

School's Out Get Active



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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

Healthy Lifestyles Team - Sport and Physical Activities

Week 1 - 26 to 30 July 2021

Activity: Ekota Cricket Academy – **Cricket and Football camp**

We will be holding a fun cricket and football camp with the focus will be on 100% fun-based activities concentrating on Learning the basic cricket and football skills in batting, bowling, and fielding, striking, attacking and defending. All abilities welcome.

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

Time: 10am to 1pm

Age group: 5 to 17 years

Dates: Monday 26 to Thursday 30 July

Booking: Booking opens 12 July

Book here for 5 to 7 year olds - [https://www.eventbrite.co.uk/SOGA Ekota Academy 26 to 30 July for 5 to 7 year olds](https://www.eventbrite.co.uk/SOGA_Ekota_Academy_26_to_30_July_for_5_to_7_year_olds)

Book here for 8 to 17 year olds - [https://www.eventbrite.co.uk/e/SOGA Ekota Academy 26 to 30 July for 8 to 17 year olds](https://www.eventbrite.co.uk/e/SOGA_Ekota_Academy_26_to_30_July_for_8_to_17_year_olds)

Activity: Pullums Dance Academy – **Westend Workshop**

Westend instructors will showcase choreography and songs from the musical 'The Lion King'. Children will capture a full insight of life as a musical theatre performer.

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

Time: 10am to 1pm

Age group: 5 to 17 years

Dates: Monday 26 to Wednesday 28 July

Booking: Booking opens 12 July.

Book here for 5 to 7 year olds - [https://www.eventbrite.co.uk/SOGA Pullums Dance 26 to 28 July 5 to 7 year olds](https://www.eventbrite.co.uk/SOGA_Pullums_Dance_26_to_28_July_5_to_7_year_olds)

Book here for 8 to 17 year olds [https://www.eventbrite.co.uk/SOGA Pullums Academy 26 to 28 July for 8 to 17 Year Olds](https://www.eventbrite.co.uk/SOGA_Pullums_Academy_26_to_28_July_for_8_to_17_Year_Olds)

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: Old Dagenham Park, Ballard's Road, Dagenham RM10 9AR

Time: 10am to 3pm

Age group: 5 to 17 years

Dates: Tuesday 27 to Wednesday 28 July

Booking: Booking opens 12 July.

Book here for 5 to 7 year olds [https://www.eventbrite.co.uk/SOGA RDF 27 to 28 August for 5 to 7 year olds](https://www.eventbrite.co.uk/SOGA_RDF_27_to_28_August_for_5_to_7_year_olds)

Book here for 8 to 17 year olds [https://www.eventbrite.co.uk/SOGA RDF 27 to 28 August for 8 to 17 year olds](https://www.eventbrite.co.uk/SOGA_RDF_27_to_28_August_for_8_to_17_year_olds)

Week 2 - 2 to 6 August 2021

Activity: Thames Ward Community Project – Fitness

Inclusive, fun, Fitness based camp to keep you active during the school holiday. The camp offers a range of activities including boxercise, yoga, circuit training and learning about leading a healthy lifestyle.

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

Time: 10am to 2pm

Age group: 5 to 17 years

Dates: Monday 2 August

Booking: Booking opens 12 July.

Book here for 5 to 7 year olds <https://www.eventbrite.co.uk/SOGA Thames Ward 2 August for 5 to 7 year olds>

Book here for 8 to 17 year olds <https://www.eventbrite.co.uk/SOGA Thames Ward 2 August 8 to 17 year olds>

Activity: Thames Ward Community Project – 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 Centre, Bastable Avenue, Barking IG11 0LH

Time: 10am to 2pm

Age group: 5 to 17 years

Dates: Thursday 5 August

Booking: Booking opens 12 July.

Book here for 5 to 7 year olds <https://www.eventbrite.co.uk/SOGA Thames Ward 5 August for 5 to 7 year olds>

Book here for 8 to 17 year olds <https://www.eventbrite.co.uk/SOGA Thames Ward 5 August for 8 to 17 year olds>

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.

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

Time: 10am to 3pm

Age group: 5 to 17 years

Dates: Monday 2 to Thursday 5 August

Booking: Booking opens 12 July.

Book here for 5 to 7 year olds <https://www.eventbrite.co.uk/SOGA Barking FC 2 to 5 August for 5 to 7 year olds>

Book here for 8 to 17 year olds <https://www.eventbrite.co.uk/SOGA Barking FC 2 to 5 August for 8 to 17 year olds>

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 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: Tuesday 3 to Wednesday 4 August

Booking: Booking opens 12 July.

Book here for 5 to 7 year olds <https://www.eventbrite.co.uk/SOGA Dagenham Boxing 3 to 4 August for 5 to 7 year olds>

Book here for 8 to 9 year olds <https://www.eventbrite.co.uk/SOGA Dagenham Boxing 3 to 4 August for 8 to 9 year olds>

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: Rose Lane Primary School, Rose Lane, Chadwell Heath, Romford RM6 5NJ

Age: 5 to 15 years

Dates: Monday 2 August to Friday 6 August

Time: 9.30am to 3.30pm

Booking: Booking opens 12 July.

Book here for 5 to 7 year olds <https://www.eventbrite.co.uk/SOGA Premier Sports 2 to 6 August for 5 to 7 year olds>

Book here for 8 to 17 year olds <https://www.eventbrite.co.uk/SOGA Premier Sport 2 to 6 August for 8 to 15 year olds>

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 Leisure Centre, Gale St, Dagenham RM9 4UN

Time: 11am to 4pm

Age group: 8 to 15 years

Dates: Tuesday 3 to Thursday 5 August

Booking: Booking opens 19 July.

Book here for 8 to 15 year olds [https://www.eventbrite.co.uk/SOGA Carter&Co Productions 9 to 11 August for 8 to 15 year olds](https://www.eventbrite.co.uk/SOGA_Carter&Co_Productions_9_to_11_August_for_8_to_15_year_olds)

Activity: 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.

Venue: Old Dagenham Park, Ballard's Road, Dagenham RM10 9AR

Dates: Monday 2 August to Thursday 5 August

Time: 9.30am to 4pm

Age group: 5 to 17 years

Booking: Booking opens 12 July.

Book here for 5 to 7 year olds [https://www.eventbrite.co.uk/SOGA First Kicks 2 to 5 August for 5 to 7 year olds](https://www.eventbrite.co.uk/SOGA_First_Kicks_2_to_5_August_for_5_to_7_year_olds)

Book here for 8 to 17 year olds [https://www.eventbrite.co.uk/SOGA First Kicks 2 to 5 August for 8 to 17 year olds](https://www.eventbrite.co.uk/SOGA_First_Kicks_2_to_5_August_for_8_to_17_year_olds)

Week 3 - 9 to 13 August 2021**Activity: Thames Ward Community Project – Fitness**

Inclusive, fun, sports-based camp to keep you active during the school holiday. the camp offers a range of activities including boxercise, yoga, circuit training and learning about leading a healthy lifestyle.

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

Time: 10am to 2pm

Age group: 5 to 17 years

Dates: Monday 9 August

Booking: Booking opens 19 July.

Book here for 5 to 7 year olds [https://www.eventbrite.co.uk/SOGA Thames Ward 9 August for 5 to 7 year olds](https://www.eventbrite.co.uk/SOGA_Thames_Ward_9_August_for_5_to_7_year_olds)

Book here for 8 to 17 year olds [https://www.eventbrite.co.uk/SOGA Thames Ward 9 August for 8 to 17 year olds](https://www.eventbrite.co.uk/SOGA_Thames_Ward_9_August_for_8_to_17_year_olds)

Activity: Thames Ward Community Project – **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 centre, Bastable Avenue, Barking IG11 0LH

Time: 10am to 2pm

Age group: 5 to 17 years

Dates: Thursday 12 August

Booking: Booking opens 19 July.

Book here for 5 to 7 year olds [https://www.eventbrite.co.uk/SOGA Thames Ward 12 August for 5 to 7 year olds](https://www.eventbrite.co.uk/SOGA%20Thames%20Ward%2012%20August%20for%205%20to%207%20year%20olds)

Book here for 8 to 17 year olds [https://www.eventbrite.co.uk/SOGA Thames Ward 12 August for 8 to 17 year olds](https://www.eventbrite.co.uk/SOGA%20Thames%20Ward%2012%20August%20for%208%20to%2017%20year%20olds)

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: Old Dagenham Park, Ballard's Road, Dagenham RM10 9AR

Time: 10am to 3pm

Age group: 5 to 17 years

Dates: Tuesday 10 to Wednesday 11 August

Booking: Booking opens 19 July.

Book here for 5 to 7 year olds - [https://www.eventbrite.co.uk/SOGA RDF 10 to 11 August for 5 to 7 year olds](https://www.eventbrite.co.uk/SOGA%20RDF%2010%20to%2011%20August%20for%205%20to%207%20year%20olds)

Book here for 8 to 17 year olds - [https://www.eventbrite.co.uk/SOGA RDF 10 to 11 August for 8 to 17 year olds](https://www.eventbrite.co.uk/SOGA%20RDF%2010%20to%2011%20August%20for%208%20to%2017%20year%20olds)

Activity: Pullums Dance – **Westend workshop**

Westend instructors will showcase choreography and songs from the musicals 'The lion King'. Children will capture a full insight of life as a musical theatre performer.

Venue: Riverside campus, Riverside Bridge school Renwick Road, Barking, IG11 0FU

Time: 10am to 1pm

Age group: 5 to 17 years

Dates: Monday 9 to Wednesday 11 August

Booking: Booking opens 19 July.

Book here for 5 to 7 year olds [https://www.eventbrite.co.uk/SOGA Pullums Academy 9 to 11 August for 5 to 7 Year olds](https://www.eventbrite.co.uk/SOGA%20Pullums%20Academy%209%20to%2011%20August%20for%205%20to%207%20Year%20olds)

Book here for 8 to 17 year olds [https://www.eventbrite.co.uk/SOGA Pullums Academy 9 to 11 August for 8 to 17 Year olds](https://www.eventbrite.co.uk/SOGA%20Pullums%20Academy%209%20to%2011%20August%20for%208%20to%2017%20Year%20olds)

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: 10 to 15 years

Dates: Tuesday 10 to Wednesday 11 August

Booking: Booking opens 19 July.

Book here [https://www.eventbrite.co.uk/SOGA Dagenham Boxing 10 to 11 August for 10 to 15 year olds](https://www.eventbrite.co.uk/SOGA_Dagenham_Boxing_10_to_11_August_for_10_to_15_year olds)

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 capsized. 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 10 years

Dates: Tuesday 10 to Thursday 12 August

Booking: Booking opens 19 July.

Book here for 8 to 10 year olds [https://www.eventbrite.co.uk/SOGA Finesse Sports 10 to 12 August for 8 to 10 year olds](https://www.eventbrite.co.uk/SOGA_Finesse_Sports_10_to_12_August_for_8_to_10_year olds)

Time: 1pm to 3pm

Age group: 11 to 15 years

Dates: Tuesday 10 to Thursday 12 August

Booking: Booking opens 19 July.

Book here for 11 to 15 year olds [https://www.eventbrite.co.uk/SOGA Finesse Sports 10 to 12 August for 11 to 15 year olds](https://www.eventbrite.co.uk/SOGA_Finesse_Sports_10_to_12_August_for_11_to_15_year olds)

Week 4 - 16 to 20 August 2021

Activity: Thames Ward Community Project – Fitness

Inclusive, fun, sports-based camp to keep you active during the school holiday. The camp offers a range of activities including boxercise, yoga, circuit training and learning about leading a healthy lifestyle.

Venue: Sue Bramley community centre, Bastable Ave, Barking IG11 0LH

Time: 10.00am to 2pm

Age group: 5 to 17 years

Dates: Monday 16 August

Booking: Booking opens 26 July.

Book here for 5 to 7 year olds [https://www.eventbrite.co.uk/SOGA Thames Ward 16 August for 5 to 7 year olds](https://www.eventbrite.co.uk/SOGA%20Thames%20Ward%2016%20August%20for%205%20to%207%20year%20olds)

Book here for 8 to 17 year olds [https://www.eventbrite.co.uk/SOGA Thames Ward 16 August for 8 to 17 year olds](https://www.eventbrite.co.uk/SOGA%20Thames%20Ward%2016%20August%20for%208%20to%2017%20year%20olds)

Activity: Thames Ward Community Project – 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 centre, Bastable Ave, Barking IG11 0LH

Time: 10am to 2pm

Age group: 5 to 17 years

Dates: Thursday 19 August

Booking: Booking opens 26 July.

Book here for 5 to 7 year olds [https://www.eventbrite.co.uk/SOGA Thames Ward 19 August for 5 to 7 year olds](https://www.eventbrite.co.uk/SOGA%20Thames%20Ward%2019%20August%20for%205%20to%207%20year%20olds)

Book here for 8 to 17 year olds [https://www.eventbrite.co.uk/SOGA Thames Ward 19 August for 8 to 17 year olds](https://www.eventbrite.co.uk/SOGA%20Thames%20Ward%2019%20August%20for%208%20to%2017%20year%20olds)

Activity: Finesse Sports – Multi Sports

The camp includes a range of different activities including fitness, orienteering activities, tag rugby, football, hockey, athletics, Dodgeball, rounders and many more.

Children and young people are placed in age-appropriate groups and rotate around activities throughout the day. They will learn basic skills and participate in small, sided games in the specific sports or fitness activity. On the last day of camp children will take part in a day of competition, the winning team will receive Medals. Children and young people are also aiming to get as many stars awarded to them throughout the week for good sportsmanship, being helpful and good behaviour.

Each individual will hopefully grow in confidence, develop resilience, increase their self-esteem, make new friends, learn new transferable skills and leave the camp with a newfound passion for sport to sustain regular participation in physical activities.

Venue: Old Dagenham Park, Ballard's Road, Dagenham RM10 9AR

Age: 5 to 17 years

Dates: Monday 16 to Thursday 19 August

Time: 10am to 3pm

Booking: Booking opens 26 July.

Book here for 5 to 7 year olds [https://www.eventbrite.co.uk/SOGA Finesses Sports 16 to 19 August for 5 to 7 year olds](https://www.eventbrite.co.uk/SOGA_Finesses_Sports_16_to_19_August_for_5_to_7_year_olds)

Book here for 8 to 17 year olds [https://www.eventbrite.co.uk/SOGA Finesse Sports 16 to 19 August for 8 to 17 year olds](https://www.eventbrite.co.uk/SOGA_Finesse_Sports_16_to_19_August_for_8_to_17_year_olds)

Activity: Ekota Cricket Academy – **Cricket and Football Camp**

We will be holding a fun cricket camp. The focus will be on 100% fun-based activities concentrating on Learning the basic cricket skills in batting, bowling, and fielding. All abilities welcome.

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

Time: 10am to 1pm

Age group: 5 to 17 years

Dates: Monday 16 to Thursday 19 August

Booking: Booking opens 26 July.

Book here for 5 to 7 year olds - [https://www.eventbrite.co.uk/SOGA Ekota Academy 16 to 19 August for 5 to 7 year olds](https://www.eventbrite.co.uk/SOGA_Ekota_Academy_16_to_19_August_for_5_to_7_year_olds)

Book here for 8 to 17 year olds [https://www.eventbrite.co.uk/SOGA Ekota Academy 16 to 19 August for 8 to 17 year olds](https://www.eventbrite.co.uk/SOGA_Ekota_Academy_16_to_19_August_for_8_to_17_year_olds)

Week 5 - 23 to 27 August 2021

Activity: Premier sport – **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 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: Rose Lane Primary School, Rose Lane, Chadwell Heath, Romford RM6 5NJ

Time: 9.30am to 3.30pm

Age group: 5 to 15 years

Dates: Monday 23 to Friday 27 August

Booking: Booking opens 26 July.

Book here for 5 to 7 year olds [https://www.eventbrite.co.uk/SOGA Premier Sport 23 to 27 August for 5 to 7 year olds](https://www.eventbrite.co.uk/SOGA_Premier_Sport_23_to_27_August_for_5_to_7_year_olds)

Book here for 8 to 17 year olds [https://www.eventbrite.co.uk/SOGA Premier Sport 23 to 27 August for 8 to 15 year olds](https://www.eventbrite.co.uk/SOGA_Premier_Sport_23_to_27_August_for_8_to_15_year_olds)

Activity: Thames Ward Community Project – **Fitness**

Inclusive, fun, sports-based camp to keep you active during the school holiday. The camp offers a range of activities including boxercise, yoga, circuit training and learning about leading a healthy lifestyle.

Venue: Sue Bramley community centre, Bastable Ave, Barking IG11 0LH

Time: 10.00am to 2pm

Age group: 5 to 17 years

Dates: Monday 23 August

Booking: Booking opens 26 July.

Book here for 5 to 7 year olds [https://www.eventbrite.co.uk/SOGA Thames Ward 23 August for 5 to 7 year olds](https://www.eventbrite.co.uk/SOGA%20Thames%20Ward%2023%20August%20for%205%20to%207%20year%20olds)

Book here for 8 to 17 year olds [https://www.eventbrite.co.uk/SOGA Thames Ward 23 August for 8 to 17 year olds](https://www.eventbrite.co.uk/SOGA%20Thames%20Ward%2023%20August%20for%208%20to%2017%20year%20olds)

Activity: Thames Ward Community Project – **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 centre, Bastable Ave, Barking IG11 0LH

Time: 10am to 2pm

Age group: 5 to 17 years

Dates: Thursday 26 August

Booking: Booking opens 26 July.

Book here for 5 to 7 year olds [https://www.eventbrite.co.uk/SOGA Thames Ward 26 August for 5 to 7 year olds](https://www.eventbrite.co.uk/SOGA%20Thames%20Ward%2026%20August%20for%205%20to%207%20year%20olds)

Book here for 8 to 17 year olds [https://www.eventbrite.co.uk/SOGA Thames Ward 26 August for 8 to 17 year olds](https://www.eventbrite.co.uk/SOGA%20Thames%20Ward%2026%20August%20for%208%20to%2017%20year%20olds)

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.

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

Time: 10am to 3pm

Age group: 5 to 17 years

Dates: Monday 23 to Thursday 26 August

Booking: Booking opens 26 July.

Book here for 5 to 7 year olds [https://www.eventbrite.co.uk/SOGA Barking FC 23 to 26 August for 5 to 7 year olds](https://www.eventbrite.co.uk/SOGA%20Barking%20FC%2023%20to%2026%20August%20for%205%20to%207%20year%20olds)

Book here for 8 to 17 year olds <https://www.eventbrite.co.uk/SOGA Barking FC 23 to 26 August for 8 to 17 year olds>

Activity: 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.

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

Time: 10am to 4pm

Age group: 5 to 17 years

Date: Monday 23 to Thursday 26 August

Booking: Booking opens 26 July.

Book here for 5 to 7 year olds <https://www.eventbrite.co.uk/SOGA Be Fit Today 23 to 26 August for 5 to 7 year olds>

Book here for 8 to 17 year olds <https://www.eventbrite.co.uk/SOGA Be Fit Today 23 to 26 August for 8 to 17 year olds>

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.

How to book activities

Click here for the full programme list and booking information:

<https://www.lbbd.gov.uk/sites/default/files/attachments/Fun%2C%20Food%20and%20Fitness.pdf>

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

LEAN Beans club

Did you know that if we carry on as we are, nine out of 10 of today's children risk growing up with dangerous levels of fat in their bodies?

This can cause serious illnesses like heart disease, cancer, and type 2 diabetes in later life. We all want our children to grow up to be happy and healthy adults, but it can sometimes be hard to know how.

The Healthy Lifestyles Team are running the free LEAN Beans clubs to help local children and families move more, eat healthy and ultimately live a healthier life. We are currently looking for children and families of young people aged 5 to 12 to join us on one of our programmes, which run all year.

Each 6 week 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:

- Practical demonstrations, games, and tips about healthy foods
- Cooking classes
- Exercise programmes
- Free leisure centre memberships for the whole family
- Supermarket vouchers

Lean Beans Six week community programme

When: Begins 16 September to 21 October 2021

Time: 4.30pm to 6.00pm

Where: Becontree children's centre, Stevens Road, Dagenham RM8 2QR

Register here *

https://forms.office.com/Pages/ResponsePage.aspx?id=rBXTSvSwpk-KWAqTQYu_ADFtvJEEqzhBm10VszL-n8hUMVJXMFowRFhSSjczMktNNEJZSUtBNIAzTy4u





HENRY (Health, Exercise, Nutrition for the Really Young) is for parents and young children aged 0 to 5 who want to lead a healthier lifestyle.

Everyone is welcome and the only criteria is having a child within the eligible age range. The programme covers a range of topics including nutrition, physical activity, and parenting skills. All taught by our friendly and supportive team.

The course takes place for 2.5 hours a week and runs for 9 weeks.

A creche is provided for children. But children attending this programme must be accompanied by an adult.

The results we have received so far have been fantastic – at the end of the last programme:

100% of parents rated their family lifestyle 7 or higher (compared to just 38% at the beginning of the programme); and the amount of children eating five-a-day doubled.

To sign up to the programme complete the online form

https://forms.office.com/Pages/ResponsePage.aspx?id=rBXTSvSwpk-KWAqTQYu_ADFtvJEEqzhBm10VszL-n8hUMVJXMFowRFhSSjczMktNNEJZSUtBNIAzTy4u

or call the Healthy Lifestyles team on 020 8724 8018.



Street Tag

For communities, Street Tag is exceptional at bringing together families, neighbor'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