

# School's Out Get Active



## Contents

School's Out Get Active

Sport and physical activities

o Week 1

o Week 2

o Week 3

o Week 4

o Week 5

HAF programme

HENRY

Street Tag

## School's Out Get Active

We understand that it can be hard for parents to find things to keep the family busy and entertained during the school holidays, so this summer there is a huge variety of activities to take part in

The Healthy Lifestyles Team has a vast array of sports and physical activity programmes running during the summer which are free for children and young people who live or go to school in Barking and Dagenham.

There is also some information on some sports and physical activity sessions that run all year for children and young people linked into programmes run by the Healthy Lifestyle Team.

## Booking

Please note that many of the activities must be pre-booked.

To book onto one of the activities run by the Healthy Lifestyles Team please click on the Eventbrite link next to the activity and age group your child/ren falls under. To attend any of the other programmes please follow the directions indicated on each activity.

## Terms and conditions

There are a number of terms and conditions associated with School's Out Get Active activities run by the Healthy Lifestyles Team. The key terms and conditions are:

- Children and young people must either live or go to school within Barking and Dagenham.
- Children and young people must be the age stated on the activity to attend; younger children may be asked to show evidence of their age.
- Failure to attend pre-booked activities without good reason or notifying the provider or the School's Out Get Active team, may lead to you being refused access to further activities.
- A child can only be booked onto a maximum of three camps over the summer.

For further information and a full copy of the terms and conditions visit

<https://www.lbbd.gov.uk/newme-healthy-lifestyle>, phone the School's Out Get Active Team on 020 8724 8018 or email [healthy.lifestyle@lbbd.gov.uk](mailto:healthy.lifestyle@lbbd.gov.uk)

We are also working with the **Holiday Activities** and **Food Programme** which provides activities and food for young people that are on free school meals. We have funding to provide sessions with food for young people aged 12 to 16 years. We are matching this funding with providing the same for young people aged 5 to 11. We have 7 sessions where this is happening

If you are on free school meals and are aged 12 to 16 please use the HAF booking for the relevant camp. Anyone else please use the SOGA booking forms

Week One – Athletics and Football

Week Two – Cricket and Football

Week Three – West End Workshop

Week Four – Multi Sports

Week Five - Football

## Healthy Lifestyles Team - Sport and Physical Activities

### Week 1 - 25 to 29 July 2022

#### **Activity: Be Fit Today Academy – Athletics – SOGA and HAF places available**

The Academy is a multi-event athletics development programme, which introduces the fundamental skills of athletics to young people. It focuses not only on how fast someone runs, jumps or throws but more importantly, on developing the technical skills required to perform at full potential and move like a champion. Participants will be placed in groups depending on their ability and will learn athletic disciplines through fun games with a competition at the end of the programme. **Lunch for all participating children will be provided.**

**Venue:** Jim Peters Stadium, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

**Time:** 10am to 3pm

**Age group:** 5 to 16 years

**Date:** Monday 25 and Wednesday 27 to Friday 29 July (not running Tuesday 26 July)

**Booking:** Booking opens 1 July.

**SOGA Booking 5 to 11 year olds** <https://www.eventbrite.co.uk/e/Athletics Camp Week 1 5 to 11 years SOGA>

**SOGA Booking 12 to 16 year olds** <https://www.eventbrite.co.uk/e/Athletics Camp Week 1 - 12-to-16 years SOGA>

**HAF Booking 12 to 16 year olds** <https://www.eventbrite.co.uk/e/Athletics Camp week 1 - 12 to 16 Years HAF>

#### **Activity: Carter & Co Productions – Street Dance**

The street dance workshops will involve the young people learning a variety of street dance styles from professionals in the industry. There are a number of street dance styles, and we will cover as many as possible to the young people. The young people will learn new dance styles, meet new friends, gain confidence and how to create their own choreography.

**Venue:** Castle Green Community Centre, Gale Street, Dagenham, Essex, RM9 4UN

**Time:** 11am to 4pm

**Age group:** 8 to 17 years

**Dates:** Monday 25 to Wednesday 27 July

**Booking:** Booking opens 1 July.

**SOGA Booking 8 to 17 year olds** <https://www.eventbrite.co.uk/e/Street Dance Week 1 - 8 to 17 years SOGA>

## **Activity: Barking Football Club – Football - SOGA and HAF places available**

The football camp will consist of multi skill functions designed within fun, small, sided games. Each participant will have the opportunity to try new skills, learn about the body in action and work as a team member. Developing fundamental skills of balance, co-ordination, speed, and communication will help improve the participant's confidence and self-esteem. This is all wrapped up in a fun and exciting environment that will be safe, supportive, and respectful for all. **Lunch for all participating children will be provided.**

**Venue:** Barking Football Club, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

**Time:** 10am to 3pm

**Age group:** 5 to 16 years

**Dates:** Monday 25 to Friday 29 July

**Booking:** Booking opens 1 July.

**SOGA Booking 5 to 7 year olds** <https://www.eventbrite.co.uk/e/Football Camp Week 1 - 5 to 7 years SOGA>

**SOGA Booking 8 to 11 year olds** <https://www.eventbrite.co.uk/e/Football Camp Week 1 - 8 to 11 year olds SOGA>

**SOGA Booking 12 to 16 year olds** <https://www.eventbrite.co.uk/e/Football Camp Week 1 - 12 to 16-year SOGA>

**HAF Booking 12 to 16 year olds** <https://www.eventbrite.co.uk/e/football camp Week 1 - 12 to 16 years HAF>

## **Activity: Premier sports – Multi Sports**

The camp covers a wide range of sports including team games and racket sports. The programme is accessible across all ages between 5 and 15 years and all abilities. It ensures children have fun with friends, at the same time learning the importance of living a healthy and active lifestyle. The programme helps children improve their communication skills, build their self-confidence and develop valuable social skills.

**Venue:** Becontree Primary School, Stevens Road, Dagenham RM8 2QR

**Age:** 5 to 11 years

**Dates:** Monday 25 to Friday 29 July

**Time:** 10am to 3pm

**Booking:** Booking opens 1 July.

**SOGA Booking 5 to 7 year olds** <https://www.eventbrite.co.uk/e/Multi Sport Camp Week 1 - 5 to 7 years>

**SOGA Booking 8 to 17 year olds** <https://www.eventbrite.co.uk/e/Multi Sport Camp Week 1 - 8 to 11 years>

## **Week 2 – 1 to 5 August 2022**

### **Activity: Ekota Cricket Academy – Cricket Camp - **SOGA and HAF places available****

We will be holding a fun cricket camp with the focus will be on 100% fun-based activities concentrating on Learning the basic cricket skills in batting, bowling, fielding, and striking, All abilities welcome. ***Lunch for all participating children will be provided.***

**Venue:** Goodmayes Park, Aberdour Road, Ilford IG3 9RA

**Time:** 10am to 2pm

**Age group:** 5 to 14 years

**Dates:** Monday 1 to Friday 5 August

**Booking:** Booking opens 1 July

**SOGA Booking 5 to 7 year olds - <https://www.eventbrite.co.uk/e/Cricket Camp Week 2 - 5 to 7 years SOGA>**

**SOGA Booking 8 to 11 year olds <https://www.eventbrite.co.uk/e/Cricket Camp Week 2 - 8 to 11 years SOGA>**

**SOGA Booking 12 to 14 year olds -<https://www.eventbrite.co.uk/e/Cricket Camp Week 2 - 12 to 14 years SOGA>**

**HAF Booking 12 to 14 year olds - <https://www.eventbrite.co.uk/e/cricket camp week 2 - 12 to 14 years HAF>**

### **Activity: Finesse Sports – Football camp - **SOGA and HAF places available****

The football camp will consist of multi skill functions designed within fun, small, sided games. Each participant will have the opportunity to try new skills, learn about the body in action and work as a team member. Developing fundamental skills of balance, co-ordination, speed and communication will help improve the participant's confidence and self-esteem. This is all wrapped up in a fun and exciting environment that will be safe, supportive and respectful for all. ***Lunch for all participating children will be provided.***

**Venue:** Jim Peters Stadium, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

**Age:** 5 to 16 years

**Dates:** Monday 1 and Wednesday 3 to Friday 5 August (not running Tuesday 2 August)

**Time:** 10am to 2pm

**Booking:** Booking opens 1 July.

**Book here for 5 to 11 year olds <https://www.eventbrite.co.uk/e/Football Camp Week 2 - 5 to 11 year olds SOGA>**

**Book here for 12 to 16 year olds <https://www.eventbrite.co.uk/e/Football camp Week 2 - 12 to 16 Years SOGA>**

## **Activity: Right Development Foundation - Basketball Camp**

Whether it's your first time touching a basketball, or you have been to the camps previously there will be something for you. Receive coaching from our expert coaches and learn the fundamental skills of basketball and have the chance to improve your skills.

**Venue:** Goresbrook school, Cook Road, Dagenham RM9 6XW

**Time:** 10am to 2pm

**Age group:** 5 to 17 years

**Dates:** Monday 1 to Thursday 4 August

**Booking:** Booking opens 1 July.

**SOGA Booking 5 to 7 year olds** <https://www.eventbrite.co.uk/e/Basketball Camp Week 1 - 5 to 7 years SOGA>

**SOGA Booking 8 to 17 year olds** <https://www.eventbrite.co.uk/e/Basketball Camp Week 1 - 8 to 17 years SOGA>

## **Activity: Sporting Futures– Girls Football Session**

The “This Girls Ability” football for girls with disabilities. A female friend or family member is welcome to accompany the joining participant and is a great facilitator for building stronger bonds in the community. The sessions will include a warm-up quiz to discuss the importance of preparing your body for the exercise to avoid injury and test knowledge of the muscles used. Provide a fruit snack after training to encourage 5-a-day. Discussion on adding more physical activity into your day in a fun way and share ideas.

**Venue:** Castle Green Community Centre, Gale Street, Dagenham RM9 4UN

**Time:** 11am to 12 Noon

**Age group:** 5 to 17 years

**Dates:** Wednesday 3 August

**Booking:** Contact Nichola Fairbairn

Phone: 07807 015343

Email: [sportingfutures@bdpp.org.uk](mailto:sportingfutures@bdpp.org.uk)

## **Week 3 – 8 to 12 August 2022**

### **Activity: Pullums Dance Academy – Westend Workshop - SOGA and HAF places available**

Westend instructors will showcase choreography and songs from popular musicals. Children will capture a full insight of life as a musical theatre performer. **Lunch for all participating children will be provided.**

**Venue:** Riverside Campus, Riverside Bridge School, Renwick Road, Barking IG11 0FU

**Time:** 10am to 2pm

**Age group:** 5 to 16 years

**Dates:** Monday 8 to Thursday 11 August

**Booking:** Booking opens 1 July.

**SOGA Booking 5 to 7 year olds -** <https://www.eventbrite.co.uk/e/West-End-Workshop-Week-3-5-to-7-years-SOGA>

**SOGA Booking 8 to 11 year olds** <https://www.eventbrite.co.uk/e/West-End-Workshop-Week-3-8-to-11-years-SOGA>

**SOGA Booking 12 to 16 year olds** <https://www.eventbrite.co.uk/e/West-End-Workshop-Week-3-12-to-16-years-SOGA>

**HAF Booking 12 to 16 year olds** <https://www.eventbrite.co.uk/e/West-End-Workshop-Week-3-12-to-16-years-HAF>

### **Activity: Kinder Kitchen – Cooking**

We prepare and cook, from scratch, a number of recipes that are simple, healthy, and balanced and that we know kids love to eat. The group eat together at the end of the workshop. The workshop will cover the following topics;

- Sugar swaps - create awareness of what is in processed and packaged drinks/food
- Food waste - educate children about food waste, how to reduce it and its devastating effects on the environment, empowering them to become environmental ambassadors of the future
- Food groups - Children leave understanding the 4 main food groups
- Food Seasonality/Food Provenance - Give children a better understanding of where food comes from and how it grows

**Venue:** Park Active Age Centre, Rectory Road, Dagenham RM10 9SA

**Time:** 10am to 3pm

**Age group:** 5 to 7 years

**Dates:** Monday 8 August

**Booking:** Booking opens 8 July.

**SOGA Booking 5 to 7 year olds** <https://www.eventbrite.co.uk/e/Cooking-Workshop-Week-1-5-to-7-years-SOGA>

**Age group:** 8 to 17 years

**Dates:** Tuesday 9 August

**Booking:** Booking opens 8 July.

**SOGA Booking 8 to 17 year olds** <https://www.eventbrite.co.uk/e/Cooking-Workshop-Week-1-8-to-17-years-SOGA>

## **Activity: Finesse Sports – Cheerleading Camp**

Cheerleading camp coaches offer expert instruction for children and young people to learn and master a stunt or pirouette or as a group becomes a more cohesive team member. Children and young people will master the fundamentals and team building skills, learn game planning, transitions, pyramids, safety training and spotting, partner stunts, dances and more

**Venue:** Barking College, Rush Green Campus, Dagenham Road, Dagenham RM7 0XU

**Time:** 10am to 1pm

**Age group:** 7 to 10 years

**Dates:** Tuesday 9 to Thursday 11 August

**Booking:** Booking opens 8 July.

**SOGA Booking 5 to 7 year olds** [https://www.eventbrite.co.uk/e/Cheerleading Cap Week 3 - 5 to 7 years SOGA](https://www.eventbrite.co.uk/e/Cheerleading-Cap-Week-3-5-to-7-years-SOGA)

**SOGA Booking 8 to 17 year olds** [https://www.eventbrite.co.uk/e/Cheerleading Cap Week 3 - 8 to 17 years SOGA](https://www.eventbrite.co.uk/e/Cheerleading-Cap-Week-3-8-to-17-years-SOGA)

## **Activity: Sporting Futures– Girl's football session**

The “This Girls Ability” football for girls with disabilities. A female friend or family member is welcome to accompany the joining participant and is a great facilitator for building stronger bonds in the community. The sessions will include a warm-up quiz to discuss the importance of preparing your body for the exercise to avoid injury and test knowledge of the muscles used. Provide a fruit snack after training to encourage 5-a-day. Discussion on adding more physical activity into your day in a fun way and share ideas.

**Venue:** Castle Green Community Centre, Gale Street, Dagenham, Essex, RM9 4UN

**Time:** 11am to 12 Noon

**Age group:** 5 to 17 years

**Dates:** Wednesday 10 August

**Booking:** Contact: Nichola Fairbairn

**Phone:** 07807 015343

**Email:** [sportingfutures@bdpp.org.uk](mailto:sportingfutures@bdpp.org.uk)



## **Week 4 – 15 to 19 August 2022**

### **Activity: Grains of Knowledge – Cooking**

The cooking sessions will teach young people how to make their favourite fast-food meals, in a healthy way. This encourages children to learn what is in their food and equips them with the skills at an early age to be able to prepare their own nutritious meals. Young people are empowered to use cooking equipment safely and be a part of the decision making around what they eat. Participants learn the make up of their meals and gain a better understanding of what is in their food and how to get the most out of a meal. Making healthy eating interesting and exciting.

**Venue:** Sue Bramley Community Hub, Bastable Avenue, Barking IG11 0LH

**Time:** 10am to 2pm

**Age group:** 8 to 11 years

**Dates:** Monday 15 to Wednesday 17 August 2022

**Booking:** Booking opens 15 July.

**SOGA Booking 8 to 11 year olds** <https://www.eventbrite.co.uk/e/Cooking Camp Week 4 - 8 to 11 years SOGA>

### **Activity: Dagenham Police & Community Boxing Club – Boxing Camp**

The course will include non-contact boxing coaching tuition along with important inputs around carrying knives and gang membership from local Police. There will also be fitness sessions and healthy eating and diet inputs from qualified professionals.

Free places will also be offered to up to 25% of the participants into the clubs existing club groups (age permitting)

**Venue:** Dagenham (Police & Community) Boxing Club, 218-224 Heathway, Dagenham RM10 8RE

**Time:** 10am to 2pm

**Age group:** 5 to 9 years

**Dates:** Wednesday 17 to Thursday 18 August 2022

**Booking:** Booking opens 15 July.

**SOGA Booking 5 to 7 year olds** <https://www.eventbrite.co.uk/e/Boxing Camp Week 4 - 5 to 7 years - SOGA>

**SOGA Booking 8 to 9 year olds** <https://www.eventbrite.co.uk/e/Boxing Camp Week 4 - 8 to 9 years - SOGA>

## **Activity: First Kicks – Multi Sports - SOGA and HAF places available**

The multi sports holiday camp will encourage children to take part in a number of different sporting activities throughout the week. This will include attendance from a street dance coach who will teach the participants different routines during the week for a performance that will be shown to parents/carers on the last day of the camp. Our aim is to encourage confidence and help children build on their basic skills of running, jumping, throwing and co-ordination. These key skills will be incorporated over the week in a number of different multi-sport games. **Lunch for all attending children will be provided.**

**Venue:** Jim Peters Stadium, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

**Dates:** Monday 15 and Wednesday 17 to Friday 19 August 2022 (not running Tuesday 16 August)

**Time:** 9am to 3.30pm

**Age group:** 5 to 16 years

**Booking:** Booking opens 1 July.

**SOGA Booking 5 to 11 year olds** <https://www.eventbrite.co.uk/e/Multi-Sports-Camp-Week-4-5-to-11-years-SOGA>

**SOGA Booking 12 to 16 year olds** <https://www.eventbrite.co.uk/e/Multi-Sports-Camp-Week-4-12-to-16-years-SOGA>

**HAF Booking 12 to 16 year olds** <https://www.eventbrite.co.uk/e/multi-sport-camp-Week-4-12-to-16-Years-HAF>

## **Activity: Sporting Futures– Girl's football session**

The “This Girls Ability” football for girls with disabilities. A female friend or family member is welcome to accompany the joining participant and is a great facilitator for building stronger bonds in the community. The sessions will include a warm-up quiz to discuss the importance of preparing your body for the exercise to avoid injury and test knowledge of the muscles used. Provide a fruit snack after training to encourage 5-a-day. Discussion on adding more physical activity into your day in a fun way and share ideas.

**Venue:** Castle Green Community Centre, Gale Street, Dagenham, Essex, RM9 4UN

**Time:** 11am to 12 Midday

**Age group:** 5 to 17 years

**Dates:** Wednesday 17 August

**Booking:** Contact Nichola Fairbairn

**Phone:** 07807 015343

**Email:** [sportingfutures@bdpp.org.uk](mailto:sportingfutures@bdpp.org.uk)

## **Week 5 – 22 to 26 August 2022**

### **Activity: Barking Football Club - Football**

The football camp will consist of multi skill functions designed within fun, small, sided games. Each participant will have the opportunity to try new skills, learn about the body in action and work as a team member. Developing fundamental skills of balance, co-ordination, speed, and communication will help improve the participant's confidence and self-esteem. This is all wrapped up in a fun and exciting environment that will be safe, supportive, and respectful for all. **Lunch for all participating children will be provided.**

**Venue:** Barking Football Club, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

**Time:** 10am to 3pm

**Age group:** 5 to 16 years

**Dates:** Monday 22 to Friday 26 August

**Booking:** Booking opens 1 July.

**SOGA Booking 5 to 7 year olds** <https://www.eventbrite.co.uk/e/Football Camp Week 5 - 5 to 7 years SOGA>

**SOGA Booking 8 to 11 year olds** <https://www.eventbrite.co.uk/e/Football Camp Week 5 - 8 to 11 years SOGA>

**SOGA Booking 12 to 16 year olds** <https://www.eventbrite.co.uk/e/Football camp week 5 - 12 to 16 years SOGA>

**HAF Booking 12 to 16 year olds** <https://www.eventbrite.co.uk/e/football camp week 5 - 12 to 16 years HAF>

### **Activity: Finesse Sports – Exercise2music**

Featuring the freshest moves and the latest music, these classes get young people fit – fast. Each 30 or 45-minute class combines cutting edge moves from martial arts, sports conditioning, dance and yoga. Participants build physical skills and leave the class with a sense of achievement. Participants gain strength and confidence from exercising in a group and feel motivated to push themselves just that little bit further.

**Venue:** Barking College, Rush Green Campus, Dagenham Road, Dagenham RM7 0XU

**Time:** 10am to 1pm

**Age group:** 5 to 17 years

**Dates:** Monday 22 to Wednesday 24 August

**Booking:** Booking opens 22 July.

**SOGA Booking 5 to 7 year olds** <https://www.eventbrite.co.uk/e/Exercise 2 Music Week 5 - 5 to 7 years SOGA>

**SOGA Booking 8 to 17 year olds** <https://www.eventbrite.co.uk/e/Exercise 2 Music Week 5 - 8 to 11 years SOGA>

## **Activity: Finesse Sports - Canoeing Camp**

The camp aims to introduce paddle sport in a safe and friendly environment. No matter the ability, everyone is welcome. The camp offers something for the complete novice, the solo paddler, and everyone in between. Canoers practice basic strokes and maneuvering techniques. Combining strokes, adapting to wind conditions, navigating and self-rescuing. Canoeing for kids provides endless social opportunities and unlimited chances to get wet on a hot summer's day (dependent on British weather). Participants will engage in safe and fun activities making new friends, gaining confidence, developing life and leadership skills and practice teamwork.

All equipment is provided including buoyancy aids and waterproof jackets. Participants are asked to wear clothes that they don't mind getting wet and dirty. We recommend wearing lighter clothing, no jeans or hooded tops. We ask that you wear secure footwear to avoid losing footwear in the event of a capsizing. Please remember to bring some towel and fresh clothes to change into.

**Please note:** Participants must be aged 8 years and over and able to swim at least 50 metres unaided.

**Venue:** Mayesbrook Park Lake, Lodge Avenue, Dagenham RM8 2JR

**Time:** 10am to 12noon

**Age group:** 8 to 11 years

**Dates:** Tuesday 23 to Thursday 25 August

**Booking:** Booking opens 22 July.

**SOGA Booking 8 to 11 year olds** [https://www.eventbrite.co.uk/e/Canoeing Camp Week 5 - 8 to 11 years SOGA](https://www.eventbrite.co.uk/e/Canoeing-Camp-Week-5-8-to-11-years-SOGA)

**Time:** 1pm to 3pm

**Age group:** 11 to 17 years

**Dates:** Tuesday 10 to Thursday 12 August

**Booking:** Booking opens 22 July.

**SOGA Booking 12 to 17 year olds** [https://www.eventbrite.co.uk/e/Canoeing Camp Week 5 - 12 to 17 years SOGA](https://www.eventbrite.co.uk/e/Canoeing-Camp-Week-5-12-to-17-years-SOGA)

## **Activity: Dagenham Police & Community Boxing Club - Boxing**

The course will include non-contact boxing coaching tuition along with important inputs around carrying knives and gang membership from local Police. There will also be fitness sessions and healthy eating and diet input from qualified professionals.

Free places will also be offered to up to 25% of the participants into the clubs existing club groups (age permitting)

**Venue:** Dagenham (Police & Community) Boxing Club, 218-224 Heathway, Dagenham RM10 8RE

**Time:** 10am to 2pm

**Age group:** 5 to 17 years

**Dates:** Wednesday 24 to Thursday 25 August 2022

**Booking:** Booking opens 22 July.

**SOGA Booking 5- 7 year olds** [https://www.eventbrite.co.uk/e/Boxing Camp Week 5 - 5 to 7 years SOGA](https://www.eventbrite.co.uk/e/Boxing-Camp-Week-5-5-to-7-years-SOGA)

**SOGA Booking 8- 14 year olds** [https://www.eventbrite.co.uk/e/Boxing Camp Week 5 - 8 to 14 years SOGA](https://www.eventbrite.co.uk/e/Boxing-Camp-Week-5-8-to-14-years-SOGA)

## **Activity: Ultimate Vision– Multi sports Camp**

The camp covers a wide range of sports including team games and racket sports. The programme is accessible across all ages between 5 and 14 years and all abilities. It ensures children have fun with friends, at the same time learning the importance of living a healthy and active lifestyle. The programme helps children improve their communication skills, build their self-confidence and develop valuable social skills.

**Venue:** Goresbrook School, Cook Road, Dagenham RM9 6XW

**Time:** 10am to 2pm

**Age group:** 5 to 14 years

**Dates:** Monday 22 to Thursday 25 August

**Booking:** Booking opens 22 July.

**SOGA Booking 5 to 7 year olds** [https://www.eventbrite.co.uk/e/Multi Sports Camp Week 5 - 5 to 7 years SOGA](https://www.eventbrite.co.uk/e/Multi-Sports-Camp-Week-5-5-to-7-years-SOGA)

**SOGA Booking 8 to 17 year olds** [https://www.eventbrite.co.uk/e/Multi Sports Camp Week 5 - 8 to 14 years SOGA](https://www.eventbrite.co.uk/e/Multi-Sports-Camp-Week-5-8-to-14-years-SOGA)

# Free **H**oliday activities and **f**ood for Barking & Dagenham families

Children and young people aged 5 to 16 who are eligible for free school meals and their families will be able to access free activities and a healthy lunch during the summer holidays.

The Department for Education's (DfE) Holiday Activities and Food programme (HAF) has provided funding for the scheme.

Local partners have developed an exciting programme of activities. They include schools, local voluntary and community organisations and childcare providers.

The activities will take place over the summer holidays, from 26 July to 27 August 2021.

## How do I know if my child is eligible?

Your child will qualify if all these statements apply:

- your child is eligible for free school meals (FSM) or is a young carer or on a plan.
- you live in Barking & Dagenham.
- your child is aged between 5 and 16 years.

## Activity: Week One - Be Fit Today Academy – Athletics

The Academy is a multi-event athletics development programme, which introduces the fundamental skills of athletics to young people. It focuses not only on how fast someone runs, jumps or throws but more importantly, on developing the technical skills required to perform at full potential and move like a champion. Participants will be placed in groups depending on their ability and will learn athletic disciplines through fun games with a competition at the end of the programme. **Lunch for all participating children will be provided.**

**Venue:** Jim Peters Stadium, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

**Time:** 10am to 3pm

**Age group:** 12 to 17 years

**Date:** Monday 25 and Wednesday 27 to Friday 29 July

**Booking:** Booking opens 1 July.

HAF Booking 12 to 16 year olds <https://www.eventbrite.co.uk/e/Athletics Camp week 1 - 12 to 16 Years HAF>

For the wider HAF programme visit LBBB website - [Free summer activities | LBBB](#)

## **Activity: Week One - Barking Football Club - Football**

The football camp will consist of multi skill functions designed within fun, small, sided games. Each participant will have the opportunity to try new skills, learn about the body in action and work as a team member. Developing fundamental skills of balance, co-ordination, speed, and communication will help improve the participant's confidence and self-esteem. This is all wrapped up in a fun and exciting environment that will be safe, supportive, and respectful for all. **Lunch for all participating children will be provided.**

**Venue:** Barking Football Club, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

**Time:** 10am to 3pm

**Age group:** 12 to 17 years

**Dates:** Monday 25 to Friday 29 July

**Booking:** Booking opens 1 July.

HAF Booking 12 to 17 year olds <https://www.eventbrite.co.uk/e/football-camp-week-1-12-to-16-years-haf>

## **Activity: Week Two - Ekota Cricket Academy – Cricket camp**

We will be holding a fun cricket camp with the focus will be on 100% fun-based activities concentrating on Learning the basic cricket skills in batting, bowling, fielding, and striking, All abilities welcome. **Lunch for all participating children will be provided.**

**Venue:** Goodmayes Park, Aberdour Road, Ilford IG3 9RA

**Time:** 10am to 2pm

**Age group:** 12 to 17 years

**Dates:** Monday 1 to Friday 5 August

**Booking:** Booking opens 1 July

HAF Booking 12 to 16 year olds - <https://www.eventbrite.co.uk/e/cricket-camp-week-2-12-to-14-years-haf>

## **Activity: Week Two - Finesse Sports – Football camp**

The football camp will consist of multi skill functions designed within fun, small, sided games. Each participant will have the opportunity to try new skills, learn about the body in action and work as a team member. Developing fundamental skills of balance, co-ordination, speed and communication will help improve the participant's confidence and self-esteem. This is all wrapped up in a fun and exciting environment that will be safe, supportive and respectful for all. **Lunch for all participating children will be provided.**

**Venue:** Jim Peters Stadium, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

**Age:** 12 to 17 years

**Dates:** Monday 1 to Thursday 4 August

**Time:** 10am to 2pm

**Booking:** Booking opens 1 July.

HAF Bookng 12 to 16 year olds <https://www.eventbrite.co.uk/e/football-camp-week-2-12-to-16-years-haf>



### **Activity: Week Three - Pullums Dance Academy – Westend Workshop**

Westend instructors will showcase choreography and songs from popular musicals. Children will capture a full insight of life as a musical theatre performer. **Lunch for all participating children will be provided.**

**Venue:** Riverside Campus, Riverside Bridge School, Renwick Road, Barking IG11 0FU

**Time:** 10am to 2pm

**Age group:** 12 to 17 years

**Dates:** Monday 8 to Thursday 11 August

**Booking:** Booking opens 1 July.

HAF Booking 12 to 16 year olds <https://www.eventbrite.co.uk/e/West-End-Workshop-Week-3-12-to-16-years-HAF>

### **Activity: Week Four - First Kicks – Multi Sports**

The multi sports holiday camp will encourage children to take part in a number of different sporting activities throughout the week. This will include attendance from a street dance coach who will teach the participants different routines during the week for a performance that will be shown to parents/carers on the last day of the camp. Our aim is to encourage confidence and help children build on their basic skills of running, jumping, throwing and co-ordination. These key skills will be incorporated over the week in a number of different multi-sport games. **Lunch for all participating children will be provided.**

**Venue:** Jim peters stadium, Mayesbrook park, Lodge Ave, Dagenham RM8 2JR

**Dates:** Monday 15 and Wednesday 17 to Friday 19 August 2022

**Time:** 9am to 3.30pm

**Age group:** 12 to 17 years

**Booking:** Booking opens 1 July.

Book here for 12 to 17 year olds <https://www.eventbrite.co.uk/e/multi-sport-camp-Week-4-12-to-16-Years-HAF>

### **Activity: Week Five - Barking Football Club - Football**

The football camp will consist of multi skill functions designed within fun, small, sided games. Each participant will have the opportunity to try new skills, learn about the body in action and work as a team member. Developing fundamental skills of balance, co-ordination, speed, and communication will help improve the participant's confidence and self-esteem. This is all wrapped up in a fun and exciting environment that will be safe, supportive, and respectful for all. **Lunch for all participating children will be provided.**

**Venue:** Barking Football Club, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

**Time:** 10am to 3pm

**Age group:** 12 to 17 years

**Dates:** Monday 22 to Friday 26 August

**Booking:** Booking opens 1 July.

Book here for 12 to 17 year olds

<https://www.eventbrite.co.uk/e/football-camp-week-5-12-to-16-years-HAF>





The Healthy Lifestyles Team are running the free Summer HENRY programmes to help local children and families move more, eat healthy and ultimately live a healthier life.

The programme is for parents or carers who would like support and ideas to develop a healthier family lifestyle which parents and children can both enjoy. Everyone wants the best for their children, but with so much conflicting advice it can be hard to know what to do for the best as a parent.

Each programme will provide useful information on healthy eating and exercise as well as tips and ideas on how to make healthier lifestyle choices.

The programme includes:

- Tools and skills to help lead a healthy family lifestyle
- Topics on Portion sizes, understanding food labels, Healthy family meals and snacks, sleep and screen time , body image and self esteem
- Family resource set
- 5 x weekly FREE access leisure centre vouchers for the whole family for completing the programme

## Face to Face programmes



### **Activity: HENRY 0-5 years – A Healthy start**

The course is for parents and young children 0-5 who want to lead a healthier lifestyle. The programme covers a range of topics including nutrition, physical activity, and parenting skills. All taught by our friendly supportive team.

Creche facilities will be provided for all attending children aged 0 to 5 years. Children attending this programme must be accompanied by an adult.

**Venue:** Chadwell heath community centre, High Rd, Dagenham, Romford RM6 6AS

**Time:** 10am to 11.30am

**Age group:** Parents and young children aged between 0 to 5 years.

**Dates:** Tuesday 26 to Friday 29 July and Tuesday 2 to 5 August

**Booking:** Visit <https://www.lbbd.gov.uk/newme-healthy-lifestyle> or scan the QR code and complete the registration form



### **Activity: HENRY 0-5 years – A Healthy start**

The course is for parents and young children 0-5 who want to lead a healthier lifestyle. The programme covers a range of topics including nutrition, physical activity, and parenting skills. All taught by our friendly supportive team.

Creche facilities will be provided for all attending children aged 0 to 5 years. Children attending this programme must be accompanied by an adult.

**Venue:** Valence Library, Becontree Ave, Dagenham RM8 3HT

**Time:** 10am to 11.30am

**Age group:** Parents and young children aged between 0 to 5 years.

**Dates:** Friday 29 July and 5, 12, 19, 26 August and 2 September

**Booking:** Visit <https://www.lbbd.gov.uk/newme-healthy-lifestyle> or scan the QR code and complete the registration form



**Activity: HENRY 0-5 years – A Healthy start**

The course is for parents and young children 0-5 who want to lead a healthier lifestyle. The programme covers a range of topics including nutrition, physical activity, and parenting skills. All taught by our friendly supportive team.

Creche facilities will be provided for all attending children aged 0 to 5 years. Children attending this programme must be accompanied by an adult.

**Venue:** Kingsley Hall Church & Community Centre, Dagenham RM9 5NB

**Time:** 10am to 11.30am

**Age group:** Parents and young children aged between 0 to 5 years.

**Dates:** Monday 8 to Thursday 11 and Monday 15 to Thursday 18 August

**Booking:** Visit <https://www.lbbd.gov.uk/newme-healthy-lifestyle> or scan the QR code and complete the registration form

**Activity: HENRY 5-12 years – Growing families**

The HENRY 5-12 Courses focus on building your confidence and strengths as a parent, and explores key themes such as emotional well-being, whole family lifestyle habits, mealtimes, TV, sleep, food, parenting, and physical activity.

Who is HENRY for -Any family who is looking to make changes together to be healthier and happier? HENRY is ideal for families who are looking to eat better, become a healthier weight, be more physically active or those who are looking for support with family life. Sports activities will be provided for all attending children aged 5 to 12 years

**Venue:** Barking college, Rush Green Campus, Dagenham Rd, Dagenham, RM7 0XU

**Time:** 10.30am to 12.30pm

**Age group:** Parents and children aged between 5 to 12 years

**Dates:** Tuesday 26 to Friday 29 July and Tuesday 2 to Friday 5 August

**Booking:** Visit <https://www.lbbd.gov.uk/newme-healthy-lifestyle> or scan the QR code and complete the registration form



### **Activity: HENRY 5-12 years – Growing families**

The HENRY 5-12 Courses focus on building your confidence and strengths as a parent, and explores key themes such as emotional well-being, whole family lifestyle habits, mealtimes, TV, sleep, food, parenting, and physical activity.

Who is HENRY for -Any family who is looking to make changes together to be healthier and happier? HENRY is ideal for families who are looking to eat better, become a healthier weight, be more physically active or those who are looking for support with family life. Sports activities will be provided for all attending children aged 5 to 12 years

**Venue:** Barking Learning Centre (Barking Library), 2 Town Square Barking Learning Centre, Barking IG11 7NB

**Time:** 3pm to 5pm

**Age group:** Parents and children aged between 5 to 12 years

**Dates:** Thursday 28 July and 4, 11,18,25 August and 1 September

**Booking:** Visit <https://www.lbbd.gov.uk/newme-healthy-lifestyle> or scan the QR code and complete the registration form



### **Online programmes**



### **Activity: HENRY 0-5 years – A Healthy start**

The course is for parents and young children 0-5 who want to lead a healthier lifestyle. The programme covers a range of topics including nutrition, physical activity, and parenting skills. All taught by our friendly supportive team.

**Venue:** Online

**Time:** 10.30am to 11.30am

**Age group:** Parents with young children aged between 0-5 years.

**Dates:** Mondays 18, 25 July and 1,8,15 and 22 August

**Booking:** Visit <https://www.lbbd.gov.uk/newme-healthy-lifestyle> or scan the QR code and complete the registration form



## Activity: HENRY 5-12 years – Growing families

The HENRY 5-12 Courses focus on building your confidence and strengths as a parent, and explores key themes such as emotional well-being, whole family lifestyle habits, mealtimes, TV, sleep, food, parenting, and physical activity.

Who is HENRY for -Any family who is looking to make changes together to be healthier and happier? HENRY is ideal for families who are looking to eat better, become a healthier weight, be more physically active or those who are looking for support with family life.

**Venue:** Online

**Time:** 2pm to 3pm

**Age group:** Parents with children aged between 5- 12 years old

**Dates:** Wednesdays 27 July, 3, 10, 17, 24 and 31 August

**Booking:** Visit <https://www.lbbd.gov.uk/newme-healthy-lifestyle> or scan the QR code and complete the registration form



## Street Tag



For communities, Street Tag is exceptional at bringing together families, neighbour's and communities to get out more, by turning their streets into a virtual playground, to increase residents' outdoor experience in walking, running and cycling more to earn rewards.

We make your street digitally fun, and your neighbor's fun to live with.

We do this through a smartphone app for families/residents to create a profile, there can be up to 6 players in each team. During the Street Tag experience, participants record their distance walked, ran or cycled by scanning virtual tags with their smartphone at various locations, watching their total distance accumulate to climb up on the local leaderboard,

creating competition, being physically active, connecting with green spaces, an opportunity to rediscovering their area, and earning prizes.

Don't fear the cost of being healthy.

Access a thousand active experiences of your street in your pocket, anytime.

Find out how easy it can be.

[Download on App Store](#)

[Download on Play Store](#)

### The main park routes cover the following:

Mayesbrook Park, Central Park / Eastbrookend Country Park, St Chads Park / Tantony Green / Marks Gate Area, Old Dagenham Park / The Leys, Barking Park / Abbey Green, Parsloes Park