

Ealing's Summer Holiday Activities & Food (HAF) Programme 2021

For children from Reception to Year 11, Summer 2021



#EalingHAF2021



www.ealingfamiliesdirectory.org.uk

Welcome to Ealing's 2021 Summer HAF Programme



The Holiday Activities & Food (HAF) Programme is funded by the Department for Education to provide free holiday activities and a healthy nutritional meal for school-aged children (Reception to Y11) who are in receipt of benefits-related free school meals.

Working with over 50 of the wonderful activity providers out there in the borough – we've put together a fantastic range of free activities for children and young people this summer, running from **Monday 26th July – Friday 27th August 2021**

In this brochure you can find out about all the activities and how to book.

And by 9th July 2021, all eligible families should have received an email with a **unique HAF reference code**. You need to give this code to any of the holiday activity providers you book with as evidence that your child is eligible for the Summer HAF programme.

Activities may include:

- Arts and crafts
- Sports
- Outdoor activities
- Cooking
- Drama and music
- And much more ...



If your child has an additional need, special educational need and / or a disability and your child needs support to be able to access any of the HAF provision please contact the provider directly to discuss your child's individual needs. If you need any support, please contact the HAF team. HAF@ealing.gov.uk or call **020 825 5588**

www.ealingfamiliesdirectory.org.uk

Visit our website - click the button on the homepage called 'Ealing HAF' for more information on this programme and explore the site for:

- More activity ideas and resources
- Information on healthy eating, cooking and maintaining a healthy weight
- Details of key services, employment, financial advice, family support
- Services for families with children or young people with Special Educational Needs and Disabilities (SEND) and access to Ealing's Local Offer



#EalingHAF2021

For any other information or if you need help please get in touch with Ealing's Family Information Service
020 8825 5588 (Mon-Fri, 9am to 5pm) or email

HAF@ealing.gov.uk

Ealing's Family Information Service

The Family Information Service (FIS) receives over 2000 enquiries a month from families living in the borough seeking information, advice and guidance on a wide range of subjects.

The team is experienced in helping families in this way and are ready to take your call or respond to your email.

The FIS can help you:

- Find Ofsted registered childcare providers e.g. nurseries, childminders etc.
- Understand the help available with the cost of childcare including Tax Credits.
- Find out if your two-year-old is eligible for free childcare.
- Find out about children's centres and Early Start Ealing.
- Access family support services.
- Access services for children with additional needs and disabilities.
- Find local leisure activities for children and young people.

020 8825 5588

(Mon-Fri, 9am to 5pm)

children@ealing.gov.uk



Go online

www.ealingfamiliesdirectory.org.uk

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FREE childcare places

For two-year-olds

Get 15 hours of free childcare a week, at a nursery, pre-school or with a childminder for parents on low incomes from work or benefits.

Check criteria and apply at **www.ealingfamiliesdirectory.org.uk**

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ALL three and four-year-olds

All children aged three and four are entitled to 15 hours a week of free childcare regardless of family income or residency status.

Search for a childminder, nursery or pre-school at

www.ealingfamiliesdirectory.org.uk.

To get help and advice on both these childcare offers, contact the **Family Information Service on 020 8825 5588**.

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Three and four-year-olds with parents who work

Children of working parents can now get 30 hours a week of free childcare so long as the parent earns £125 or more a week and no more than £100K a year.

Check criteria and apply at **www.childcarechoices.gov.uk**

Or call the
Childcare Choices Helpline
0300 123 4097





A-Z of holiday activities

Aktiva Holiday Camp Multi Activity, Horsenden Primary School - Greenford UB6

Multi-activity holiday camps. Themes include super-heroes, under the sea, rainforests and summer. Art and design activities, science and food tech experiments, nature sessions, coach-led team sports. Basketball, netball, tennis, football, yoga, street dance and musical theatre.

Ages: 4 to 11 years

Dates: Tuesday to Friday, 27th July to 20th August

Times: 8am - 12pm

How to book: Book in advance

Booking link: <https://booking.aktivacamps.com/login>

Address: Horsenden Primary School, Horsenden Lane North, Greenford, UB6 0PB

Website: www.aktivacamps.com

Email: angelina@aktivacamps.com



Aktiva Holiday Camp Multi Activity, Mount Carmel Catholic Primary School - Ealing W5

Multi-activity holiday camp. Themes include super-heroes, under the sea, rainforests and summer. Art and design activities, science and food tech experiments, nature sessions, coach-led team sports. Basketball, netball, tennis, football, yoga, street dance and musical theatre.

Ages: 4 to 11 years

Dates: Tuesday to Friday, 27th July to 20th August

Times: 8am - 12pm

How to book: Book in advance

Booking link: <https://booking.aktivacamps.com/login>

Address: Mount Carmel Catholic Primary School, Little Ealing Lane, Ealing W5 4EA

Website: www.aktivacamps.com

Email: angelina@aktivacamps.com

Aktiva Holiday Camp Multi Activity, West Acton Primary School - Acton W3

Themed multi-activity holiday camp. Themes include super-heroes, under the sea, rainforests and summer. Art and design activities, science and food tech experiments, nature sessions, coach-led team sports. Basketball, netball, tennis, football, yoga, street dance and musical theatre.

Ages: 4 to 11 years

Dates: Tuesday to Friday, 27th July to 20th August

Times: 8am - 12pm

How to book: Book in advance

Booking link: <https://booking.aktivacamps.com/login>

Address: West Acton Primary School, Noel Road, Acton, W3 0JL

Website: www.aktivacamps.com

Email: angelina@aktivacamps.com

All Saints Nursery - Northolt UB5

A range of activities, that include physical activity, cooking, arts and crafts, music and movement, exercise classes, junk modelling, band practice and supporting children with existing skills as well as offering children the opportunity to gain new skills.

Ages: 5 to 9 years

Dates: Monday to Friday, 26th July to 27th August

Times: 9am - 1pm and 12pm - 5pm

How to book: Book in advance by phone or email

Address: Eskdale Avenue, Northolt, UB5 5DJ

Phone: 020 8842 1812

Email: allsaintsdaynursery@gmail.com

ARTification Art & Garden Summer Play - Acton W3

ARTification are running an exciting, creative summer playscheme from the beautiful Pavilion and gardens in North Acton Playing Fields. Children will take part in fun-filled activities which help them connect with art and nature. Every other week we will focus on a new theme including art (exploring nature through art and creation) and gardening, (learning about the importance of insects and diverse natural habitats. A healthy lunch and snacks will be provided, and the children can even have a go at growing their own food in the Pavilion gardens.

Ages: 8 to 11 years

Dates: Monday to Thursday, 26th July to 19th August

Times: 9am - 1pm

How to book: Book in advance by email freya@Artification.org.uk

Address: North Acton Pavilion, Eastfields Road, Acton, W3 0JF

Phone: 07946 392628

Website: www.artification.org.uk

Email: freya@Artification.org.uk

Bollo Brook Youth Centre Art club - Acton W3

Art activities at Berrymede Junior School on Mondays and Tuesdays for ages 7-11 and at Bollo Brook Youth Centre on Thursdays and Fridays for ages 11-16, with food distribution on Tuesdays and Fridays.

Ages: 7 to 16 years

Dates: Monday to Friday, 2nd August 27th August

Times: Monday and Tuesday, 12 - 4pm, Thursday and Friday, 4pm - 8pm

How to book: By referral only

Address: Bollo Brook Youth Centre, 2 Strafford Road, Acton, W3 8YD

Phone: 020 8992 4001

Website: www.youngealing.co.uk/bollo-brook-youth-centre/

Email: cbrent@ealing.gov.uk

Brentford FC Community Sports Trust - Acton W3

Multi-sports camps providing a range of activities including football, table tennis, hand ball, ultimate frisbee, basketball, dodgeball and boxing; with lunch provided daily.

Ages: 11 to 14 years (Y7, Y8, Y9)

Dates: Mondays to Fridays, 26th July to 27th August

Times: 10am - 2.30pm

How to book: Password: EALINGHAF

Book in advance by email ce@brentfordfcst.com

Monday 26th July to Friday 30th July: <https://www.brentfordfcst.com/product/ce-holiday-camp-gunnersbury-sports-hub-week-1/>

Monday 9th August to Friday 13th August: <https://www.brentfordfcst.com/product/ce-holiday-camp-gunnersbury-sports-hub-week-2/>

Monday 23rd August to Friday 27th August: <https://www.brentfordfcst.com/product/ce-holiday-camp-gunnersbury-sports-hub-week-3/>

Address: Gunnersbury Park Sports Hub, Popes Lane, Acton, W3 8LQ

Website: www.brentfordfcst.com

Email: ce@brentfordfcst.com

Brentford FC Community Sports Trust - Southall UB1

Multi-sports camps providing a range of activities including football, table tennis, hand ball, ultimate frisbee, basketball, dodgeball and boxing; with lunch provided daily.

Ages: 11 to 14 years (Y7, Y8, Y9)

Dates: Mondays to Fridays, 26th July to 27th August

Times: 10am - 2.30pm

How to book: Password: EALINGHAF

Book in advance by email ce@brentfordfcst.com

Monday 26th July to Friday 30th July: <https://www.brentfordfcst.com/product/ce-holiday-camp-gunnersbury-sports-hub-week-1/>

Monday 9th August to Friday 13th August: <https://www.brentfordfcst.com/product/ce-holiday-camp-gunnersbury-sports-hub-week-2/>

Monday 23rd August to Friday 27th August: <https://www.brentfordfcst.com/product/ce-holiday-camp-gunnersbury-sports-hub-week-3/>

Address: Dormers Wells Leisure Centre, Dormers Wells Lane, Southall, UB1 3JB

Website: www.brentfordfcst.com

Email: ce@brentfordfcst.com

Castlebar School Summer Holiday Club - Ealing W13

A range of activities including swimming, cycling and arts and crafts.

Ages: 4 to 11 years

Dates: 26th July to 30th July

Times: 9.30am - 2.30pm

How to book: For children of the school only

Address: Castlebar School, Hathaway Gardens, Ealing W13 0DH

Phone: 020 8998 3135

Website: www.castlebar.ealing.sch.uk

Email: sbourolia@castlebar.ealing.sch.uk

Clubs4kids, Drayton Green Primary School - Ealing W13

Variety of activities including cooking, arts and crafts sports, outdoor and indoor play, table top games and much more. Healthy eating workshops for children.

Ages: 3 to 11 years

Dates: Monday to Thursday, 26th July to 19th August

Times: 10am - 4pm

How to book: Book in advance by email or phone

Address: Drayton Green Primary School, Drayton Grove, Ealing, W13 9TW

Phone: 07939 915 939

Email: management@clubs4kids.co.uk

Contact Ealing

Summer trips for families of children with disabilities or an additional need.

- A family trip to Kew Garden on the 26th July and a trip to Hanwell Zoo on the 6th August.

Ages: 4 to 16 years

Dates: Monday 26th July and Friday 6th August

Times: Kew Gardens 11am or 1pm, Hanwell Zoo 11am or 12pm

How to book: Book in advance. Members of Contact Ealing only.

Email satvir.birk@contact.org.uk to book a place.

Website: www.contact.org.uk

Email: satvir.birk@contact.org.uk



Dormers Wells Food & Fun Holiday Scheme - Southall UB1

We provide activities four days a week for four weeks. Includes sports, outdoor play, arts, crafts, cooking and more. We provide lunch and snacks daily, plus a meal home for dinner. Each week will have a different theme or focus. The activities we offer aim to support families in the home by giving children the chance to make something that can be used after the scheme has finished such as: painting pottery, making placemats, planting seeds that can be grown on a windowsill in the home, glitter bottles for calming and mindfulness, making pillow / cross stitching, making board games as well as lots of opportunities for free play.

Ages: 5 to 12 years

Dates: Monday to Thursday, 2nd August to 26th August

Times: 10am - 2pm

How to book: Children attending Dormers Wells Infant and Junior school are given priority. Remaining places will be advertised on Dormers Wells and Allenby parent information platforms.

Address: Dormers Wells Infant and Junior School, Dormers Wells Lane, Southall, UB1 2HX

Website: www.dormerswells-jun.ealing.sch.uk

Email: rcornelius@dwij.co.uk / sjay@ealing.gov.uk

Down Manor Primary School - Northolt UB5

Five hours of holiday fun including sports, crafts, cooking, crafts and games.

Ages: 5 to 11 years

Dates: Tuesday to Thursday, 27th July to 26th August

Times: 9.30am - 2.30pm

How to book: For children from the school only

Address: Down Manor Primary School, Down Way, Northolt, UB5 6NW

Email: mrs.holland@downemanor.org.uk

Ealing Trailfinders Sports Camp - Northolt UB5

Sports camp with professional sports coaches for children to increase their sporting and athletic abilities. Using a games-based coaching structure and based on four key sports: rugby, football, netball and cricket. Children will be offered a freshly prepared meal, made on site by the Trailfinders Sports Club catering team and based on the menu prepared for the professional rugby players of Ealing Trailfinders Rugby Team.

Ages: 5 to 11 years

Dates: Monday to Friday, 2nd August to 6th August,
16th August to 20th August

Times: 10am - 3pm

How to book: Book in advance

Booking link: <https://www.clubs-hub.com/ealing-trailfinders/index.cfm?event=shop#.YNHGhi1Q3oA>

Address: Rectory Park, Ruislip Road, Northolt, UB5 6AU

Website: www.ealingtrailfinders.com

Email: camps@etprm.com

Ealing Trailfinders Sports Camp - Ealing W13

Sports camp with professional sports coaches for children to increase their sporting and athletic abilities. Using a games-based coaching structure and based on four key sports: rugby, football, netball and cricket. Children will be offered a freshly prepared meal, made on site by the Trailfinders Sports Club catering team and based on the menu prepared for the professional rugby players of Ealing Trailfinders Rugby Team.

Ages: 5 to 11 years

Dates: Monday to Friday, 26th July to 27th August

Times: 10am - 3pm

How to book: Book in advance

Booking link: <https://www.clubs-hub.com/ealing-trailfinders/index.cfm?event=shop#.YNHGhi1Q3oA>

Address: Trailfinders Sports Club, Vallis Way, Ealing, W13 0DD

Website: www.ealingtrailfinders.com

Email: camps@etprm.com

Ealing Trailfinders Foundation - Northolt UB5

Secondary school multi-sport camp offering coaching from professional sports coaches for children to increase their sporting and athletic abilities. Using a games-based coaching structure and based on four key sports, rugby, football, netball and cricket. Every child will be offered a freshly prepared meal, made on site by the Trailfinders Sports Club Catering team and based on the menu prepared for the professional rugby players of Ealing Trailfinders Rugby Team.

Ages: 12 to 16 years

Dates: Monday to Friday, 2nd August to 6th August,
16th August to 20th August

Times: 3.30pm - 5.30pm

How to book: Book in advance

Booking link: <https://www.clubs-hub.com/ealing-trailfinders>

Address: Rectory Park, Ruislip Road, Northolt, UB5 6AU

Website: <https://www.clubs-hub.com/ealing-trailfinders>

Email: camps@etprm.com

Featherstone High School Sports Centre - Southall UB2

Our programme offers a variety of different sports and leisure activities to ensure children have fun, make new friends and develop new skills. Activities on offer include football, cricket, dodgeball, archery, climbing wall, bouncy castle, trampolining to name a few. Children also get a healthy lunch and nutritional advice and recipes for parents to take away.

Ages: 8 to 14 years

Dates: Monday to Friday, 26th July to 27th August

Times: 9am - 5pm

How to book: Book in advance – request a booking form

Address: Featherstone High School Sports Centre, 11 Montague Waye, Southall UB2 5HF

Phone: 020 8813 9886

Website: www.featherstonesports.co.uk

Email: sports@featherstonehigh.ealing.sch.uk

Fit For Sport, Montpelier Primary School Holiday Camp - Ealing W5

Ensure your kids stay active and have a summer to remember by joining Fit For Sport for our great big summer of sport and activity, jam-packed with exciting new activities, underpinned by the Fit For Sport 'Whole of Child' philosophy split into six categories: Super Sports, Fit Factor, Creative Zone, Learn Zone, Thrive Zone, Wellness Warriors, Nerf Party and Zoolab workshops.

Ages: 4 to 12 years

Dates: Monday to Friday, 26th July to 27th August

Times: 9am - 3pm

How to book: Book in advance using code SUMHAF21

Booking link: <https://fitforsport.magicbooking.co.uk/Identity/Account/Login>

Address: Montpelier Primary School Holiday Camp, Montpelier Road, Ealing, W5 2QT

Phone: 020 8742 4990

Website: www.fitforsport.co.uk

Email: enquiries@fitforsport.co.uk

Fit For Sport, Grange Primary School Holiday Camp - Ealing W5

Ensure your kids stay active and have a summer to remember by joining Fit For Sport for our great big summer of sport and activity, jam-packed with exciting new activities, underpinned by the Fit For Sport 'Whole of Child' philosophy split into six categories: Super Sports, Fit Factor, Creative Zone, Learn Zone, Thrive Zone, Wellness Warriors, Nerf Party and Zoolab workshops.

Ages: 4 to 12 years

Dates: Monday to Friday, 26th July to 27th August

Times: 8.30am - 5.30pm

How to book: Book in advance using code SUMHAF21

Booking link: <https://fitforsport.magicbooking.co.uk/Identity/Account/Login>

Address: Grange Primary School, Church Gardens, Ealing, W5 4HN

Phone: 020 8742 4990

Website: <https://www.fitforsport.co.uk/holiday-activity-camps/find-your-nearest-camp/detail/grange-primary-school>

Email: enquiries@fitforsport.co.uk

Fit For Sport, Northolt Leisure Centre Holiday Camp - Northolt UB5

Ensure your kids stay active and have a summer to remember by joining Fit For Sport for our great big summer of sport and activity, jam-packed with exciting new activities, underpinned by the Fit For Sport 'Whole of Child' philosophy split into six categories: Super Sports, Fit Factor, Creative Zone, Learn Zone, Thrive Zone, Wellness Warriors, Nerf Party and Zoolab workshops.

Ages: 5 to 12 years

Dates: Monday to Friday, 29th July to 27th August

Times: 8.30am - 5.30pm

How to book: Book in advance using code SUMHAF21

Booking link: <https://fitforsport.magicbooking.co.uk/identity/Account/Login>

Address: Northolt Leisure Centre, Eastcote Lane North, Northolt, UB5 4AB

Phone: 020 8742 4990

Website: <https://www.fitforsport.co.uk/holiday-activity-camps/find-your-nearest-camp/detail/northolt-leisure-centre>

Email: enquiries@fitforsport.co.uk

Fit For Sport, St Mark's Primary School Holiday Camp - Hanwell W7

Ensure your kids stay active and have a summer to remember by joining Fit For Sport for our great big summer of sport and activity, jam-packed with exciting new activities, underpinned by the Fit For Sport 'Whole of Child' philosophy split into six categories: Super Sports, Fit Factor, Creative Zone, Learn Zone, Thrive Zone, Wellness Warriors, Nerf Party and Zoolab workshops.

Ages: 4 to 12 years

Dates: Monday to Friday, 26th July to 27th August

Running: 8.30am - 5.30pm

How to book: Book in advance using code SUMHAF21

Booking link: <https://fitforsport.magicbooking.co.uk/identity/Account/Login>

Address: St Mark's Primary School, Lower Boston Road, Hanwell, W7 2NR

Phone: 020 8742 4990

Website: <https://www.fitforsport.co.uk/holiday-activity-camps/find-your-nearest-camp/detail/st-mark-s-primary-school>

Email: enquiries@fitforsport.co.uk

Fit For Sport, Twyford Sports Centre Holiday Camp - Acton W3

Ensure your kids stay active and have a summer to remember by joining Fit For Sport for our great big summer of sport and activity, jam-packed with exciting new activities, underpinned by the Fit For Sport 'Whole of Child' philosophy split into six categories: Super Sports, Fit Factor, Creative Zone, Learn Zone, Thrive Zone, Wellness Warriors, Nerf Party and Zoolab workshops.

Ages: 5 to 12 years

Dates: Monday to Friday, 26th July to 27th August

Times: 9am - 3pm

How to book: Book in advance using code SUMHAF21

Booking link: <https://fitforsport.magicbooking.co.uk/Identity/Account/Login>

Address: Twyford Sports Centre, Twyford Crescent, Acton, W3 9PP

Phone: 020 8742 4990

Website: <https://www.fitforsport.co.uk/holiday-activity-camps/find-your-nearest-camp/detail/twyford-sports-centre>

Email: enquiries@fitforsport.co.uk

Footy Fun 4 Kids - Ealing W5

Ofsted registered football and multi sports summer camp at Blondin Park, offers children the opportunity to develop their skills in a fun, safe and sociable environment. Suitable for boys and girls of all abilities. Participants will take part in a variety of sports across the weeks, as we believe a variety of sports enhances children's fundamental skills.

Ages: 4 to 13 years

Dates: Monday to Friday, 26th July to 27th August

Times: 9.30am - 3.30pm

How to book: Book prior to attending

Booking link:

<https://www.footyfun4kids.com/holiday-camps/blondin-park-ealing/>

Create an account on our booking system, profile for your child and add sessions to basket before confirming order. One of our staff members will be in touch to confirm the booking.

Address: Blondin Park, Sports Area, Ealing, W5 4UL

Phone: 0330 2290566

Website: www.footyfun4kids.com

Email: info@footyfun4kids.com

Greenford Community Centre Summer Playscheme - Greenford UB6

We provide free flow activities which are indoors and outdoors in a safe, secure environment. We provide a healthy breakfast, mid-morning snacks and a cooking activity every session. Sessions include painting, collage, sewing, knitting, puzzles, books, snooker, sand and water play, bikes, scooters, bats and balls, swingball and a supervised bouncy castle.

Ages: 4 to 12 years

Dates: Monday to Wednesday and Friday, 2nd August to 27th August

Times: 9am - 12pm

How to book: Book in advance

Address: Greenford Community Centre, 170 Oldfield Lane South, Greenford, UB6 9JS

Phone: 07985 724542

Email: bennettgreenford@sky.com

Hanwell Zoo Conservation Club - Hanwell W7

Fun activities exploring conservation of wildlife, healthy eating for us and our animals, sustainability, art and science, creating green spaces and lots more. Your young person will be surrounded by some of the worlds most incredible animals, learn all about them, and watch many of our residents eat and play. Through arts and crafts, group games and exploration, Hanwell Zoo's Conservation Club will be a fun week!

Ages: 7 to 14 years

Dates: Monday to Friday, 26th July to 27th August

Times: 10am - 2pm

How to book: Book in advance through website

Address: Hanwell Zoo, Church Road, Hanwell, W7 3BP

Website: www.hanwellzoo.co.uk

Email: mccubbinbj@ealing.gov.uk

Horsenden Hill Activity Centre - Greenford UB6

Outdoor activity camp providing local children with introductions to key sports and activities on a daily basis. Morning sessions will be based on skills devolvement and improving the individual's abilities and coordination followed by a 30 minute nutrition and healthy lifestyle session.

Ages: 7 to 16 years

Dates: Monday to Friday, 26th July to 27th August

Times: 9.30am - 1.30pm

How to book: Book in advance

Address: Horsenden Hill Golf Club, Woodland Rise, Greenford, UB6 0RD

Phone: 020 3876 0190

Website: <https://www.hhactivitycentre.co.uk/>

Email: oliver@hhactivitycentre.co.uk

Integrated Youth Service - Southall UB1

Summer Breeze multi-activity fun and games including music studio, arts and crafts, nail art, T-shirt painting, sewing, graffiti, sketches workshops, dance sessions, cooking and baking sessions. Also, extreme zorb, bubble games, gigantic foot darts and inflatables. Multi-sports, basketball, netball, football, volleyball, cricket, table tennis, play pool, football table, giant Connect 4, plus many more games and competitions, trophies, medals, prizes and certificates.

Ages: 11 to 16 years

Dates: Monday to Wednesday, 26th July to 18th August. (Wednesdays are for young people with disability / additional needs - Other dates are for all young people).

How to book: Book in advance

Booking link: <https://www.youngealing.co.uk/>

Address: Young Adult Centre (Opposite Southall Park), Parkview Road, Southall, UB1 3HJ

Website: www.youngealing.co.uk

Email: youngadultcentre@ealing.gov.uk

Jamal Edwards Delve - Acton W3

The four weeks summer programme will take place across our youth centres in Acton. Activities will include basketball, boxing, table tennis, cooking, arts and crafts. Young people will receive a healthy meal each day and get involved in preparing meals.

Ages: 11 to 18 years

Dates: Tuesday to Friday, 27th July to 27th August

Times: 3pm - 7pm

How to book: Book in advance - info@jedelve.com

Address: Friary Park Community Centre, Joseph Avenue, Acton, W3 6NL

Website: www.jedelve.com

Email: yara@jedelve.com

Letting Grow, Stanhope Primary School - Greenford UB6

We get children more in touch with nature through growing, cooking and eating food. We also get people more comfortable with being in the wild.

Ages: 6 to 12 years

Dates: Tuesday to Friday, 27th July to 27th August

Times: 9am - 3pm

How to book: For children of the school only

Address: Stanhope Primary School, Mansell Road, Greenford, UB6 9EG

Website: www.lettinggrow.com

Email: ross@lettinggrow.com



Let's Leap Holiday Camps, Three Bridges Primary School - Southall UB2

Engaging and enriching holiday provision. Offering activities including arts and crafts, multi-sports, baking, archery and canoeing.

Ages: 3 to 11 years

Dates: Monday to Friday, 26th July to 27th August

Times: 8am - 5.30pm

How to book: Book in advance

Booking link: <https://lets-leap.childcare-online-booking.co.uk>

Address: Three Bridges Primary School, Melbury Avenue, Southall, UB2 4HT

Phone: 020 3797 6386

Website: www.letsleapsportsacademy.co.uk

Email: milo@letsleap.co.uk

Let's Leap Sports Academy, Dairy Meadow Primary School - Southall UB2

Engaging and enriching extended schools and holiday provision. Offering activities including arts and crafts, multi-sports, baking, archery and canoeing.

Ages: 3 to 11 years

Dates: Monday to Friday, 26th July to 27th August

Times: 8am - 5.30pm

How to book: Book in advance

Booking link: <https://lets-leap.childcare-online-booking.co.uk>

Address: Dairy Meadow Primary School,
Swift Road, Southall, UB2 4RP

Phone: 020 3797 6386

Website: www.letsleapsportsacademy.co.uk

Email: milo@letsleap.co.uk

London Tigers Outdoor Sports Camp - Southall UB1

Multisport activities and nutritional advice and games including football, cricket, handball, touch rugby, exercise and games.

Ages: 5 to 14 years

Dates: Monday to Friday, 26th July to 27th August

Times: 12pm - 4pm

How to book: Book in advance

Booking link: <https://www.londontigers.org/holiday-camps>

Address: Spikes Bridge Park, Southall, UB1 2AR

Phone: 020 8574 5368

Website: www.londontigers.org

Email: james@londontigers.org

North Primary Holiday Playscheme - Southall UB1

Offering fun games, activities including an outdoor play area and plenty of opportunities to make new friends.

Ages: 5 to 11 years

Dates Running: Monday to Friday, 26th July to 20th August

Times: 9am - 3pm

How to book: Book in advance

Address: North Primary, Meadow Road, Southall, UB1 2JE

Phone: 020 8571 7749

Website: www.northprimary.co.uk

Email: irasool@northprimary.co.uk



Peace Ballers Sport & Arts Festival, Ark Acton Academy - Acton W3

Creative arts workshops as well as football, music, dance and film with 1-1 mentoring embedded to improve soft skills and wellbeing of young people. Children will be offered a meal each day and will learn all about healthy eating and its amazing benefits. There will be a competition on the final week where all young people will be able to showcase their talents and be celebrated.

Ages: 11 to 16 years

Dates: Monday to Friday, 26th July to 27th August

Times: 12pm - 5pm

How to book: By referral only

Address: Ark Acton Academy, Gunnersbury Lane, Acton, W3 8EY

Website: www.peaceballers.com

Email: zion@peaceballers.com

P.E.S.T.S. (Parents of Ealing Self Help Training Scheme) Soft Play Activity Session - Northolt UB5

For families of children with disabilities or an additional need. Come and join us for two hours of soft play fun. Children can play in a safe environment and explore the range of interactive features, providing them with lots of sensory stimulation and physical activity. Lunch will be provided and staff are on hand to support you and your child with 1:1 where needed.

Ages: 4 to 12 years

Dates: Tuesdays 27th July, 3rd August, 10th August, 17th August

Times: 10am - 1pm

How to book: Book in advance

Booking link: <https://form.jotform.com/211713881165051>

Address: Northolt Leisure Centre, Eastcote Lane North, Northolt, UB5 4AB

Phone: 020 8571 9954

Website: www.pestscharity.org.uk

Email: info@pestscharity.org.uk

PSD Childcare Limited, Funweeks Active Holiday Camps, West Twyford Primary School - Park Royal NW10

During our active camps, we provide a range of physical activities and multi-sports including basketball, tennis, gymnastics, dance, football and many more. The aim is for children to have fun, learn new physical skills, socialise and also further develop life skills such as communication, resilience and team building. There are also opportunities to complete arts and crafts projects, and gain an understanding of what it means to lead a healthy lifestyle.

Ages: 4 to 12 years

Dates: Monday to Friday, 27th July to 12th August

Times: 9am - 3pm

How to book: For children from West Twyford Primary School

Address: West Twyford Primary School, Twyford Abbey Road, London, NW10 7DN

27th - 30th July, 2nd - 5th August, 9th - 12th August.

Phone: 020 3397 7409

Website: www.thepsdgroup.org.uk

Email: info@thepsdgroup.org.uk

PSD Childcare Limited, Funweeks Active Holiday Camp, Mayfield Primary School – Hanwell W7

During our active camps, we provide a range of physical activities and multi-sports including basketball, tennis, gymnastics, dance, football and many more. The aim is for children to have fun, learn new physical skills, socialise and also further develop life skills such as communication, resilience and team building. There are also opportunities to complete arts and crafts projects, and gain an understanding of what it means to lead a healthy lifestyle.

Ages: 4 to 12 years

Dates: Monday to Friday 9th to 12th August and 23rd to 26th August

Times: 9am - 3pm

How to book: For children from Mayfield Primary School

Address: Mayfield Primary School, High Lane, Hanwell, W7 3RT

Phone: 020 3397 7409

Website: www.thepsdgroup.org.uk

Email: info@thepsdgroup.org.uk

Sonshine Smiles - Acton W3

Summer camp offering sports, team games, dance, arts and crafts, design and cookery.

Ages: 8 to 12 years

Dates: Monday to Thursday, 2nd August to 26th August

Times: 10am - 2pm

How to book: Open access - just turn up

Address: Friary Park Community Centre, Joseph Avenue, Acton, W3 7AS

Phone: 020 3723 9801

Website: www.sonshinesmiles.com

Email: tameran@sonshinesmiles.com

Skipz Productions CIC, St Raphael's Catholic Primary School - Northolt UB5

Performing arts, arts and crafts, sports, nutritional education and family support. Offering a range of activities in drama, dance, singing, arts and crafts, sports and nutrition education activities. Plus a hot lunch served daily. Children will have a chance to showcase their talents at the end of the programme with a theatre show, a dance performance and an arts exhibition. If possible we will provide a friendly sports games between the parents and children. Families will be provided with a Skipz Productions Healthy Eating E-Booklet.

Ages: 6 to 11 years

Dates: Monday to Friday, 26th July to 27th August

Times: 10am - 3pm

How to book: Book in advance

Booking link: <https://www.skipzproductions.org/skipzhafealing>

Address: St Raphael's Catholic Primary School, 3 Hartfield Avenue, Northolt, UB5 6NL

Website: <https://www.skipzproductions.org/skipzhafealing>

Email: skipzhafealing@gmail.com

Skipz Productions CIC, Hambrough Primary School - Southall UB1

Performing arts, arts and crafts, sports, nutritional education and family support. Offering a range of activities in drama, dance, singing, arts and crafts, sports and nutrition education activities. Plus a hot lunch served daily. Children will have a chance to showcase their talents at the end of the programme with a theatre show, a dance performance and an arts exhibition. If possible we will provide a friendly sports games between the parents and children. Families will be provided with a Skipz Productions Healthy Eating E-Booklet.

Ages: 6 to 11 years

Dates: Monday to Friday, 26th July to 27th August

Times: 10am - 3pm

How to book: Book in advance

Booking link: <https://www.skipzproductions.org/skipzhafealing>

Address: Hambrough Primary School, South Road, UB1 1SF

Website: <https://www.skipzproductions.org/skipzhafealing>

Email: skipzhafealing@gmail.com

Stanhope Primary School Multi-Activity Camp - Greenford UB6

Multi-activity camps run by fully trained, enthusiastic staff who create a happy and safe environment for children. A huge amount of non-stop fun activities will ensure children have the best possible experience. We offer a host of sporting activities, gardening, cooking, arts and craft, den building, games room, dance and much more. A planned external adventure will take place weekly.

Ages: 4 to 11 years

Dates: Monday to Friday, 26th July to 27th August

Times: 8am to 5.30pm

How to book: Email for a registration form which must be completed.

Booking Link: <https://www.stanhopeprimaryschool.co.uk/Holiday-Camp/>

Address: Stanhope Primary School, Mansell Road, Greenford, UB6 9EG

Phone: 020 8575 9989

Website: www.stanhopeprimary.co.uk

Email: holidayclub@stanhope.ealing.sch.uk

St Richards Nursery Holiday Club - Northolt UB5

Holiday club offering children a fun filled, action packed school holiday with exciting games and activities, delivered in a safe and supervised environment. Our nursery staff team are DBS checked to an enhanced level, first aid qualified and are experienced and passionate about the activities we offer. Our clubs follow a weekly activity schedule and every week we ask the children to get involved and tell us what they would like to do.

Ages: 5 to 11 years

Dates: Monday to Friday, 26th July to 27th August

Times: 8am to 6pm

How to book: Book in advance by phone or email

Address: St Richards Nursery, Sussex Crescent, Northolt, UB5 4DR

Phone: 020 8864 3447

Email: strichardsdaynursery@gmail.com

Sunrise Kids Club, Mayfield Primary School - Hanwell W7

Club offering jewellery making, colouring, painting, making our own pencil cases and key rings etc.

Healthy eating activities include food tasting, menu making, fruit and veg kebab making, food bingo games and more. Outdoor activities include football, table tennis, skipping, sports day races and watering and caring for our home-grown vegetables. Plus, imaginary play with access to selection of toys and musical instruments.

Ages: 4 to 11 years

Dates: Monday to Friday 26th July to 2nd August

Times: 9am - 3pm

How to book: Bookings through Mayfield Primary School Secretary
admin@mayfield.ealing.sch.uk

Address: Mayfield Primary School, High Lane, Hanwell, W7 3RT

Website: www.sunrisekidsclub.com

Email: admin@mayfield.ealing.sch.uk

The Kids Cookery School - Acton W3

Teaching children how to cook delicious meals from scratch with an emphasis on healthy eating and a healthy balanced lifestyle.

Ages: 5 to 16 years

Dates: Thursdays 29th July, 5th August, 12th August, 19th August, 26th August

Times: 10am - 12pm and 1pm - 3pm

How to book: Book in advance by phone or email

Address: 107 Gunnersbury Lane, Acton, W3 8HQ

Phone: 020 8992 8882

Website: <http://www.thekidscookeryschool.co.uk/index.php>

Email: info@thekidscookeryschool.co.uk

The Log Cabin Charity Summer Holiday Club - Ealing W5

Holiday club providing a range of activities for children with disabilities and additional needs. On a daily basis the children will do a range activities from arts and crafts, cooking club, sports, field trips and free-form play.

Ages: 5 to 15 years

Dates: Monday to Friday, 26th July to 27th August

Times: 10am - 2pm

How to book: Book in advance – we will discuss your child's needs during the booking process.

Address: 259 Northfield Avenue, London, W5 4UA

Phone: 020 8840 3400

Website: www.logcabin.org.uk

Email: info@logcabin.org.uk



Vedanta Global Ltd t/a ComputerXplorers Middlesex

Various online summer camps:

- (1) Roblox Game Design
- (2) Snap Coding
- (3) MinecraftEdu Fantasy Island
- (4) Snap Coding

A range of weekly computing activities from Roblox design, MincraftEdu survival skills, Snap coding and Python real world coding.

Ages: 8 to 14 years

Dates: Monday to Friday, 26th July to 20th August

Times: 10am - 12pm

How to book: Book in advance

Booking link: <https://middlesex.computerxplorers.co.uk/classes>

Address: Online

Website: www.middlesex.computerxplorers.co.uk

Email: middlesex@computerxplorers.co.uk

Znaniye Foundation Summer Camp - Ealing W5

Running for four hours a day, four days a week over four weeks in the summer holidays. Children will enjoy a wide range of stimulating, interactive and fun sessions. From arts and crafts, indoor and outdoor games, exercise, and a meal. All of the activities are planned by our enthusiastic team leaders, tapping into their own talents and hobbies.

Ages: 5 to 11 years

Dates: Monday to Thursday, 2nd August to 26th August

Times: 9am - 1pm

How to book: Book in advance

Booking link: <https://www.znaniyefoundation.co.uk/events>

Address: St Barnabus Church, Pitshanger Lane, Ealing, W5 1QG

Website: www.znaniyefoundation.co.uk

A list by area of the Holiday Activity and Food (HAF) Programme Providers

Provider Name	Venue Address	Town	Postcode
Acton W3			
Aktiva Camps	West Acton Primary	Acton	W3 0JL
ARTifaction	North Acton Pavilion	Acton	W3 0JF
Bollo Brook Youth Centre	2 Strafford Road	Acton	W3 8YD
Brentford F C Community Sports Trust	Gunnersbury Park Sports Hub	Acton	W3 8LQ
Fit For Sport	Fit For Sport At Twyford Sports Centre	Acton	W3 9PP
Jamal Edwards Delve	Friary Park Community Centre	Acton	W3 6NL
Peace Ballers CIC	Ark Acton Academy	Acton	W3 8EY
Sonshine Smiles	13 Prideaux Place	Acton	W3 7AS
The Kids' Cookery School	107 Gunnersbury Lane	Acton	W3 8HQ
Ealing W5 and W13			
Aktiva Camps	Mount Carmel Primary	Ealing	W5 4EA
Castlebar School	Hathaway Gardens	Ealing	W13 0DH
Clubs4kids	Drayton Green Primary School	Ealing	W13 0LA
Fit For Sport	Fit For Sport at Montpelier Primary School	Ealing	W5 2QT
Fit For Sport	Fit For Sport at The Grange Primary School	Ealing	W5 4HN
Footy Fun 4 Kids	Blondin Park	Ealing	W5 4UL
The Ealing Trailfinders Foundation	Trailfinders Sports Club	Ealing	W13 0DD
The Log Cabin	The Log Cabin	Ealing	W5 4UA
Znaniye Foundation	St Barnabus Church	Ealing	W5 1QG

Hanwell W7

Fit For Sport	Fit For Sport at St Marks Primary	Hanwell	W7 2NR
Hanwell Zoo	Brent Lodge Park	Hanwell	W7 3BP
PSD Childcare Limited	Mayfield Primary School	Hanwell	W7 3RT
Sunrise kids club ltd	Mayfield Primary School	Hanwell	W7 3AJ

Greenford and Perivale UB6

Aktiva Camps	Horsenden Primary School	Greenford	UB6 0PB
Greenford Community Centre Summer Playscheme	170 Oldfield Lane	Greenford	UB6 9QD
Horsenden Hill Activity Centre	Horsenden Hill Activity Centre	Greenford	UB6 0RD
Letting Grow	Stanhope Primary School	Greenford	UB6 9EG
Stanhope Primary School	Stanhope Primary School	Greenford	UB6 9EG

Northolt UB5

All Saints Nursery	All Saints Nursery	Northolt	UB5 5DJ
Downe Manor Primary School	Downe Manor Primary School	Northolt	UB5 6NW
Fit For Sport	Fit For Sport at Northolt Leisure Centre	Northolt	UB5 4AB
Skipz Productions CIC	St Raphaels Catholic School	Northolt	UB5 6NL
St Richards Nursery	St Richards Nursery	Northolt	UB5 5DJ
The Ealing Trailfinders Foundation	Rectory Park Community Centre	Northolt	UB5 6SD
The Ealing Trailfinders Foundation	Rectory Park Community Centre	Northolt	UB5 6SD

Park Royal NW10

PSD Childcare Limited	West Twyford Primary School	Park Royal	NW10 7DN
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Southall UB1 and UB2

Brentford F C Community Sports Trust	Dormers Wells Leisure Centre	Southall	UB1 3JB
Dormers Wells Junior School	Dormers Wells Lane	Southall	UB1 3HX
Featherstone High School	11 Montague Way	Southall	UB2 5HF
Integrated Youth Service	Park View Road	Southall	UB1 3HJ
Let's Leap Sports Academy	Dairy Meadow Primary School	Southall	UB2 4RP
Let's Leap Sports Academy	Three Bridges Primary School	Southall	UB2 4HT
London Tigers	Spikes Bridge Park	Southall	UB1 2AR
North Primary School	School Passage	Southall	UB1 2JE
Skipz Productions CIC	Hambrough Primary School	Southall	UB1 1SF
Various			
Contact	Trips		
P.E.S.T.S.(Parents of Ealing Self Help Training Scheme)	Trips		
Vedanta Global Ltd t/a ComputerXplorers Middlesex	Virtual		

Is my child a healthy weight?



It's a challenge for any parent to help their child maintain a healthy weight. A great place to begin is understanding whether a child is:

- Underweight
- A healthy weight
- Overweight
- Very overweight

Change4Life have produced very easy to follow advice and guidance to not only help you assess whether your child is at a healthy weight; but also deal with how to talk to your child about their weight. And if you want to support your child to make healthy changes – how to go about it.

Visit <https://www.nhs.uk/change4life/your-childs-weight/home> to find out more.

The A.L.F.I.E (Active Living Fun Food in Ealing) Programme in Ealing



The ALFIE programme supports children aged 5 - 13 years who are above a healthy weight (overweight) for their age, and their families too; motivating the whole family to explore healthier lifestyle choices together.

All sessions are based around fun and interactive workshops on healthy eating and nutrition, covering topics such as food groups, portion sizes and label reading; there are also physical activities such as multi-skilled sports, Junior Gym and HIIT classes; these sessions help improve fitness and build confidence.

Programmes are currently online and the good thing about attending from your home is that there are opportunities for you to show examples and ask questions about the foods, drinks, and portions you have at home.

You also get the chance to take part in home workouts and fun games to increase levels of physical activity.

Programmes are delivered by qualified nutrition and fitness professionals and are **free of charge** to families.

For more information or to join the programme contact Nicole Stephens.

Mob: 07909 002201 / 07909 002161
Email: clcht.ealinghealth4life@nhs.net

Services for families who have children with Special Educational Needs and / or a Disability (SEND)

Ealing Local Offer Website

An online resource to help you understand what is available and how to access services and support.



Includes information on:

- Early years and childcare
- Links to SEND provision within all schools
- Education, Health & Care (EHC) Assessment & Plan information
- Health and wellbeing
- Specific conditions
- Short breaks
- Money and benefits
- Housing adaptations
- Travel assistance
- Preparing for Adulthood (inc. housing, employment, support)
- **SEN** Support for Education

www.ealinglocaloffer.org.uk

Ealing Family Information Service – Designated SEND Officer

The SEND Officer's role is to give advice and support to families, assisting with access to Ealing's SEND services and signposting to services. You can talk to the SEND Officer if your child has complex needs and you need help finding the right services to help.

Izra Bernard

020 8825 5588

bernardi@ealing.gov.uk

Ealing Mencap

Offers a broad range of activities to help build young people's skills and confidence so they can build friendships and lead active, healthy lives. Includes after school Saturday activity clubs, holiday playschemes, employment support for ages 14+ and Ealing Advice Service for all ages.

020 8566 9575

info@ealingmencap.org.uk

www.ealingmencap.org.uk

Contact Ealing

Advice, information and support for families caring for children and young people aged 0-25 years, with any disability or additional needs. Includes information on a child's condition, benefits entitlements, support filling out forms i.e. PIP and DLA, workshops and classes, family events, regular newsletters and publications on specialist subjects e.g. toilet training, bullying, sleep management.

07908 826948

ealing@contact.org.uk

www.contact.org.uk

SEND support continued...

Impartial Support, Advice & Information on Disability & Special Educational Needs (ISAID)

Ealing ISAID works with children and young people ages 0-25 years with SEND and their families. Support includes: help with the EHCP process, annual reviews and appeals, support and advice for young people, caseworker support as part of the Ealing Advice Service for children and young people with complex education, health and social care needs. Information sessions on SEND procedures and the law.

020 3978 8989

isaidealing@family-action.org.uk

www.ealing-isaid.org.uk

Ealing Parent & Carer Forum (EPCF)

Representative group of over 1000 parents and carers of children and young people with SEND in Ealing; with regular events and free workshops. EPCF aims to give parents a voice that can be heard by the Council and other key organisations.

info@epcf.org.uk

www.epcf.org.uk

P.E.S.T.S (Parents of Ealing Self Help Training Scheme)

A space for parents and carers of children aged 0-5 years with SEND. Support includes play and music therapy sessions, parenting training workshops and multi-lingual playworkers to help with communication.

020 8571 9954

info@pestscharity.org.uk

www.pestscharity.org.uk

**Family life can be
tough but having
fun together can be
a beautiful thing!**



**Contact Caroline to find out how we can support you to
be more active and to enjoy quality family time together.
Email CarolineH@familylives.org.uk or call **07714 747089**
for more information.**

What is the Family Lives Support Service?

Our trained befrienders can:-

- Provide a listening ear
- Enable you to build confidence
- Help you discover new ideas to have fun together as a family
- Support you to build stronger relationships with your children

“ *'My peer supporter was like I used to be before and reminded me that I could be like that. She gave me the oomph to do things again.'* **”**

How does it work?

If you have a child aged from 5 to 10 years you can either:

- contact us yourself
- ask someone to refer you, such as your child's school, your GP or someone else who may be working with your family.

We then:

- arrange to meet you to work out the best steps forwards
- introduce you to one of our befrienders

Your befriender then visits you each week for up to six months.

Sometimes you might just want to chat about family life, other days you might want to go out together.

We build better family lives together

www.familylives.org.uk



LOTTERY FUNDED

Free nursery or childminder place for two-year-olds

Keep your two year old busy having fun and learning by taking them to a childcare provider such as a nursery or childminder where they can start their early learning through play activities and being with other children.

If you are on an income of less than £16,190 either from work or from benefits – your two-year-old may be entitled to a free childcare place for 15 hours a week (38 weeks of the year).

Find out in five minutes if you qualify by completing our online eligibility form found at **www.ealingfamiliesdirectory.org.uk**



Two-year old **FREE**
Childcare Eligibility Checker

Or call the Family Information Service on **020 8825 5588** (Mon-Fri) for more information and help with the online form.

