



[BPT - Lambeth Remote Physical Activity and Wellness Directory](#)

The Black Prince Trust has a proud history of working in partnership with sport for development and charity organisations to enrich and cocreate physical activity and wellness sessions to have a positive impact on the lives of the Lambeth community.

During the current lockdown and these unfamiliar times for both BPT and our partners we are working even closer with our partners to support our community.

We would like to take this opportunity to introduce you to the outstanding work currently being delivered across the sector.

Covid 19 update in relation to physical activity – Information taken from London Sport website, please follow the below link for more information (dated 1st June)

https://londonsport.org/covid-19/?utm_source=London+Sport+subscribers&utm_campaign=ef8a6b506b-EMAIL_CAMPAIGN_2020_02_05_04_55_COPY_01&utm_medium=email&utm_term=0_f124d59b59-ef8a6b506b-245079713&mc_cid=ef8a6b506b&mc_eid=f741d42c14

Black Prince Trust delivery

- Get Active (over 50s) Chair Circuit – Every Monday evening at 630pm
- Yoga – Every Monday 6pm
- Coffee Morning Wellness Check in (over 50s) – Every Wednesday morning 10am
- Boxing – Every Thursday 6pm
- Foundry FIT Academy session – Every Friday at 5pm
- Youth Yoga – Every Saturday 12pm-1pm

For more information and to receive your session login please contact Jason Henley, BPT Project Lead via email Jason@blackprincetrust.org.uk or see the attached Interactive Delivery Timetable.

The Black Prince Trust will also be delivering “face to face” outdoor physical activity sessions within July and August. These sessions will include:

- **Community Fitness** – own body weight workout for members of the community 16+
- **Trim Trail Fitness** – Open to the whole community, these sessions will incorporate the outdoor “Trim Trail” based around the site
- **Youth Community Football** in partnership with Street Soccer London – core skill-based sessions in football

To keep fully updated please visit www.blackprincetrust.org.uk or follow us on social media.

Black Prince Trust Partnership delivery

Watmos Community Homes – Yoga and boxing

Watmos Community Homes are delivering interactive Yoga and Boxing sessions via Zoom meeting portal. These sessions are free and open to all members of the community at level

- Yoga – Every Monday at 6pm
- Boxing – Every Thursday at 6pm

For more information and to receive your session login please contact Sam Mason, Watmos Community Development Officer via email – sam.mason@watmos.org.uk

Fulham FC Community Trust

FFCCT are offering weekly home exercise plans for young footballers (wk5 and 6 attached to this email) – For more information please contact Paul Smithers via email psmithers@fulhamfc.com

Please see the opportunity below from Dan Freedman. Please share with Young People and any partners who may be able to make good use of it.

Dan writes the Jamie Johnson books and TV programmes.

Here is the link to download the whole PDF of **Jamie Johnson: The “Kickoff”** for free.

https://cdn.literacytrust.org.uk/media/documents/TV_TIE_IN_KICK_OFF_2020_INSIDES_SINGLES.PDF

This was the first Jamie Johnson book ever published and I do hope the players enjoy it. I think it would work well for all players aged 9-13.

Fulham FC Community Trust Disability Sports –

Please follow the below links for adapted football and tennis activities to remain active remotely

- Football Drills Stage 1 – <https://youtu.be/-1PscfNh1UA>
- Football Drills Stage 2 - <https://youtu.be/YdS1KZtQUU>
- Football Drills Stage 3 - <https://youtu.be/p8foaznx4mQ>
- Tennis Drills Stage 1 - <https://youtu.be/IKE-egA2bWQ>
- Tennis Drills Stage 2 - <https://youtu.be/Sw1vtrnnYPU>

For more information please contact Katy Shephard Disability Development Officer kshephard@fulhamfc.com

The London Learning Consortium

The London Learning Consortium have a range of Nationally recognised funded programmes for adults 19+, the ones I am eager to promote are the ones starting shortly for anyone in Lambeth, short four-week online programmes that have tutor support:

- **Homework helpers programme** (ideally for any parent supporting someone with Maths)
- ESOL programmes- for anyone who has English as a second Language
- Maths programme (Entry levels 2, Entry 3 and Level 1)
- English programme (Entry levels 2, Entry 3 and Level 1)

If you have any Adults who are unemployed / low salary who would like to do a short programme that won't cost them anything except their time (flexibility with time) , please can you ask them to contact me or if you could send me their details that would be great .

Even if they do not live in Lambeth, if they are unemployed, on benefits and over 19 they would probably qualify for some of our fully funded programmes such as English, Maths, Digital Skills etc

List of some of the programmes that would be funded if on benefits and over 19 - www.londonlc.org.uk

For more information please contact – Maria Roye via email m.roye@londonlc.org.uk

Khulisa online resources supporting young people’s mental health and wellbeing

Khulisa online mental health and wellbeing resources for young people have been updated to include;

- **Downloadable stress and anxiety management toolkits**
- **Group webinars (by referral)**

Details of the service offer can be found here -

<https://www.khulisa.co.uk/covid-19/young-people-resources/>

These have been widely used by youth workers, teaching professionals and others working with children and young people to help them manage the adverse effects to their mental health and wellbeing following a prolonged period of lockdown.

KOOTH – online counselling and support for young people

Kooth is a free online counselling & mental health support provision for young people aged between 11-25 living in most London boroughs.

When young people sign-up through our website, they can speak to a counsellor over our chat service until 10pm every day of the year. We also have a lot of age-appropriate, pre-moderated content on our site, ranging from articles to forums & magazines that young people can be reading, such as on dealing with mental health issues in the context of COVID 19, as well as tips and ideas as to how young people can look after their wellbeing.

For more information please visit www.kooth.com or see the attached information PDF

ECB and Chance to Shine – fun cricket activities

Please see the below fun activities, skills, quizzes and training ideas from the Surrey Cricket Foundation, ECB and Chance to Shine

<https://apps.apple.com/gb/app/dynamos-cricket/id1497131691>

<https://www.youtube.com/channel/UC6tcs13boMeaKW1g-Sp8hgw/featured> and

<https://www.youtube.com/user/Chancetoshinecricket/videos>

Employment and Training

Lambeth Careers in Construction (L1 Health and Safety & CSCS) with Lambeth based employers

We are still recruiting for more Lambeth Young People to join our *Online Lambeth Careers in Construction Programme* (supported by employers).

If you know of any Lambeth young people that are interested in construction or unsure of their next steps, please do refer them to the programme using the referral form attached.

Please note: If young people don't have access to a laptop/internet, we can loan them a laptop for the duration for the course.

Recruitment is now open for our Online Lambeth Careers in Construction Programme. During the programme, Lambeth residents will have the opportunity to achieve a Level 1 in Health and Safety in a Construction Environment (OCNL accredited course), work towards their CSCS test and meet Lambeth employers.

Course start date: 13/08/2020

Course end date: 28/08/2020

Eligibility:

We are welcoming any 16-25-year-old Lambeth residents who are not in education employment or training (NEET). **Even if a YP has already achieved their L1 Health and Safety Award and/or their CSCS card, they can still come onto the programme and meet employers with opportunities.** Once you refer a YP, a CYT member of staff will contact the young person and decide where is best to place the young person on the programme.

In order to refer a young person to the course, **you must complete and return a referral form (attached) and a programme registration/parental consent form (attached).** The registration/parental consent form must be signed by a parent/guardian if the referral is under 18.

Deadline for referral form receipt is August 6th

Programme Schedule (YP will be placed where best suited on the programme for them):

- On the 13th and 14th August, we will hold an introduction to careers in construction as well as an induction session for the course.
- In the first full week of the programme, we will work with students to complete the Level 1 Health and Safety in a Construction Environment qualification (this is required to take the CSCS test)
- In the second week, the programme will have morning and afternoon sessions. The morning sessions will provide meaningful local Lambeth employer encounters for the young people. The afternoon sessions will work on CSCS revision and mock tests.
- After the programme, we will work with participants to provide continues support including booking their CSCS test as well as assisting them with job/apprenticeship/college applications.

Important Information:

- CYT staff will contact prospective candidates from July 31st

- During the Induction session, candidates will receive the CSCS Test practice App purchased by the Trust
- After the programme, **we will book a CSCS test for candidates** that are ready. The test will be booked to take place at a centre of their choice. **We will pay for the test and also purchase the 5 year CSCS card** for learners on successful completion of the test.

Please do check that any young person you refer has access to the following:

- Laptop (Desktop or IPAD) and a Smartphone/Android
- Internet access
- MS Word
- Email address to receive and send work booklet updates

Construction Youth Trust's Safeguarding policies have recently been updated to include remote delivery, which I am more than happy to share with you.

Do get in touch if you have any further questions via email rebecca.collins@constructionyouth.org.uk

Princes Trust

Get Hired Jobs

The Prince's Trust is advertising current vacancies to help support young people into work at this time. We will be supporting them to apply for these roles via our Live Chat. Visit <https://jobs.gethired.org.uk/>.

Young People Relief Fund

As part of our efforts we have launched a [Young People Relief Fund](#).

By donating to our Young People Relief Fund you could:

- ➔ Help young people who are missing school and college to continue their learning
- ➔ Support young people who are out of work into jobs where we need them
- ➔ Give the most vulnerable young people the support they need to cope day-to-day in these anxious and uncertain times

If you are a young person, you can contact us from 9am – 9pm every day:

- ➔ Call us for free on **0800 842 842**
- ➔ Live chat with us online [here](#)

Get Into Digital Marketing with WYK Digital (18-30)

The Prince's Trust and WYK Digital are excited to present this new 8-week programme focusing on the digital marketing sector. This programme will expose all participants to training and working with real businesses, predominantly using Facebook and Google marketing tools. With support with dedicated expert trainers, industry mentors and skills coaching, young people will build up a huge range of skills both soft, technical, and also practical. Upon completion of the course, participants will be given support to apply for jobs with our partners and given support with interviews guaranteed. [Watch this video from our last programme in April!](#)

Taster Day: Wednesday 2nd September

Main Programme: Monday 7th September - Friday 30th October

Where: Microsoft Teams

How to refer: [Click here to register on Eventbrite](#)

Explore (16-30)

Explore is a personal development programme which offers a cohort of 10 young people group activities and one-to-one support to develop their skills and confidence they need to move forward. Sessions are split between morning (11am – 12pm) and afternoon (2pm-3pm) on Tuesdays and Thursdays each week. Personal development qualifications are available in Interpersonal & Self-management Skills, Participating in Exercise, Healthy Lifestyle, Career Planning, Money Management, and Presentation Skills.

ROLLING INTAKE

Where: Microsoft Teams

Family Works Programme

Family Works Programme that is funded by European Social Fund, this employment programme provides specialist support to families that are experiencing challenging issues. Participants will work with a dedicated key worker who will support them to work through a number of barriers that may include health issues, convictions, issues with their children and domestic violence. In conjunction with local Authorities, Jobcentre and a range of community associations, support is delivered to assist customers into sustainable employment. We deliver this programme in the following Boroughs:

Camden, Westminster, Lambeth, Southwark, Lewisham, RBKC, Hillingdon, Harrow and Brent.

"In order for participants/clients to be put forward for the positions they need to be on our TFW program that is funded by ESF and aged 16 and plus."

I have attached the vacancies that we currently have for your convenience.

Please when booking clients in to speak with us, can I request that you ask them to have the below:

- **In date Passport/ Birth Certificate or biometric card**
- **Proof of National insurance number/ Card or Letter**
- **Proof of address with in the last 6 months**

Alongside this, if a job is not on the vacancy list that you require for your participants/clients, do still contact us as we offer one to one job search support in locating full time or part time employment for those whom live in Camden, Westminster, Lambeth, Southwark, Lewisham, RBKC, Hillingdon, Brent and Harrow.

Lastly as and when you have anyone that you would like to us to support please contact me directly by email siobhan@getsetuk.co.uk or on 07468 433778 and I will aim call back to you right away

Berkeley St Edwards Future Insight Work Experience Programme Goes Virtual

We have created a 30 hours virtual work experience programme for young people, which enables them to achieve an [Industrial Cadet](#) accreditation by demonstrating the skills and experience gained during their placement with Berkeley St Edward. Through a series of virtual meetings, videos and project workbooks, the young people will be guided through a number of property development tasks, such as tendering a contractor package assessing the viability of a piece of land. Employability skills activities such as CV writing and career research forms part of our programme offering.

To apply, please ask the young people to send their CV to Focsupport@berkeleygroup.co.uk and state which department you are interested in. Do feel free to email me their CV directly as well.

Children and Young People

Summers Not Cancelled

'Summers Not Cancelled', a free 6-week discovery program for young people between age 16 - 25 focused on building confidence, career skills support and business start-up workshops. The programme will be running between 20th July - 31st August 2020 and we will like to invite you to join us in sharing this fantastic opportunity across your networks of young people in Southwark - there's a chance to win up to £1000! Signups end on 17th July, so please encourage those you share it with to be fast - over half of the spaces are gone!

Find the signup link below:

<https://bit.ly/summersnotcancelled2020>



Kooth

Kooth is **still available throughout the Summer Holidays and beyond September**, and young people aged **10-25 years old who live, work or study in South East London (Lambeth, Southwark, Greenwich, Bexley and Bromley)** will have full access to our site which offers free mental health and emotional support.

For those who work with young people, we offer a range of free services such as **presentations and training for staff** that detail our offer as well as how to signpost to the service, as well as **presentations and workshops on a variety of topics for young people**. We also have **free resources** we can send to you such as **e-posters or physical posters and leaflets** you can leave around your venue. If this is of interest to you please let me know by sending me your **full address** and I can get some sent out to you.

To **learn more about our service** and how to signpost to it, you can book onto a Zoom (or other application) meeting with me where I can run you through the details of our offer and how to signpost to it. I will be running sessions every **Friday throughout the Summer** so if this is of interest to you please let me know a time that works then.

For **Primary Schools**, I will also be taking bookings for **September 2020 onwards**, so if you would like **staff presentations, training, and presentations and workshops for young people**, please let me know and I can book you in in advance.

Our **new Assets Hub link** is also below, and I am available to help with access/search issues if necessary, so please let me know and I can help you with that. The link to access is as follows: <https://kooth.swivle.cloud/#/search//name-asc/>

For more information please email Shanelle Webb swebb@xenzone.com

UK Active – Move Crew

UK Active and Nike have just launched [Move Crew](#), a programme of daily ‘missions’, developed with teachers, PE Specialists, elite athletes, kids and coaches. Each ‘mission’ is designed to help kids unlock their recommended 60 minutes of daily activity. Key presenters include British Sprint Champion, Dina Asher-Smith and Hanna Sepeta, Active School Hero and PE lead from Granton Primary School in Lambeth.

DEPARTMENT OF HEALTH Overview of recommended activities

1) PE and physical activity: Primary

Boogie Beebies

Website: <https://www.bbc.co.uk/programmes/b006mvsc>

Key stages: early years foundation stage

Description: videos that get younger children up and dancing with CBeebies presenters.

Registration: not required

Disney 10 Minute Shakeups

Website: <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Key stages: early years foundation stage to key stage 2

Description: 10-minute activities based on Disney films that count towards a child’s 60 active minutes per day.

Registration: not required

Super Movers

Website: <https://www.bbc.co.uk/teach/supermovers>

Key stages: key stage 1 and key stage 2

Description: videos which help children move while they learn. They support curriculum subjects, including maths and English.

Registration: not required

#ThisIsPE

Website: <https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Key stages: key stage 1 and key stage 2

Description: videos delivered by teachers focusing on the PE curriculum which are accessible on YouTube.

Registration: not required

2) PE and physical activity: Secondary

Fitness Blender

Website: <https://www.fitnessblender.com/>

Key stages: key stage 3 to key stage 5

Description: videos featuring a range of exercises and workouts. You can choose exercises by degree of difficulty, type, gender and whether equipment is needed or not.

Registration: not required

#ThisIsPE

Website: <https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Key stages: key stage 3 and key stage 4

Description: videos delivered by teachers focusing on the PE curriculum which are accessible on YouTube.

Registration: not required

LONDON SPORT – Overview on all that is on offer from London Sport

i) Race to Health

Race to Health is an award winning online physical activity challenge that can help encourage physical activity at home for children and their families. Normally run over 5 weeks during summer term, they've made some adaptations for 2020 so that in addition to remaining suitable for children of key workers attending school, pupils and families who are home learning can take part. This year's race route follows Max's magical journey from his bedroom in Maurice Sendak's classic 'Where the Wild Things Are'. Each minute of physical activity pupils and their families do, will be converted into miles and contribute to their class and whole schools' total, helping Max get back in time for his supper whilst it's still hot! 20 primary schools from across London are invited to compete against schools from Camden, Islington, Redbridge & Southwark in the first ever Race to Health London. There is no cost to schools wanting to take part on this occasion. Please see this [short video clip](#) for more information and to register your school's interest please contact mike.mortlock@camden.gov.uk

ii) Create Development – Real Play

Create Development are making their real play at home free for any families whilst schools are closed. Click [here](#) to view the real play at home video preview. Schools can send an expression of interest email to Jasmine

iii) The Body Coach

Joe Wicks, The Body Coach, has started holding live PE lessons from 9am Monday-Friday live on his [Youtube channel](#). The sessions are aimed at children of all ages and are available on demand alongside a number of other short fun workout videos.

iv) Change4Life

Don't let the current challenging situation prevent children from getting the activity they need. The [NHS Change4Life website](#) has a host of videos, activities and resources to help get kids moving indoors. Plus, there's healthy eating tips and resources available.

v) imoves

imoves wants to help keep primary aged children as active as possible by offering free access to their improvement platform. Some of their best resources including videos, music and lesson plans are now available free to help pupils stay active and healthy even when they can't go to school. [Sign up](#).

vi) Youth Sport Trust

To help better support teachers and parents, Youth Sport Trust have collated a list of free to use resources which can help support home activity. This includes: Ready Set Ride resources, Play Format videos, Personal Challenge videos as well as Inclusion 2020 activities. [View here](#).

vii) London Sport – Active At Home table

London Sport and their tech partners – those that they have worked with through Sport Tech Hub and other tech innovators – have collated a range of free or low-cost physical activity offers. It's an open, inclusive list of tech tools from London and around the world that people and organisations can use to stay active at home. Accessible on the [Active At Home table](#).

viii) This Girl Can

Sport England's This Girl Can campaign has teamed up with Disney to create fun dance routines to help parents get their kids active while listening to the songs they love. You can learn their moves or put your own spin on their routines. At the end of the day, it's about breaking a sweat while having a bit of fun. [Visit the website](#).

ix) Go Noodle

GoNoodle engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free for everyone to encourage fun home activity. [Check it out](#).

x) Healthy Futures

Receive weekly food and exercise log, sporting challenge cards such as active monopoly, plus daily exercise videos to help keep your children active from Healthy Futures. To receive these free resources straight to your inbox. [Sign up](#).

Sport England

Sport England have pulled together some useful ideas and tips on how everyone can remain active at home, if you're well enough. If you've found a great way to keep active online, use the hashtag **#StayInWorkOut** on social media to share your idea. [Take a look.](#)

xi) KidsRunFree

KidsRunFree have been activating children across the UK for over a decade and they want to continue to do so. They are uploading [daily videos](#) of games and activities that families can play together to help stay, fit and healthy.

xii) Lords Taverners

The Lord's Taverners have just launched a free online hub aimed at disadvantaged and disabled young people and designed to increase physical activity and help with mental wellbeing amid the coronavirus pandemic, It includes a range resources and ideas for fun, cricket based and activities that can be done at home. Visit the Lord's Taverners website online hub via these links: [Super 1s](#), [Table Cricket](#) and [Wicketz](#).

xiii) Gymrun

Gymrun wants to help keep children moving at home. They are uploading free accessible videos on their [youtube channel](#). These videos combine both body bodyweight movements and short periods of running with seven sequenced exercises. Each session links to the Gymrun Five Challenges. For more information visit www.gymrun.co.uk.

xiv) UK Active 'Move Crew'

UK Active have partnered with Nike to launch [Move Crew](#), a programme developed with teachers, PE Specialists, elite athletes, kids and coaches. Each daily mission is designed to help kids unlock their recommended 60 minutes of daily activity. Key presenters include British Sprint Champion, Dina Asher-Smith and Hanna Sepeta, Active School Hero and PE lead from Granton Primary School in Lambeth. So join the #nikemovecrew!

Here's also a link to 'Get Active' (<https://getactive.activityfinder.net/activities>) which has now been completely repurposed for online activity. As you can see – there's loads going on to keep us all active during this unprecedented time.

Home Learning

WLM St Lukes

Improve your digital skills with free online courses. From beginners getting started in using a computer, to learning how to do a video call or improve your CV, have a look at <https://theskillstoolkit.campaign.gov.uk/>. They also have beginner's everyday maths