

Summer Holiday Food and Fun



24th July to 17th August 2023

Royal Greenwich Together
HOLIDAY
FOOD and FUN

Make this a school holiday to remember!

Free spaces are available at activity clubs across the borough for eligible school children.

Find out more at
[Royalgreenwich.gov.uk/
HolidayFoodAndFun](http://Royalgreenwich.gov.uk/HolidayFoodAndFun)

ROYAL borough of
GREENWICH

Ages: 4 - 16 years

Summer activities for your children. They will have fun and make new friends while learning new things. Our four weeks consist of trips to Leeds Castle, Safari Park, dancing, climbing, multi-sports, jewellery making, healthy eating, and arts and crafts. Breakfast and lunch are provided.

**Venue : St Paul's Church,
Thamesmead SE28 8DD**

Time : 11 am - 3 pm

Please have a look at the sixteen days food and activity timetable below



Breakfast, lunch and fruits will be served
Cereals and porridge will be available for children in the morning

**There will be a hot lunch option
Sandwiches are also available**

HAF Easter Food programme 24th - 27th July 2023

There will be Halal option available

Monday 24th July



Pizza, oven fries served with salad & Fruits

Tuesday 25th July



Mixed rice, chicken stew served with fruit salad

Wednesday 26th July



Roast chicken, roast potatoes served with mixed vegetables

Thursday 27th July



Jollof rice, chicken meatballs, salad served with homemade biscuits

HAF Easter Food programme 31st July - 3rd August 2023

There will be Halal option available

Monday 31st July



Pasta beef bolognese, mixed veg with salad

Tuesday 1st August



Chicken tikka, white rice, mixed veg and salad with ice cream

Wednesday 2nd August



Chicken wrap, mixed veg and salad with cake and custard

Thursday 3rd August



Jollof rice, Beef, mixed veg and salad

HAF Easter Food programme 7th - 10th August 2023

There will be Halal option available

Monday 7th August



Chicken mayo, egg mayo, tuna mayo sandwiches served with salad and cold drinks

Tuesday 8th August



Pizza, potatoes and mixed veg with salad & fruit

Wednesday 9th August



Chicken/Beef burger, chips with salad and ice cream

Thursday 10th August



Plantain with black eyed beans sauce, salad, and homemade biscuits

HAF Easter Food programme 14th - 17th August 2023

There will be Halal option available

Monday 14th August



Chicken mayo, egg mayo, tuna mayo sandwiches served with salad and cold drinks

Tuesday 15th August



Beef hot dog with salad and homemade biscuits

Wednesday 16th August



Chicken wrap, mixed veg and salad with cake and custard

Thursday 17th August



Jollof Rice + vegetables with chicken/Beef, yogurt, fruit & African pastries

HAF Easter Activities programme 24th - 27th July 2023

Monday 24th July

Introduction/Induction

Swimming/cycling

Enrichment/ Healthy Eating

Pick up 3.00 p.m.



Tuesday 25th July

Swimming/cycling

Enrichment/ Healthy Eating

Pick up- 3.00 p.m.

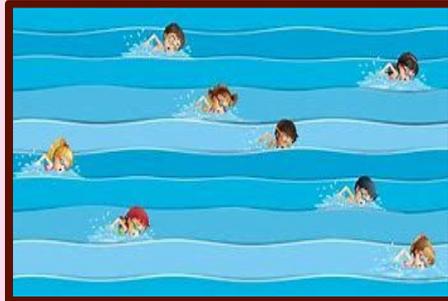


Wednesday 26th July

Swimming/cycling

Enrichment/ Healthy Eating

Pick up 3:00 p.m.



Thursday 27th July

Swimming/cycling

Enrichment/ Healthy Eating

Pick up- 3.00 p.m.



HAF Easter Activities programme 31st July - 3rd August 2023

Monday 31st July

Swimming/cycling

Enrichment/ Healthy Eating

Pick up- 3.00 p.m.



Tuesday 1st August

Sports Day

Enrichment/ Healthy Eating

Pick up- 3.00 p.m.



Wednesday 2nd August

Swimming/cycling

Enrichment/ Healthy Eating

Pick up- 3.00 p.m.



Thursday 3rd August

Swimming/cycling

Enrichment/ Healthy Eating

Pick up 3.00 p.m.



Summer HAF Cycling and Swimming Plan

Cycling

LOCATION

Hawksmoor primary school - MUGA

AGE RANGE

7-11 (have to be of school age to attend)

TIMINGS/DATES

2 weeks:

- Mon 24th July – Thursday 27th July
- Mon 31st July – Thursday 3 August

10 kids per session/group

- 11 am-12 (can be 45 minutes, so instructors have turnaround time)—Divine Buzz

Swimming lessons

LOCATION

Thamesmead Leisure centre

AGE RANGE

7-11 years (have to be of school age to attend) or above if necessary

TIMINGS/DATES

2 weeks:

- Mon 24th July –Thursday, 27th July
- Monday, July 31 to Thursday, August 3

10 kids per session/group * 2 groups: beginners and improvers

- 11 a.m.–12 p.m.; Divine Buzz



HAF Easter Activities programme 7th - 10th August 2023

Monday 7th August

Woburn Safari Park

Crawley Road, Woburn, Bedford MK43 0TU

Meeting point -St Paul's church, SE28 8AS(Time – 10 a.m.)

Depart at - 10:30

Return at - 5 p.m.

Pick up- 5.00 p.m.



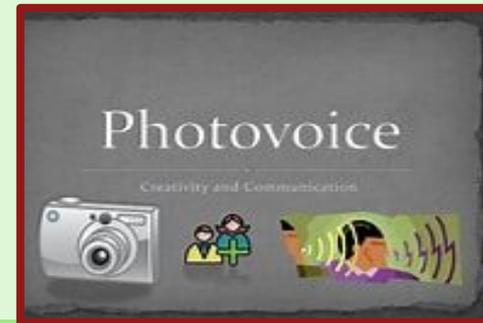
Tuesday 8th August

Photovoice Activity

Enrichment/ Healthy Eating

Multisports

Pick up- 3.00 p.m.



Wednesday 9th August

Climbing wall & Soft play at Sutcliffe Park Sports Centre Eltham

Road, Corner Of Kidbrooke Park Road, Greenwich SE9 5LW

Meeting point -St Paul's church,

SE28 8AS (Time – 10 a.m.)

Depart at - 10:30

Return at - 2 .30 p.m.

Pick up- 3.00 p.m.



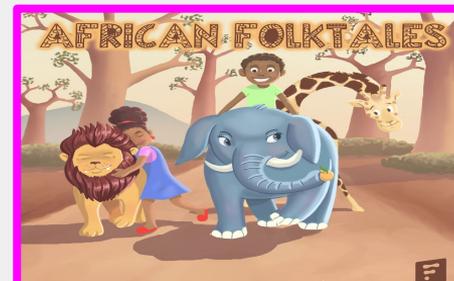
Thursday 10th August

African traditional stories with drums

Enrichment/Healthy Eating

Multisports

Pick up 3.00 p.m.



HAF Easter Activities programme 14th - 17th August 2023

Thursday 14th August

Broadstairs beach

Meeting point -St Paul's church, SE28 8AS (Time – 10 a.m.)

Depart at - 10:30 a.m.

Return at - 4:30 p.m.

Pick up- 5.00 p.m.



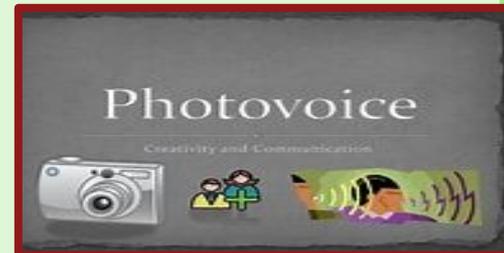
Tuesday 15th August

Photovoice Activity

Enrichment/ Healthy Eating

Multisports

Pick up- 3.00 p.m.



Wednesday 16th August

Indoor Cinema

Enrichment/Healthy Eating

Multisports

Pick up- 3.00 p.m.



Thursday 17th August

End of HAF programme Celebration

Summer celebrations with a feast and enrichment activities, singing and dancing

Children and young people to present on climate change and Eatwell guide to their parents

Pick up 3.00 p.m.



GREENWICH SUPPORTS



FOOD

Holiday Meals
Good Food in Greenwich
Community Meals



ENERGY

Priority List
Stay Warm Stay Safe



MONEY

Emergency Payments
Benefits



ADVICE

Debt Free London
Advice Hubs
SELCE



CONTENTS

In this booklet you will find information on how to stay warm and well, and where you can go for support.

If you need help now, call our advisors at Live Well Greenwich for free on **0800 470 4831**.

Opening times are **Monday to Saturday from 8.30am to 6pm**.



SUPPORT THROUGH WINTER

Winter can be a difficult time for our mind and body, it's okay to ask for help.



We want to help you look after yourself and your loved ones. This winter we can support you with:

- free advice on keeping fuel bills down
- advice on making sure you get the right benefits
- an energy efficiency assessment, including support to apply for grants that help improve your home's efficiency through South-East London Community Energy Co-op
- in person advice on benefits, housing, immigration and more
- free installation of draught excluders and energy saving devices
- emergency payments towards rent or essentials to get you through times of hardship
- access to good food

royalgreenwich.gov.uk/greenwich-supports
Or call the Welfare Rights service on 020 4921 6375

The line is open on **Monday, Wednesday and Thursday** from 10am to 1pm.

THE **ADVICE YOU NEED NEAR YOU!**



Find the latest updates at
royalgreenwich.gov.uk/greenwich-supports

ROYAL borough of
GREENWICH

Greenwich Supports

FEEDING YOU AND YOUR FAMILY



Food On Our Doorstep

Join a local food club

Family Action, a UK charity, is working to ensure no child or young person is left hungry in our borough through local food clubs available for an annual membership of £1. The membership can be paid on your first visit.

Food On Our Doorstep allows you to get £15 worth of food for your family for just £3.50 each week.

Where to go:

- **Valley Central Community Hub**, The Valley, Floyd Road, Charlton, SE7 8BL on Fridays 1pm to 3pm

- **Etham Green Community Church**, 542 Westthorne Avenue, Etham SE9 6DH on Fridays 10am to 12noon
- **Jubilee Centre**, Lytton Strachey Path, Thamesmead SE28 8DU on Fridays 11am to 1pm

✉ Londanfoodclubs@family-action.org.uk
🌐 family-action.org.uk



Free community meals this winter

Once a month you can join the Good Food in Greenwich Community Kitchen for a free home-cooked meal and the chance to meet new people. Run by volunteers with support from GCDA and the Council, all are welcome to attend and there is no need to book.

All venues are wheelchair friendly. Dates and times can be found at royalgreenwich.gov.uk/greenwich-food-programmes

☎ 020 8269 4886



Holiday Food and Fun

If your child is aged between four and 16, and receives or is eligible for benefits-related free school meals, they can come along to one of our free holiday clubs this winter and get a filling meal each day too!

For more information visit royalgreenwich.gov.uk/holidayfoodandfun

Holiday Meals

Free, nutritious food is available for all children and young people in our borough during the school holidays.

Just turn up and tuck in! Find your local at royalgreenwich.gov.uk/holidaymeals

GETTING SUPPORT WHEN AND WHERE YOU NEED IT

If you are concerned about rising prices, how to deal with rent arrears or need support with a housing issue, in-person support is available through our weekly Advice Hubs across the borough.

If you know someone who needs help, direct them to their local hub.

Find times and locations at royalgreenwich.gov.uk/advicehubs

Or call 020 8921 6375 on Monday, Wednesday and Thursday, from 10am to 1pm.



Support for people experiencing domestic abuse

Free and confidential support is available for anyone suffering from domestic abuse. From Monday to Friday between 9am and 5pm you can call the Greenwich Domestic Violence and Abuse (GDVA) helpline on 020 8317 8273.

Further support can be found at the Her Centre in Woolwich. The Her Centre can offer emotional support, legal and practical help or access to a refuge. Call them on 020 3260 7772.

If the abuse is happening now and you think you or someone close by is at immediate risk of harm, call 999.



Debt Free Advice

Support with budgeting and debt

You can get free confidential support and advice on your finances from Debt Free London. Beyond debt, they can help with tips on saving and budgeting. For advice on rent arrears, utility bills, credit cards and loan debt call the freephone line 0800 808 5700 or visit debtfree.london

In person support is also available from The Forum, Trafalgar Road SE10 9EQ. Visit Monday to Friday between 10am and 5pm.



Reach out to South East London Community Energy Co-op

You can get free energy advice, including how to reduce your bills, through the South East London Community Energy (SELCE) organisation.

Visit their Energy Advice Cafe at The Woolwich Centre Library, Mondays 9.30am to 2.30pm.

✉ selce.org.uk/warm-homes-for-less/
☎ 020 4566 5764

Support through children's centres

You can find free or low-cost activities for families with children aged under five at one of our 23 children's centres across the borough.

✉ royalgreenwich.gov.uk/childrenscentres
☎ 020 8921 6921
✉ fs@royalgreenwich.gov.uk

Greenwich Supports

STAY SAFE AND WARM

Help through Stay Warm Stay Safe

Stay Warm Stay Safe provides extra support for residents who may be at risk during winter.

You should also get in touch with us if you have concerns about a friend or neighbour who is struggling.

Call **0800 470 4831** to talk to an advisor.

📧 royalgreenwich.gov.uk/staywarm

Staying safe at home

The Council has a range of information and support to help residents stay safe at home.

There is plenty to learn from:

- fire safety
- spotting scams
- dangerous toys and fake goods
- how to avoid trips and slips
- how to stay safe from thieves

📧 royalgreenwich.gov.uk/safety-at-home

Staying warm at hubs

Due to the cost of living crisis, many people are struggling to pay their winter bills. If you can't afford to heat your home, why not visit one of our warm and welcoming spaces. Find your local at royalgreenwich.gov.uk/warm-spaces

Add yourself to the priority list for water, electricity and gas

If you or someone you know needs a little extra support, they can be added to the Priority Services Register for water, electricity and gas. You are eligible if you:

- have reached state pension age
- are disabled or have a long-term medical condition/ recovering from an injury
- have a mental health condition
- are pregnant or have young children
- if you don't speak or read.

- English well
- need to use medical equipment that requires a power supply
- would struggle to answer the door or get help in an emergency

You can speak to your electricity and gas supplier using the contact information found on your most recent bill.

For water, visit: thameswater.co.uk/help/extra-care/priority-services



LOOKING AFTER YOUR HEALTH AND WELLBEING

Get help with your mental health

Due to the cost of living crisis, more people are struggling with their mental health. If you are struggling, help is out there.

📧 livewellgreenwich.org.uk/lookafteryou
☎ **0800 470 4831**

Register with your primary care team

If you're not already registered with a GP, you can register for free and access a range of healthcare services and benefits. You do not need proof of address, immigration status, ID or NHS number.

Your local primary care team is not just GPs. It is made up of local specialists who are ready to help and support you with your health and wellbeing including pharmacists, physiotherapists and more.

You can also have your appointment by telephone or video appointment.

Find out more at selprimarycare.co.uk

Visit your local pharmacy

If you need clinical advice or medicines for minor health concerns, such as coughs, colds, upset stomach, aches and pains, you can visit your local pharmacy.

Many are open late and at weekends and you do not need an appointment. If your symptoms are more serious, pharmacists can make sure you get the help you need.

Make sure you order repeat prescriptions in good time, especially when services are due to be closed over the holiday period.

Boost your immunity this winter

COVID-19 and flu spread more quickly in winter and can cause serious illness. Vaccines are the most effective way to boost our immunity and protect ourselves.

Check to see if you're eligible for your free flu or COVID-19 booster vaccine at selondonceg.nhs.uk/wintervaccinations



Greenwich Supports

Stop smoking

For help quitting, call our smoking service on **0800 470 4831** or text – 'QUIT' to **60660**.

📄 livewellgreenwich.org.uk/stop-smoking

Research shows you are three times more likely to quit smoking for good when you have support.

Move more

Moving more is easier than you think, even as the weather gets colder. If you build it into your daily routine, you'll keep active without even realising.

Even a short walk in the fresh air can make both your body and mind feel good.

📄 greenwichgetactive.com

Drink less

If you are worried about your drinking, you can get support to cut down your alcohol use.

For information on alcohol awareness, and support visit doyouknowwhentostop.co.uk or call the Westminster Drug Project line on **0300 303 4552**.



Find all this support and more



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GREENWICH

Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

Here are some handy tips on how you could begin talking to your children about their feelings.

Ask them what they need

It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. For example, do you need some space right now?

Name it

Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, 'You seem really angry today. I can see you are clenching your hands, and you don't have a happy face. I wonder if anything has made you angry or upset?'

Listen carefully

This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.

Choose your timing wisely

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

Think about the setting

Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

Practice asking open questions (rather than closed ones)

Closed questions usually encourage yes or no type answers. Open questions, on the other hand, go a bit deeper and encourage more thinking and exploration. This simple difference in style might help your child consider their own thoughts and feelings a little more and encourage them to share more of their story or problem with you.

Think about whether your child feels ready to talk

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body, too, for indicators on whether they really want to talk about their feelings.

Model it

Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

Take away the intensity

It can be pretty daunting (on both sides!) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.



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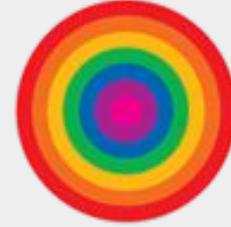
If you are struggling to talk to a child in your life about their feelings, or you want to talk to the team about anything at all, you can reach out to us by logging into qwell.io

FOOD OFFERS

<p>Food Offers</p> <p>Fre School Meals If you receive a qualifying benefit and you have a child in primary or secondary school, you may be able to get free school meals, school clothing grants or school journey grants for your child.</p>	<p>Contact Please contact your child's School to discuss further. More information here: https://www.gov.uk/apply-free-school-meals</p>
<p>Healthy Start If you are pregnant or have a child under 4, you may qualify for free vouchers to spend on healthy food and vitamins.</p>	<p>https://livewellgreenwich.org.uk/livingwell/healthystart/</p>
<p>Community/membership schemes Good-quality food at a low cost, while also reducing food waste. It costs just £1 a year for a family to become a member. Once you've joined, you can purchase a bag of tasty food items every week worth approx. £10-£15 for just £3.50! To become a member, you must live or work within approximately 15 minutes of a club.</p>	<p>https://www.family-action.org.uk/what-we-do/children-families/food-club/ Family Food clubs are based at:</p> <ol style="list-style-type: none"> 1. Valley Central Community Hub, The Valley, Floyd Road, London, SE7 8BL Fridays 1pm-3pm 2. Eltham Green Community Church, 542 Westhorne Ave, London SE9 6DH Fridays 10am-12noon 3. Jubilee Centre, Lytton Strachey Path (off Titmuss Ave), London SE28 8DU Fridays 11am-1pm
<p>Emergency Food Aid Greenwich Food Bank A voucher is required to access the Foodbank, and this can be exchanged for a parcel of three days worth of nutritional emergency food.</p>	<p>https://greenwich.foodbank.org.uk/get-help/how-to-get-help/ 0800 470 4831</p>
<p>Community Cookery Clubs Open to anyone who lives or works in Greenwich. Be shown how to prepare delicious, mouth-watering and healthy meals on a budget. Participants receive a FREE meal at each session and a free cookery book upon completion!</p>	<p>https://gcda.coop/cookery-clubs/ To book or for information Call: 0800 470 4831 and ask for cookery clubs Email: cookeryclubs@gcda.org.uk</p>

<p>Fre meals for kids during school holidays The Council is ensuring that regular meals are available for all children and young people within the borough during school holidays. Food is served at multiple locations across the borough, and there's no age limit for children, meaning that nutritious meals are readily available and families continue to receive support outside of school term time.</p> <p>Fre Community Meals The Good Food in Greenwich Community Kitchen is a monthly community meal organised by volunteer Community Food Champions, with support from GCDA and the Council. This is a free meal and there is no need to pre-book.</p>	<p>https://www.royalgreenwich.gov.uk/info/200344/supporting-you/2407/food-initiatives-to-support-residents-across-royal-greenwich</p>
<p>Change 4 Life Free recipes and healthy eating tips for you and your family.</p>	<p>www.nhs.uk/change4life</p>

Her Centre



Her Centre provides the Domestic Abuse Advocacy Service for Greenwich taking referrals from police, social services and other agencies working with women at the highest risk of serious harm
Last year, we had 929 referrals

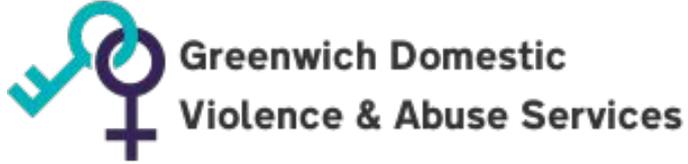
Her Centre hold our weekly drop in at YMCA at Woolwich Dockyard every Friday 10am -12am
In order to reach more women, we have also opened 3 new monthly drop ins
All run the same day as the advice hubs in these locations, all 10am- 12am:

Thamesmead Moorings 1st Wednesday of each month

Storkway Children's Centre 3rd Tuesday of each month

Middle Park Community Centre 4th Tuesday of each month

We now have a sexual abuse and stalking advocate, both work with women who have experienced abuse either from a partner, or a stranger, or acquaintance. Tel: 2023 260 7772



Greenwich Domestic Violence & Abuse Service (Housing for Women)

Greenwich Domestic Violence and Abuse Services (GDVA) is the main source of free help and information for people who live in the borough and are experiencing domestic abuse.

GDVA can provide you with services including such as advice and support, advocacy, refuge accommodation and support for children.

Call the confidential Referral and Advice line on 020 8317 8273 for friendly and supportive advice on all your options.

Please don't remain silent we are here for you!

Mental Wellbeing

Feel like you could use some emotional support?

No problem is too small at Kooth. Explore our mental wellbeing community for free, safe and anonymous support.



Sign up for free at [Kooth.com](https://www.kooth.com)



Kooth is an **online mental wellbeing** community for young people

Here are some of the features you can access on Kooth:

- Magazine** | The Kooth magazine shares personal experiences and tips from young people and our Kooth team
- Discussion Boards** | Start or join a conversation with our friendly Kooth community, with lots of topics to choose from
- Chat** | Chat with our helpful team about anything that's on your mind
- Daily Journal** | Use your daily journal to track feelings or emotions and reflect on how you're doing
- Wellbeing Activities** | Find activities that support your wellbeing and help to build valuable life skills

For ages: 10-25



Sign up for free at [kooth.com](https://www.kooth.com)

Child Safety

How to Prevent Bathtub Tragedies

An average of 87 children under 5 drown at home each year. 80 per cent of those deaths happen in a tub. ALL ARE PREVENTABLE.



- Never leave baby alone in the bathtub even for a second

- Always keep baby within arm's reach. Children can drown quickly & silently



- Always keep toilet lid closed, & keep young children out of the bathroom when unsupervised

- Keep cleaning chemicals out of children's reach



Divine Buzz 2023 Sessions



Divine Buzz

Activities for children

Venue: Hawksmoor Youth Club, London SE28 8AS

Tuesday



Multi-sports 3:30-4:45pm

Thursday



3:45 – 4:45 pm
Kids culture/debate/hair
braiding/arts and crafts

Please call 07951922324 to book!

Healthy Eating & Running a Cookery Club

A free, accredited course to teach others how to prepare and enjoy healthy meals

In Greenwich we have 20 years' experience of training and supporting people to set up and run healthy eating activities and cooking courses.

Our approach is to increase awareness of healthy eating guidance while supporting people to identify changes they want to make and develop the skills required to make changes, including preparing meals using healthy, affordable and easily accessible ingredients.



The training is **OCN accredited** and is delivered for 3 hours, one day a week over 12 weeks. You will also spend about 1-3 hours of private study a week to complete assessments. The course has 2 units—Community Nutrition and Developing Cookery Club Leader Skills.

The Community Nutrition unit is designed to provide:

- A solid grounding in healthy eating guidance, including 5 a day, fats, salt and sugar
- Strategies for the effective communication of this information to others
- Strategies to support people to change their eating behaviours.

The Developing Cookery Club Leader Skills unit provides practical skills required to set up and run community cookery sessions. Topics include:

- Preparing for and running a cookery club
- Recipe adaptation
- Working with the local community
- Working with groups

If you would like to attend this training or would like more information, please email nicola.nzuza@royalgreenwich.gov.uk

**Next course
begins Wednesday
April 19th 2023,
Woolwich Common
Community Centre**

Enjoy the Summer holidays!

