



# HOLIDAY FOOD AND FUN









**19th to 22nd December 2022**



Royal Greenwich Together

# HOLIDAY FOOD *and* FUN

**We're taking part!**

|   |  |
|---|--|
|  <b>Name</b>     | Divine Buzz  |
|  <b>Location</b> | St Paul's Church, Betham Road, Thameasmead SE28 8AS<br>(Tuesdays, Wednesdays, Thursdays)<br><u>Hawksmoor Youth Club, Benthams Rd, SE28 8AS (Fridays)</u> |
|  <b>Ages</b>     | 4 - 14 years (children under 8 years parent have to stay )   |
|  <b>Days</b>     | Tuesdays, Wednesdays, Thursdays and Fridays(10.30 - 14.30)   |
|  <b>Number</b>   | 07951922324  |
|  <b>Website</b>  | <a href="https://divinebuzz.co.uk/">https://divinebuzz.co.uk/</a>  |

19 December 2022

# Day 1

There will be Halal option available

**Tuesday 26th July**



Pasta (vegetable sauce or meatball sauce)  
Yogurt/fruit/muffin & juice

**Wednesday 27th July**



Trip: Sandwich (Ham, Chicken or Jam) Fruit,  
yogurt, juice & crisp

**Thursday 28th July**



Boiled rice with stir-fried veg sauce or chicken  
and veg sauce + yogurt, fruit & banana muffin

**Friday 29th July**



Jollof Rice + Salad, yogurt, fruit & oat cookies

# HAF Summer Cookery programme

July – August 2022

## Week 2

There will be Halal option available

**Tuesday 2nd August**



Beef/Chicken burger, chips & Veg + yogurt, fruit, ice cream & juice

**Wednesday 3rd August**



Trip: Sandwich (Ham, Chicken or Jam) Fruit, yogurt & crisp

**Thursday 4th August**



Spaghetti and Meatballs or veggie sauce + Salad, yogurt, & fruit

**Friday 5th August**



Picnic Pasta & Veg (option -chicken) + Salad, yogurt, fruit & muffin

# HAF Summer Cookery programme

July – August 2022

## Week 3

There will be Halal option available

**Tuesday 9th August**



Pizza+ Salad (option with cheese or without), yogurt, fruit & muffins

**Wednesday 10th August**



Trip: Sandwich (Ham, Chicken or Jam) Fruit, yogurt, juice & crisp

**Thursday 11th August**



Chicken & chips, Veg + yogurt or cheesecake & fruit

**Friday 12th August**



Boiled rice with stir-fried veggie sauce or chicken and veg sauce + yogurt, fruit & banana muffin

20th December 2022

# Day 2

There will be Halal option available

**Tuesday 16th August**



Spaghetti and Meatballs or veggie sauce + Salad, yogurt, & fruit

**Wednesday 17th August**



Trip: Sandwich (Ham, Chicken or Jam) Fruit, yogurt, juice & crisp

**Thursday 18th August**



Jacket potatoes with baked beans/cheese, salad, yogurt & fruit

**Friday 19th August**



Jollof Rice + Salad, yogurt, fruit & oat cookies

# HAF Summer Activities programme

July – August 2022

# Week 1

There will be Halal option available

## Tuesday 26th July

Welcome/Healthy Eating – Discussion- Eat Well Guide (10.30 - 11.10am)

Enrichment - Beads making/ Building Blocks (11.15 11.55am)

Lunch Break - (12.00pm – 12.30pm)

Free choice Activity – Haircare/ Art & Craft/Discussion- Mental Health (12.35 -1.00pm)

Sports - Multi – Sports/Football (1.05 – 2.30pm)

## Wednesday 27th July

### Trip Day (Cable Car)

Meeting point -St Paul's church, SE28 8AS (Time – 9 .00am)

Departure Time- 9. 15am

Pick up- 3.30pm

## Thursday 28th July

Healthy Eating – 5 a day, making fruit jelly (10.30 - 11.10am)

Sport -Swimming at Thamesmead Leisure Center (1.30am – 1.00pm) Please bring what you would need for swimming.

Lunch Break - (1.15pm – 1.50pm)

Enrichment – Art & Craft/Discussion - Climate Change (2.00 - 2.30pm)

## Friday 29th July

Healthy Eating – Learn the food traffic light (10.30 - 11.10am)

Enrichment – Beads making/ Building Blocks (11.15 – 11.55am)

Lunch Break/July Birthday celebration - (12.00pm – 12.30pm)

Free choice Activity - Art & Craft/Make your own Scrunchies & bow tie (12.35 -1.00pm)

Sports – Cricket-(1.05 – 2.30pm)

# HAF Summer Activities programme

July – August 2022

## Week 2

There will be Halal option available

### Tuesday 2nd August

Healthy Eating – Make reduce sugar posters (10.30 - 11.10am)

Enrichment – Tie-dye (11.15 – 11.55am)

Lunch Break - (12.00pm – 12.30pm)

Free choice Activity – Hair Care/ Art & Craft/- (12.35 -1.00pm)

Sports - Multi – Sports/Football (1.05 – 2.30pm)

### Wednesday 3rd August

#### Trip Day (Mudchute Farm)

Meeting point -St Paul's church, SE28 8AS (Time – 9 .00am)

Departure Time- 9. 15am

Pick up- 3.30pm

### Thursday 4th August

Healthy Eating – Learn to scan your food by using NHS Food Scanner App & create a poster (10.30 - 11.00am)

Enrichment - Dental Hygiene (11.05 -11.25am)

Lunch Break - (11.30am – 12 .00 pm)

Sport -Swimming at Thamesmead Leisure Center (1.00 – 2.00pm) Please bring what you would need for swimming.

### Friday 5th August

Healthy Eating – Learn to read food labels (10.30 - 11.10am)

Enrichment – Personal Hygiene (11.15 – 11.55am)

Lunch Break - (12.00pm – 12.30pm)

Free choice Activity- Art & Craft/Make your own Scrunchies & bow tie (12.35 -1.00pm)

Sports - Cricket (1.05 – 2.30pm)



# HAF Summer Activities programme

July – August 2022

## Week 3

There will be Halal option available

### Tuesday 9th August

Healthy Eating – Children and their family session (Adapting recipe to eat well guide 10.30 - 11.30am). All parents are invited, please pin it in your diaries.

Lunch Break - (12.00pm – 12.30pm)

Free choice Activity – Hair Care/ Art & Craft/Discussion- Mental Health (12.35 -1.00pm)

Sports - Multi – Sports/Football (1.05 – 2.30pm)

### Wednesday 10th August

Trip Day (National Maritime Museum/Boat Ride)

Meeting point -St Paul's church, SE28 8AS (Time – 9 .00am)

Departure Time- 9. 15am

Pick up- 3.30pm

### Thursday 11th August

Healthy Eating – 5 a day, making fruit jelly (10.30 - 11.10am)

Sport -Swimming at Thamesmead Leisure Center (11.30am – 1.00pm) Please bring what you would need for swimming.

Lunch Break - (1.15pm – 1.50pm)

Enrichment – Hair Care/ Art & Craft/Discussion – Anti-Bullying (12.35 -1.00pm)

### Friday 12th August

Healthy Eating – Learn the food traffic light (10.30 - 11.10am)

Enrichment – Beads making/ Building Blocks (11.15 – 11.55am)

Lunch Break - (12.00pm – 12.30pm)

Free choice Activity – Art & Craft//Make your own Scrunchies & bow tie/Discussion- Friendship (12.35-1.00pm)

Sports - Cricket (1.05 – 2.30pm)

# HAF Summer Activities programme

July – August 2022

# Week 4

There will be Halal option available

## Tuesday 16th August

Healthy Eating – Design a healthy eating poster using your favourite book/TV/film character to empower your readers to swap unhealthy snacks (high in salt, sugar & fat) for healthy snacks (10.30 - 11.10am)

Enrichment–Beads making/Building Blocks - 11.15–11.55am

Lunch Break - (12.00pm – 12.30pm)

Free choice Activity – Art & Craft/ Printing (12.35 -1.00pm)

Sports - Multi – Sports/Football (1.05 - 2.30pm)

## Wednesday 17th August

### Trip Day (Broadstairs Beach)

Meeting point -St Paul's church, SE28 8AS (Time – 9 .00am)

Departure Time- 9.15am

Pick up- 5 .30pm

## Thursday 18th August

Healthy Eating – Food shopping list (10.30 - 11.10am)

Sport -Swimming at Thamesmead Leisure Center (11.30am – 1.00pm) Please bring what you would need for swimming.

Lunch Break - (1.15pm – 1.50pm)

Enrichment – Hair Care/ Art & Craft/Discussion - Climate Change (12.35 -1.00pm)

## Friday 19th August

Bouncy Castle for last day/August Birthday celebration (10:30)

Free choice Activity – Hair Care/ Art & Craft/Discussion- Importance of family

Lunch Break - (12.00pm – 12.30pm)

Sports - Cricket (1.05 – 2.30pm)

## Free meals for kids during school holidays

Meals are available throughout the summer holidays - just turn up and tuck in!

Holiday Meals is commissioned by Royal Greenwich and delivered by Greenwich Co-operative Development Agency (GCDA), supported by Greenwich Leisure Limited (GLL).



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.

## Free meals for kid

| Venues                    | Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|---------------------------|---------|----------|------------|-----------|---------|
| Woolwich Library          | 12pm    | 12pm     | 12pm       | 12pm      | 12pm    |
| Eltham Centre             | 12pm    |          | 12pm       |           | 12pm    |
| Plumstead Centre          | 12pm    |          | 12pm       |           | 12pm    |
| Thamesmere Leisure Centre | 12pm    | 12pm     | 12pm       | 12pm      | 12pm    |
| Greenwich Centre          |         | 12pm     |            | 12pm      |         |

## Level 2 course in Healthy Eating and Running a Cookery Club

- Learn how to communicate nutrition information to others
- Recipe adaptation
- Working with the local community and with groups
- [Nicola.nzuza@royalgreenwich.gov.uk](mailto:Nicola.nzuza@royalgreenwich.gov.uk)

### 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 effectively 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](mailto:nicola.nzuza@royalgreenwich.gov.uk)**

Next course  
begins Thu 15 Sept  
2022, Woolwich  
Common Commu-  
nity Centre

# Nutrition/Gardening sessions for the community

- **Divine Buzz** Cookery/Healthy Eating Clubs (Free)
  - Learn to adapt your own recipes, reduce sugar, salt, fat and cook affordable – Receive a free recipe book
  - Locations at the **Thamesmead Youth Club Bentham Rd, SE28 8AS**, 5 weeks (1 day per week every Monday)
  - [Join our Gardening sessions every Thursdays](#)
  - **To book a place**, [07951922324](tel:07951922324), starting **September**
  - **Community Gather and Eat** - [Come eat, mingle and make friends all free of charge!](#)



**GOOD  
FOOD**  
in Greenwich  
[www.goodfoodingreenwich.org](http://www.goodfoodingreenwich.org)





**XPLORE:** For families looking for help with weight management for their children, please refer them to the XPLORE programme. More information on their website :<https://www.better.org.uk/leisure-centre/london/greenwich/waterfront-leisure-centre/greenwichxplore>

**Greenwich Supports webpage:** Greenwich Supports is a new campaign launched by the Council to ensure that residents, employees and businesses in the Royal Borough of Greenwich have support with the rise of living costs. There is lots of helpful information here for the families you'll be interacting with over the summer. It includes information about help with food costs, childcare support, and other holiday club / free activities available this summer (Young Greenwich, Holiday Meals, Adventure Play Centres).

**Eligibility:** Benefits-related Free School Meals. For further information on eligibility, please visit [Apply for free school meals -GOV.UK\(www.gov.uk\)](https://www.gov.uk)

#### **Food education for families and carers**

- Signpost the Change4Life Smart Recipe app and Food Scanner
- Alternative recipe ideas (developed during Covid-19 lockdown)

**Greenwich Community SEND forum** [Nicole.Allwood@royalgreenwich.gov.uk](mailto:Nicole.Allwood@royalgreenwich.gov.uk)

**Contact Housing advice:** Greenwich Housing Rights Free advice on housing related issues with a focus on: Possession claims and court proceedings, eviction, rent and mortgage arrears. 020 8854 8848 [ghr.co.uk/](http://ghr.co.uk/) Call or check website for opening hours.

**No recourse to public funds support :** Greenwich Migrant Hub Support and advocacy service for migrants, includes specialist housing and immigration advice and a free meal. <https://www.lrmn.org.uk/migranthub> Drop-in sessions run on Tuesdays, 10.30-1.30, Woolwich Common Community Centre - reopening October 2021

**RBG No Recourse to Public Funds Team Support:**for children, families and single adults excluded from accessing homelessness support and welfare benefits, 020 8921 3398 or email: [no-recourse-funds@royalgreenwich.gov.uk](mailto:no-recourse-funds@royalgreenwich.gov.uk)

# Mental Wellbeing



**kooth**

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

For ages: **10-25**

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

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



**kooth**

**You are not alone this summer**

Find support on [kooth.com](https://kooth.com)

**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://kooth.com)



