



## NSPCC Virtual Assembly

Due to the coronavirus pandemic, NSPCC have postponed their school assemblies until the autumn term. However, primary school children can watch below, a special assembly with Ant & Dec and David Walliams, in partnership with the Department for Education.

Featuring highlights from the NSPCC's 'Speak Out. Stay Safe' assembly, it helps children understand what's happening currently, why they may be feeling anxious or worried, and where to get help if they need it.

You can watch the assembly as a family by going to:

[www.youtube.com/watch?v=qm0kccbZpYY&feature=youtu.be](http://www.youtube.com/watch?v=qm0kccbZpYY&feature=youtu.be)

To find out more about Schools Service go here:

[www.nspcc.org.uk/keeping-children-safe/our-services/working-with-schools/](http://www.nspcc.org.uk/keeping-children-safe/our-services/working-with-schools/)



## Free School Meal voucher scheme extended over summer

Families eligible for Free School Meals will continue to receive Free School Meal vouchers over the summer holiday this year as the government agrees to extend it. If you would like to know more about the scheme and whether you are eligible, contact your children's school.

To check if your child can get free school meals and to find out how to apply go to your local authority's website.

Kensington & Chelsea:

[www.rbkc.gov.uk/kb5/rbkc/fis/advice.page?id=zjgOML\\_Oskw](http://www.rbkc.gov.uk/kb5/rbkc/fis/advice.page?id=zjgOML_Oskw)

Brent:

[www.brent.gov.uk/services-for-residents/education-and-schools/student-and-school-information/free-school-meals/](http://www.brent.gov.uk/services-for-residents/education-and-schools/student-and-school-information/free-school-meals/)

Hammersmith & Fulham:

<https://www.lbhf.gov.uk/benefits/student-benefits-and-grants>



### For borough specific news visit



London Borough of Brent

[www.brent.gov.uk/coronavirus](http://www.brent.gov.uk/coronavirus)



The Royal Borough of Kensington & Chelsea

[www.rbkc.gov.uk/health-and-social-care/coronavirus-covid-19/coronavirus-covid-19](http://www.rbkc.gov.uk/health-and-social-care/coronavirus-covid-19/coronavirus-covid-19)



London Borough of Hammersmith & Fulham

[www.lbhf.gov.uk/health-and-care/coronavirus-covid-19-latest-information-and-advice](http://www.lbhf.gov.uk/health-and-care/coronavirus-covid-19-latest-information-and-advice)

### For up to date government guidance visit



## Helping Families to Help Themselves

Family Friends is a charity registered with the Charity Commissioners under Charity Number 1028214 and a company limited by guarantee and registered in England and Wales under Company Number 02863464.

Registered office: 73 St Charles Square, London W10 6EJ

# Ideas For Activities...

## Walk & Cycle London CIC Summer–Westway Trust Residents' Cycling

The Westway Trust is funding a **FREE** residents' cycling programme for five weeks from 29th June to 1 August 2020. The programme aims to empower, enable and encourage people to cycle to and from work, for shopping or for leisure. Professionally-qualified cycle trainers will show how London's roads can be safe to cycle on. Due to social distancing they can't teach people to ride a bike. Candidates must know how to balance on a bike to take the training.

You will learn :

1. How to control your bike so that you can cope in any situation (including emergencies)
2. How to clearly position yourself to stay safe on road
3. What your rights and responsibilities are and the Highway Code
4. Route planning to make your journey pleasant
5. And for Advanced cyclists, how to tackle busy and tricky junctions safely and effectively.

If you have a bike, please bring it with you, even if you haven't ridden it for years. Dr Bike will see whether it is roadworthy for free. If you don't have a bike, they will have some bikes available for you to borrow for the training. They want to accommodate as many people as possible, so if you don't have a bike but do want to learn to ride on road, please enrol on this free course. To book a place email **PHILIPPA.ROBB@GMAIL.COM**



## Venture Centre

Golborne Community Champions are offering storytelling for under 1's and parent/ baby yoga. Young children can join with a teddy if they wish. There are several Yoga and Pilates classes, and a box fit (over 18) class. There will also be a weekly safe space to talk with a GP followed by a workshop on specific topics each week with signposting.

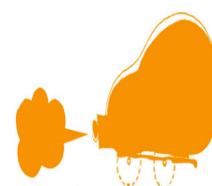
For more information visit the [Venture Centre website](#) or call **020 8960 3234**



## Balloon Car Race

Dyson engineers have designed these challenges specifically for children. Ideal for home or in the classroom, they encourage inquisitive young minds to get excited about engineering. Make & race a balloon-powered car using just a balloon, a plastic cup, straws, thread & rubber bands.

For more information visit [www.jamesdysonfoundation.co.uk/resources/challenge-cards](http://www.jamesdysonfoundation.co.uk/resources/challenge-cards).



## Watermelon Lollies

### Ingredients

- Watermelon
- Ice cream sticks
- Kiwi fruit

### Method

1. Halve 1 small watermelon. Scoop the flesh out of one half and put it into a bowl (you need about 375-400g).

Pick out any black seeds. Purée the flesh using a hand blender or a liquidiser. Fill ice lolly moulds three-quarters full with the purée, push the sticks in if you are using them, and freeze for at least 3 hours, or overnight. Tip any remaining purée into an ice cube tray and freeze it.



2. Peel 3 kiwis and cut the green flesh away from the white core, discarding the core. Purée the flesh. Add a layer of about 4-5mm to the top of each lolly and refreeze for 1 hr. Add some green food colouring to the rest of the purée to darken it to the same colour as the watermelon rind. Pour a very thin layer onto the top of each lolly and freeze until you want to eat them.

Please call or e-mail Graham ([graham.jackson@familyfriends.uk.com](mailto:graham.jackson@familyfriends.uk.com)) with any suggestions/contributions