages: 11 - 13s**

**Venue: Canada Villa,
NW7 2BU**

SIGN UP NOW



FREE

MUSIC PRODUCTION & RECORDING STUDIO SENIORS

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SIGN UP NOW

**Every Monday:
Starting 20 February 2023**

**Times: 6.30pm - 7.30pm
Ages: 14 - 17s**

**Venue: Canada Villa,
NW7 2BU**



FREE



TUESDAYS



RITHMIK MEDIA PRODUCTION

If you have a passion for, or interest in media and want to learn some of the different forms of media, from running a radio show, to podcasting, to blogging, vlogging and advert making, sign up and get involved in Rithmik Media!! These sessions will give you practical insight into media production. You'll be working with tutors from Rithmik to learn and create your own media content.

Every Tuesday:
Starting 21 February 2023

Times: 5.30pm - 7.30 pm
Ages: 11 - 17s

Venue: Finchley Youth Theatre, NW7 2BU



WEDNESDAYS

COOKERY CLASS JUNIORS

Join our hands-on cookery classes to learn how to make delicious snacks using a variety of equipment and where we will explore different recipes and techniques to increase your kitchen confidence and recipe repertoire. .



Every Wednesday:
Starting 18 January 2023

Times: 4.15pm - 5.15pm
Ages: 8 - 11s

Venue: Canada Villa, NW7 2BU



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Join our hands-on cookery classes to learn how to make delicious snacks using a variety of equipment and where we will explore different recipes and techniques to increase your kitchen confidence and recipe repertoire. .

Every Wednesday:
Starting 18 January 2023

Times: 5.30pm - 6.30pm
Ages: 12 - 17s

Venue: Canada Villa, NW7 2BU



ARTS & CRAFTS JUNIORS

If you have a passion for, or interest in arts & crafts then sign up and get involved in our Arts & Crafts Term Time activity!!! We will be drawing, colouring and creating all different types of art this term.



Every Wednesday:
Starting 18 January 2023

Times: 4.30pm - 5.45 pm
Ages: 7 - 10s

Venue: Canada Villa, NW7 2BU



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WEDNESDAYS

Continued...



ARTS & CRAFTS SENIORS

If you have a passion for, or interest in arts & crafts then sign up and get involved in our Arts & Crafts Term Time activity!!! We will be drawing, colouring and creating all different types of art this term.

Every Wednesday:
Starting 18 January 2023

Times: 6pm - 7.30pm
Ages: 11 - 16s

Venue: Canada Villa,
NW7 2BU



BOXING TASTER SESSIONS JUNIORS

Come and try our Boxing Taster Sessions. Our 50 minute sessions include a warmup, a chance to work on your boxing skills and technique and some conditioning work! This 4 week taster will allow you to explore the sweet science and see if this can just be a great way to get or stay in shape or if you could actually box at a competitive level.



Every Wednesday:
Starting 18 January 2023

Times: 4.30pm - 5.20pm
Ages: 8 - 12s

Venue: Canada Villa,
NW7 2BU



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Come and try our Boxing Taster Sessions. Our 50 minute sessions include a warmup, a chance to work on your boxing skills and technique and some conditioning work! This 4 week taster will allow you to explore the sweet science and see if this can just be a great way to get or stay in shape or if you could actually box at a competitive level.

Every Wednesday:
Starting 18 January 2023

Times: 5.30pm - 6.20pm
Ages: 13 - 16s

Venue: Canada Villa,
NW7 2BU



THURSDAYS

PHOTOGRAPHY CLUB

A picture is worth a thousand words.....This statement hasn't ever been more true than now!! With Facebook, Instagram, Flickr just to name a few sites where it seems everyone in the world are uploading their pictures. So why not come and learn some tips and techniques to take your camera skills to the next level!!

Come and book a place on this weekly photography workshop where you will be able to learn about the basics of photography, design photo shoots in a variety of settings and meet new friends. Come along and try something new!



Every Thursday:
Starting 19 January 2023

Times: 5.30pm - 7.30pm
Ages: 12 - 16s

Venue: Canada Villa,
NW7 2BU



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THURSDAYS

Continued...



YOGA JUNIORS

Come and access our YO!GA and mindfulness workshop this term. This Yoga workshop is about empowerment through mindful movement. The connection with body and breath and exploring one's feelings and body. Plus practicing yoga is a great way to live a healthy life.

Every other Thursday:
Starting 19 January 2023

Times: 5pm - 5.55pm
Ages: 6 - 10s

Venue: Finchley Youth Theatre, NW7 2BU

SIGN UP NOW

YOGA SENIORS

Come and access our YO!GA and mindfulness workshop this term. This Yoga workshop is about empowerment through mindful movement. The connection with body and breath and exploring one's feelings and body. Plus practicing yoga is a great way to live a healthy life.

SIGN UP NOW

Every other Thursday:
Starting 19 January 2023

Times: 6pm - 6.55pm
Ages: 11 - 16s

Venue: Finchley Youth Theatre, NW7 2BU



FREE



SOUND MEDITATION JUNIORS

Sound meditation helps children and young adults to deeply relax, be less anxious and to manage their mental and physical wellbeing. The workshops aim to empower children by teaching them tried and tested techniques to bring about inner calm and enhance focus and mental clarity.

Sound healing aims to rebalance the entire body and bring about a sense of deep calm, whilst meditation empowers children to manage their mental health and provides them with coping mechanisms for obstacles and issues they may encounter. Both sound and meditation bring about a deep sense of peace and inner calm, which can be vital in these often challenging life stages.

Every other Thursday:
Starting 26 January 2023

Times: 4.30pm - 5.30pm
Ages: 8 - 11s

Venue: Finchley Youth Centre, N2 9ED

SIGN UP NOW

SOUND MEDITATION SENIORS

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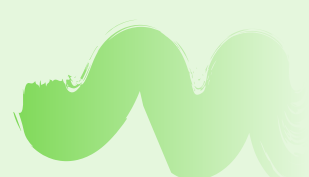
Every other Thursday:
Starting 26 January 2023

Times: 4.30pm - 5.30pm
Ages: 12 - 15s

Venue: Finchley Youth Centre, N2 9ED



FREE



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THURSDAYS

Continued...



GRAFFITI JUNIORS

The workshop lead @geejayarts will be delivering a graffiti workshop aimed to encourage self expression and develop creativity. Young people will experiment and learn different Graffiti techniques.

Every Thursday:
Starting 19 January 2023

Times: 4pm - 5.15pm
Ages: 7 - 11s

Venue: Canada Villa,
NW7 2BU



GRAFFITI SENIORS

The workshop lead @geejayarts will be delivering a graffiti workshop aimed to encourage self expression and develop creativity. Young people will experiment and learn different Graffiti techniques.



Every other Thursday:
Starting 19 January 2023

Times: 5.30pm - 7.15pm
Ages: 12 - 16s

Venue: Canada Villa,
NW7 2BU



SATURDAYS



MEGA BALLERS FOOTBALL

Come along to Supreme Sports Development's Mega Ballers! Our weekly 45 minutes sessions are for children aged 4-6 of all abilities. They are pressure free and dedicated to making an environment for young players to express themselves. While fun and pleasure is our main goal, we structure our sessions to allow children to develop through football.

Every Saturday:
Starting 21 January 2023

Times: 10am - 10.45am
Ages: 4 - 6s

Venue: St. James' Catholic High School,
NW9 5PE



****Delivered by a Partner Provider**

SUPER BALLERS FOOTBALL

Come along to Supreme Sports Development's Super Ballers! Our weekly 45 minutes sessions are for children aged 7-11 of all abilities. They are pressure free and dedicated to making an environment for young players to express themselves. While fun and pleasure is our main goal, we structure our sessions to allow children to develop through football.



Every Saturday:
Starting 21 January 2023

Times: 11am - 12pm
Ages: 7 - 11s

Venue: St. James' Catholic High School,
NW9 5PE



****Delivered by a Partner Provider**



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SUNDAYS

CHICKENSHED THEATRE CHANGING LIVES



****Delivered by a Partner Provider**



SPARKS SUNDAY SHED

Each week 'Term Time- Children's Performance Project, Sunday Shed' workshop is designed as a stand-alone session, there's a different theme every time and we include elements of drama, dance, music and art in the session
The workshops are created to enable children to simply turn up, join in, have fun and spark their imagination to explore theatre

Sunday:
22 January 2023

Times: 11.30am - 1.30pm
Ages: 8 - 11s

Venue: Chickenshed
Theatre, N14 4PE

SIGN UP NOW

Sunday:
29 January 2023

Times: 11.30am - 1.30pm
Ages: 8 - 11s

Venue: Chickenshed
Theatre, N14 4PE

SIGN UP NOW

Sunday:
05 February 2023

Times: 11.30am - 1.30pm
Ages: 8 - 11s

Venue: Chickenshed
Theatre, N14 4PE

SIGN UP NOW

Sunday:
12 February 2023

Times: 11.30am - 1.30pm
Ages: 8 - 11s

Venue: Chickenshed
Theatre, N14 4PE

SIGN UP NOW

0-19 EARLY HELP SERVICE

Children, Family and Young People

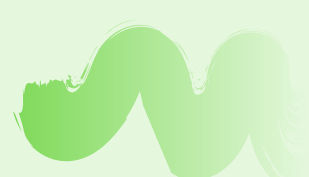


All families face challenges and sometimes need support. Early Help is about providing this support as soon as possible to tackle difficulties for children, young people and families before they become more serious. We work with the whole family and the child / young person is at the centre of all we do.

Working with partners, Barnet's 0-19 Early Help Service provides help and support to families, children and young people up to the age of 19 (or 25 with a disability).

We aim to: Provide the right help first time that meets identified needs Improve outcomes for children and young people Prevent the escalation of issues that would then require statutory intervention.

To access support go to: <https://www.barnet.gov.uk/www/working-children-barnet/practitioner-guidance/children-family-and-young-people-hubs-0-19/how>



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