

Holiday Food and Fun





Ages: 4 – 16 years



Winter fun programme for children and young people. Come and have fun and make new friends while learning new things. Our four-day programmes include dancing, cinema, debate, multi-sports, hair braiding, jewellery, healthy eating, and arts and crafts. Breakfast and lunch are provided.

SEND children are welcome, to discuss your child's needs further, please contact me at 07951922324 or email me at ellen2004@ymail.com.

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

Time : 11 am – 3 pm

Please use the link below to register your child/children:

<https://forms.gle/JfWvzLy2nvyzaU1k7>

Please have a look at the four day food timetable below

Breakfast and lunch 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 Winter Food programme 19th - 22nd December 2022 There will be Halal option available

Monday 19th December



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

Tuesday 20th December



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

Wednesday 21st December



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

Thursday 22nd December



Jollof Rice + Salad, yogurt, fruit & African pastries

HAF Winter Activities programme December 2022

Monday 19th December

Welcome everyone to the programme/Introduction

Healthy Eating - Discussion- Eat Well Guide

Enrichment - Beads making/ Building Blocks

Free choice Activity - Hair braiding/ Art & Craft

Discussion- Grooming, gangs and drugs

Multi-Sports/ Talent show

A Food hamper for family to take home Pick up 3.00 p.m

Tuesday 20th December

Healthy Eating - 5 a day (The Rainbow)

Enrichment - Art & Craft/Games

Free choice Activity - Hair braiding/Beads making

Discussion - The significance of acknowledging other people's celebrations other than your own

Multi-sports/ Talent show

Pick up- 3.00 p.m.

Wednesday 21st December

Trip to Odeon Cinema to view Matilda the musical

Meeting point -St Paul's church, SE28 8AS (Time - 11 a.m.)

Depart at - 11 40 a.m.

Return at - 2 .30 p.m.

Pick up- 3.00 p.m.



Thursday 22th July Christmas Celebration

Christmas celebrations with a feast and enrichment activities, singing and dancing.

Children and young people to present on climate and Eatwell guide

A food hamper for family to take home

Pick up 3.00 p.m.



Divine Buzz 2023 sessions



Divine Buzz

Activities for women and children

Venue: Hawksmoor Youth Club, London SE28 8AS

Monday 	9: 00 am-10: 15 am Women's fitness session 10: 30 am-1:30 pm Cookery/Healthy eating session. Starts Monday
9:00 am-10:00 am Women's fitness session 3: 45 – 4: 45 pm Kids' multisport	Tuesday 
Wednesday 	9: 00 - 10: 15 am Women's fitness session 10: 30 am - 12:00 pm Gardening - Growing fruit and vegetables (Green Fingers) to <u>eventually pick to take home</u>
9: 00 - 10: 15 am Women's fitness session 10: 30 am- 1: 30 pm Hair & make-up- Learn to braid hair, make wigs and make-up 3:45 – 5:30 pm Kids' multisport culture/debate/sewing/hair braiding/arts and crafts	Thursday 
Friday 	9: 00 - 10: 15 am Women's fitness session 10: 30 am- 1: 30 pm Sewing 1: 30 pm - 2: 30 pm Fabric Printing

Please call 07951922324 to book!

The start date is to be announced in January!



Divine Buzz

Healthy eating/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 –

- Locations at the **Thamesmead Youth Club Bentham Rd, SE28 8AS**, 5 weeks (1 day per week every Monday)

- [Join our Gardening sessions](#)

- **To book a place**, [07951922324](tel:07951922324), [start date to be announced](#)

- **Community Gather and Eat** - *Come eat, mingle and make friends all free of charge!*



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 Group
- in-person advice on benefits, housing, mortgage and more
- free installation of draught excluders and energy saving devices
- emergency payments towards rent or essentials to get you through times of hard ship
- access to good food

royalgreenwich.gov.uk/greenwich-supports

Or call the Welfare Rights service on **020 8921 6375**

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

ADVICE YOU NEED NEAR YOU!

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

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Greenwich Supports

FEEDING YOU AND YOUR FAMILY

Family Action | Food On Our Doorstep

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

✉ Londonfoodclubs@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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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.

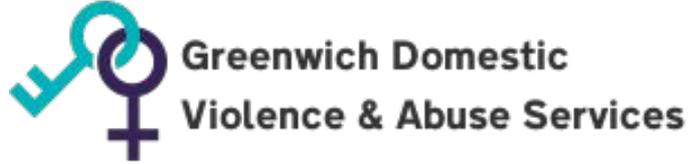
Take away the intensity

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



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!

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

Date for 2023 to be announced

Contact Nicola on the email address below for details

- 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

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

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



A group of approximately ten people, including children and adults, are standing in a museum exhibit. They are positioned in front of a large, curved wall that displays a colorful, abstract landscape or scene. The floor is illuminated with a bright blue light, creating a shimmering effect. The ceiling is dark, and there are several spotlights, including one that is glowing blue. The overall atmosphere is vibrant and interactive.

Enjoy the Winter holidays!