

A close-up photograph of two young children, a Black boy and a white girl, looking intently at a laptop screen. The boy is on the left, wearing a red t-shirt, and the girl is on the right, wearing a white t-shirt. They are outdoors, with a blurred green background. The text '0-19 EARLY HELP SERVICE' is overlaid in white at the top right.

0-19 EARLY HELP
SERVICE



ONLINE SESSIONS
May - July 2020




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Online Group Session Referrals

As you are aware group sessions were cancelled due to social distancing and subsequent lockdown. The 0 – 19 Traded Service and Programme Team have now gone digital with online videos, resources and now group sessions.

All online sessions are taught via 

If you would like to refer your young person to the online group sessions please follow the process set out below, listings of sessions and information are set out within this document. Each session has 10 places. There will be a waiting list for each session. The process for application is set out below for you to share with your families and young people.

STEP 1: Sign up and register for an online session go to: www.barnetyouth.uk and click 'Online Classes Timetable'

STEP 2: Enrol on desired sessions

STEP 3: Enrolment Checks and Verification

STEP 4: Receiving Zoom ID and Password

STEP 5: Take part in the session

Referral Requirements for 0 – 19 Practitioners

Refers must update the Traded Service and Programmes team of information relating to COVID 19 which directly impacts the young person on an emotional, psychological level. 0 – 19 Practitioners are required to update on a weekly basis to BYES@Barnet.gov.uk in advance of the session if there are concerns.

The 0 – 19 Practitioner will be required to follow up with young people / parents / guardians and carers after sessions to 'check in' with the young person particularly if there are concerns around the young person that has been referred. Should it be considered that there is a requirement for additional support a referral to BICS should be carried out by the 0 - 19 Practitioner.

Young people will have to agree at the beginning of session how they are feeling particularly in sessions where there may be discussions involving COVID 19 or lockdown. If the young person is not feeling up to joining in on the session a follow up one to one session must occur with the referring 0 – 19 practitioner. An update email or telephone should be made by the 0 - 19 practitioner to the session lead is then required to confirm continued attendance in advance of the next online group session.

Enrolment for Online Group Sessions

Accessing Videos and Resources Online Pre-recorded videos and Downloadable resources are free of charge and accessed without completing an online application, however, a pop-up box will appear asking if the end user would like to receive more information. It is advisable that people join for updates as these will be emailed on a regular basis which is particularly important for early application to classes either online or within normal delivery.

ONLINE SESSIONS

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Enrolments Process:

- Please ensure you have received consent from the parent/guardian/carer for engagement with the 0 – 19 EH Service.
- Parents/guardians/carers will need to enrol on the website to apply for online classes. This is necessary to ensure the class is applicable for the applicant given age and individual requirements.
- Refer your parent/guardian/carer or young person to www.barnetyouth.co.uk website.
- The parent/guardian/carer and young person will have access to downloadable resources and pre recorded video footage.
- A link and Password to enter the group session will be issued via an email in advance of the session and will remain the same for the duration of the programme delivery, this will be used each week to join the online group session. Passwords must not be shared by the young person at any time!
- If a young person is unable to attend the session, parents/guardians/carers must notify as soon as possible via BYES@Barnet.gov.uk to cancel the session in order for the place to be offered to another young person.
- Cancellation parents/guardians/carers decide that they no longer wish to participate on the course they should email BYES@Barnet.gov.uk to inform withdrawal of participation in order for the place to be reallocated.

At point of Application - Enrolment Checks and Verification Process:

- Applicants will need to supply personal information for enrolment on courses
- At point of enrolment parents are requested to confirm they have read, understood and agree to the Zoom terms and conditions for usage to ensure their son/daughter are able to participate on separate platform
- Parents will be required to confirm they have read, understood and accept the Barnet 0 – 19 Early Help Privacy statement along with additional requirements for online delivery which are set out on the 0 – 19 EH website on application
- If parents do not agree to the above terms and conditions, young people are not permitted to enrol on the online group session delivery.
- Telephone numbers and an email address will be compulsory with verification process.
- Verification and response emails will be identifiable as the London Borough of Barnet therefore these are the only emails that the parent/guardian/carers should respond to.
- Cut off for bookings will occur the day prior to delivery of scheduled class

Barnet staff will carry out further verification checks:

Telephone calls to each participant as part of an introduction to the online group sessions for the initial engagement on the programme.

Code of conduct and expectations will be discussed with parent and young person emphasising the requirement for participants to agree to the usage.

Young Person will be approved on the 0 – 19 website which will send a further auto email with full code of conduct attached with link to log onto my space for next step.

ONLINE SESSIONS

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Barnet staff will carry out further verification checks - Continued:

- Upon joining the group session, the first session will require participants to log on early and be held in waiting room for staff to carry out slower entry to with camera check on participants to ensure they are who we are expecting.
- All participants screens must be on during participation with microphones auto muted by staff member hosting. If screens are not on view participants will be removed from the session.
- Session delivery will begin with a brief reminder of conduct at beginning of introductions either verbally or sharing of staff screen with Conduct points.

Once verified please staff will approve on the 0 – 19 Barnet Youth website. Should you need to check approval you will need to email [**byes@barnet.gov.uk**](mailto:byes@barnet.gov.uk). Once this final stage of verification occurs the parent will be emailed the Zoom URL and password.

Code of Conduct and Expectations of young people:

- Zoom ID must have first name and initial of Surname only
- Screens must be on at all times
- Microphones must be on mute – lead staff will control if necessary
- Suitable clothing for participation
- Suitable and age appropriate language at all times – particularly if in a mixed age group session
- Agreement to meet code of conduct at all times within session
- Respect to participants and staff at all times by listening and remaining quiet, giving others the chance to speak and positive towards others
- Reminder of 1st, 2nd and final warning process (see conduct set out below)
- **‘NEED to KNOW’** agreement during a session. Participants shouldn’t share confidential information ranging from phone numbers/addresses etc. even sensitive information such as being out/holiday periods or any topics involving family issues or personal situations. If a participant does begin to share the staff lead in the group will use **‘NEED to KNOW’** as the key word which will let participants know that they are oversharing without having a lengthy discussion.

Here are some additional links for parents to review prior to session for safeguarding understanding:

www.netaware.co.uk

<https://parentzone.org.uk>

<https://www.ceop.police.uk/safety-centre>

<https://www.thinkuknow.co.uk>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety>

We hope the above gives you a broader understanding of the current programme delivery which is being carried out online. Should you have any additional queries please email [**byes@barnet.gov.uk**](mailto:byes@barnet.gov.uk)

MONDAYS

SEND Performing Arts

Love to sing, dance and act? A weekly Performing Arts Online Session for Young People with Learning Disabilities and / or Autism.



Dates:

Monday 1st June -

Monday 6th July 2020

Time: 3.30pm - 4.30pm

Cost: FREE

Ages: 11-25

What you need:

- Comfy clothes
- Water bottle

Please note this is a targeted session for young people with learning disabilities and/or Autism.

Rithmik Music Production

Rithmik is a weekly drop in session where young people can meet, chat, collaborate, discuss the music industry and learn the skills of music production ranging from writing and composing, performing and learning key music production skill sets through the latest technology on Logic Pro X.

Dates:

Monday 1st June -

Monday 6th July 2020

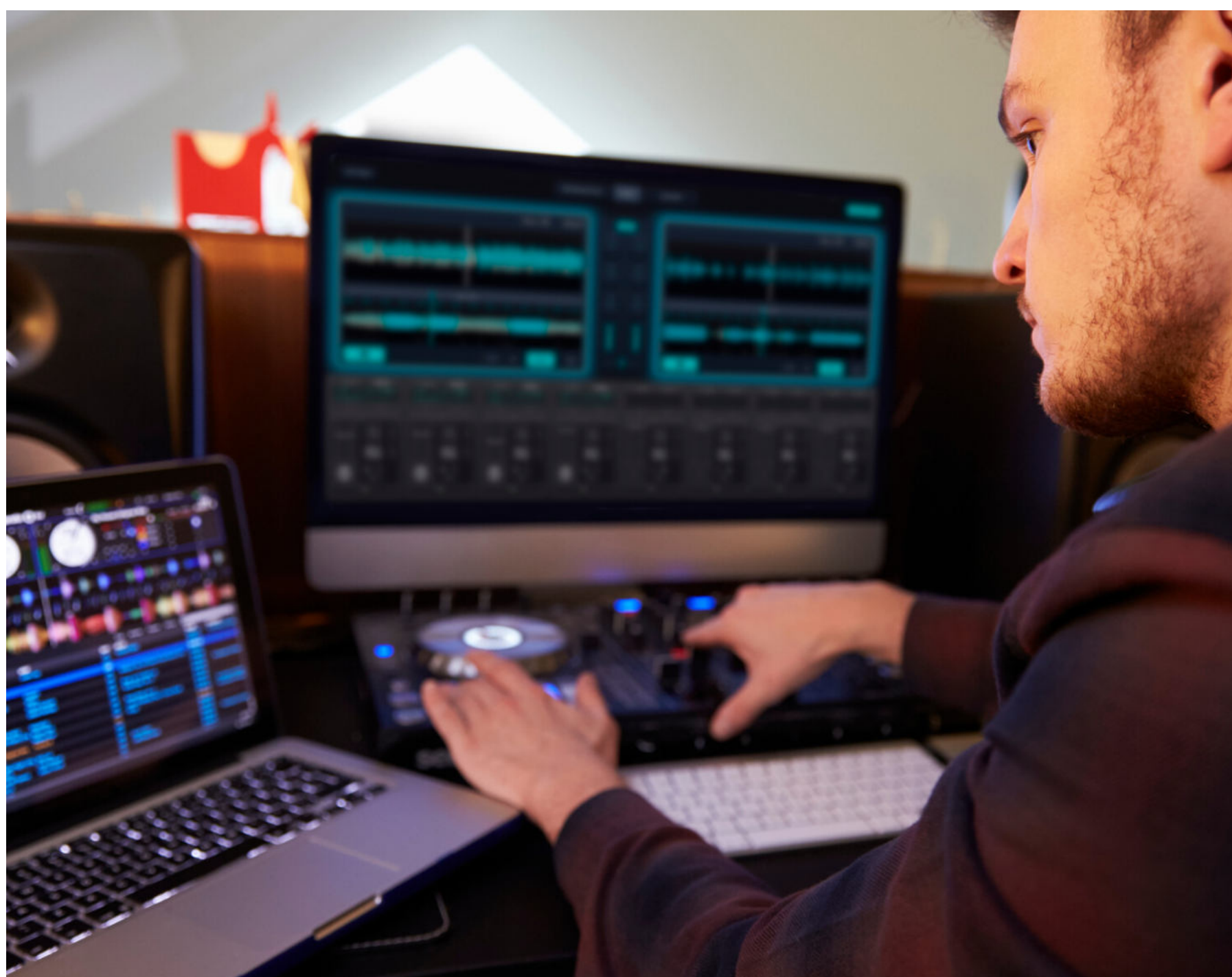
Time: 6pm - 7pm

Cost: FREE

Ages: 12+

What you need:

- Access to online i.e. youtube or other websites for review of music and vocals.
- Bring Ideas as well for tips and techniques as we can always learn new things!
- Logic Pro X (Apple Mac)



TUESDAYS

Arts & Crafts Primary Group

Be Creative... join our online arts and craft session. If you are creative and would like to gain some tips, come and join us where we will be looking to make items which you can find in and around your house. Once a week we will set up a crafting session where we can assist you with your technique. Learn something new, try something different and experiment.

We will set a weekly task which you can have a go at home and show the group in the following session.



Dates:

Tuesday 26th May until Tuesday 7th July 2020

Time: 3.30pm – 4.30pm

Cost: FREE

Ages: 8-11

What you need:

- Basic art materials – Pen/Paper/Pencils etc.

We will give a material list at the end of each session for the next week's online session. Crafts will be kept as simple as possible therefore reducing the need to purchase expensive items as Recycling will be key in this session.

Art Club

Dates:

Tuesday 26th May until Tuesday 7th July 2020

Time: 5pm - 6pm

Cost: FREE

Ages: 12+

What you need:

- Basic art materials – Pen/Paper/Pencils etc.
- Access to online i.e. YouTube or other websites for review of artwork / architecture
- Bring Ideas as well for tips and techniques as we can always learn new things!

A weekly Art group aimed at those who are keen on studying Art or want to consider Art for GCSE or A level.

Discussions surrounding the basics when being creative, tips and ideas to stretch your ability or current interests.

We will look at various styles of art throughout history, including architecture and design as there are amazing structures out there that can help you expand your creative thinking process. All great artists look to the outside world to replenish their creativity.

Come and join us, step outside your comfort zone and share what interests you. We want to know what your favourite Artists are, what inspires you, who you would most like to be.

TUESDAYS

Rithmik Radio

Radio Rithmik is a weekly session where young people learn about Radio Production, journalism and interviewing and reporting.

Our online group session will have debate topics over a series of weeks discussing the current situation, the progress, personal experiences and thoughts on Governmental development. If you are an aspiring journalist or interested in working within Radio or presenting then come and join the online group.

Dates:

Tuesday 26th May until Tuesday 7th July 2020

Time: 6.30pm – 7.30pm

Cost: FREE

Ages: 12+

What you need:

- Access to internet.
- Webcam and/or Microphone.



Did you know?

Radio Rithmik members are part of the BBC Young Reporters

BBC 
YOUNG REPORTER

WEDNESDAYS

Girls & Boys Primary Group

We are offering a Girls & Boys Primary online group session to young people in Years 5 & 6. Topics will range from discussions about moving on to secondary school and how to manage the changes as we understand it is difficult to make such big changes particularly when it is unknown. The group will choose additional topics to discuss week to week involving friendships, body image, relationships which are difficult and how to handle them. We will also discuss other topics such as schoolwork whilst online and in lockdown along with other topics such as online apps and the latest craze in class.

Dates:

Wednesday 27th May until
Wednesday 8th July 2020

Time: 4.30pm - 5.30pm

Cost: FREE

Ages: 8-11

What you need:

- Snack & a drink



Young Teens Group

This teenage group normally meets once a week at Canada Villa Youth Centre until we are able to meet at the centre again once the UK gets back to normality until then we are starting a virtual Young Teens group.

The group is aimed at young people 12+ who will have a safe space to access online activities and discussions once a week. Topics will range from money management to the possibilities of exploring the world, home cooking tips, anger management, mental health, & good communication just to name a few.

Dates:

Wednesday 27th May until
Wednesday 8th July 2020

Time: 6pm - 7pm

Cost: FREE

Ages: 12-17

What you need:

- Snack & a drink

THURSDAYS

All Stylez Dance – Juniors & Seniors

A fun, high energy session to get your bodies moving. Each week a different dance style will be taught from Street & Jazz to Break Dancing and Ballet. Young people will request the style of dance the previous week. This session is for all abilities.

Dates:

Tuesday 26th May until
Tuesday 7th July 2020

Cost: FREE

Juniors

Ages: 7-11

Time: 3.30pm – 4.30pm

What you need: Comfy clothes, space to dance & a bottle of Water

Seniors

Ages: 12+

Time: 5pm - 6pm

What you need: Comfy clothes, space to dance & a bottle of Water



THURSDAYS

Mindfulness & Chilled Chat

The group is a space where you can join others to pick up some tips for reduction of stress and ways of meditating your way through lockdown without sitting in a corner for hours on end trying to get your thoughts under control.

The group will come together to discuss ways of keeping thoughts at bay sharing their own tips and techniques. We will look at how we can use the breath, water, music and the environment to work through emotions to relax yourself when things are making you feel unsure.

Dates:

Tuesday 26th May until Tuesday 7th July 2020

Time: 6.30pm – 7.30pm

Cost: FREE

Ages: 12+

What you need:

- Access to internet.
- Webcam and/or Microphone
- Comfortable clothing



Did you know?

The 0-19 Early Help Service co-ordinate the Duke of Edinburgh Awards within the Borough of Barnet. Join the adventure of the great outdoors, learn something new and make new friends, Find out more by going to our website: www.barnetyouth.uk



THE DUKE OF
EDINBURGH'S AWARD



FRIDAYS



Think you know about the world? Join our Quiz Night and test your general knowledge, we are looking for YOU to set some of the Quiz sessions so start researching your questions and put us to the test!

If you are not able to attend the online group session please refer to our downloadable resource pack relevant to your age group.

Teens Quiz Night

Dates:

Friday 29th May 2020

Friday 12th June 2020

Friday 26th June 2020

Friday 10th July 2020

Time: 4.30pm - 5.30pm

Cost: FREE

Ages: 10 - 16

What you need:

- Pen
- Paper
- Bottle of water.

Friday Film Club

Dates:

Friday 5th June 2020

Friday 19th June 2020

Friday 3rd July 2020

Time: 6pm - 7pm

Cost: FREE

Ages: 12+

What you need:

- Access to online i.e. Netflix, Amazon Prime, TV and other channels such as YouTube
- Pen/Paper to take notes
- Bring Opinions and ideas



Drama, Film & TV reviews. A new weekly group session which will discuss selected Film and TV series.

The group will review plots, characters, dialogue and concepts related to selected work with options for budding writers to have their reviews online!

Drama, Film and TV series will be selected by the overall vote within the group who will watch and discuss their review within the next online session.

This session will support your development within English studies given the exploration and analysis.

0-19 EARLY HELP SERVICE

Children, Family and Young People



All families face challenges and sometimes need support. Early Help is about providing this support as soon as possible to tackle difficulties for children, young people and families before they become more serious. We work with the whole family and the child / young person is at the centre of all we do.

Working with partners, Barnet's 0-19 Early Help Service provides help and support to families, children and young people up to the age of 19 (or 25 with a disability).

We aim to: Provide the right help first time that meets identified needs Improve outcomes for children and young people Prevent the escalation of issues that would then require statutory intervention.

To access support go to: <https://wwc.barnet.gov.uk/wwc/working-children-barnet/practitioner-guidance/children-family-and-young-people-hubs-0-19/how>



Kooth is the UK's leading mental health and wellbeing platform. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.

Go to www.kooth.com

Working together to support Communities

Community groups across our borough are pulling together in an unprecedented way to support vulnerable people during the coronavirus (COVID-19) crisis.

For more information where you can get help, and how you can get involved. Go to:

www.engage.barnet.gov.uk/communityhelphub.

www.barnetyouth.uk

