TOWER HAMLETS
SUMMER ACTIVITIES 2019
MORE THAN 335 FREE ACTIVITIES
Welcome to a great summer of fun for the whole family!

This year, we have an exciting variety of activities taking place in our parks, leisure centres, youth clubs, Idea Stores, libraries and other venues.

We want to make sure that residents and families are able to take part in activities to keep active or entertained. Our jam-packed summer programme runs from July until early September and there are more than 335 activities to choose from.

We've renovated some of our playgrounds in time for summer. Visit new play spaces at Stepney Green Park, Ropemakers Fields, St John's Park or Bartlett Park.

Make the most of the long days by visiting our award winning parks and be sure not to miss some of your summer favourites including Cardboard City where you can use your imagination to construct your own den, house or castle. Another firm family favourite, A Great Day Out at Victoria Park returns on Saturday 3 August, offering fun fair rides, live music, arts and crafts and more.

There’s plenty on offer for those interested in active sport. Turn up at one of our estate summer soccer camps, try athletic activity at Mile End Stadium, or have a go at canoeing, rock climbing or mountain biking at the Urban Adventure Base, Mile End.

Working with our partners, GLL who run the council’s leisure centres, venues including Mile End Leisure Centre, John Orwell Sports Centre, Tiller Leisure Centre and Whitechapel Sports Centre have been given a face-lift. If you haven’t already done so, why not try out some of the new facilities, including an awesome children’s soft-play area at Mile End Leisure Centre.

Other partners such as Play Association Tower Hamlets are hosting a variety of activities, adding to the extensive range of events on offer.

We know that families on low incomes often experience a range of challenges during holiday periods, that’s why we have aimed to keep our activities free or affordably low cost.

From gardening to scone making, go-karting, theatre, barista skills training, or just relaxing, this year’s guide has all the ingredients for a fascinating summer. Enjoy flicking through it and have a great time.

John Biggs
Mayor of Tower Hamlets

Cllr Sabina Akhtar
Cabinet member for Culture, Arts and Brexit
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- **Park Life**
- **Get Active**
- **Play Zone**
- **Youth Zone**
- **Arts Zone**
- **Idea Stores**
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<td>Tuesday 30 July</td>
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<td>Tuesday 30 July</td>
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- Get Active
- Play Zone
- Youth Zone
- Arts Zone
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<td>Friday 30 August</td>
<td>Pathway to Football Session &quot;Raaxo&quot;</td>
<td>11-19 years</td>
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<td>Southend On Sea</td>
<td>12+ years</td>
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<td>Saturday 7 September</td>
<td>Fire Pit Activity</td>
<td>5-11 (with adult)</td>
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<td>Saturday 21 September</td>
<td>Nature Walk</td>
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<tr>
<td>Weekdays</td>
<td>St. Andrew’s Wharf Youth Hub Centre Based Activities and Chill Out</td>
<td>12-19 years</td>
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<tr>
<td>Weekdays</td>
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<tr>
<td>Mondays</td>
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Listings are correct at time of going to press. These may be subject to change or cancellation at short notice.
Park Life - Parks and Open Spaces Activities

For more information about events in Tower Hamlets parks call 020 7364 5227 or email mileendpark@towerhamlets.gov.uk

SATURDAY 29 JUNE

Nature Walk
Meet at Mile End Park Play Pavilion, Locksley Street E14 7EJ
11am | All ages
Come and join us for a fun and educational interactive walk to learn about the bugs, plants and nature in Mile End Park.

All children must be accompanied by an adult. Booking essential as spaces are limited.
Book at www.TowerHamletsParks.eventbrite.co.uk

SATURDAY 6 JULY

Fire Pit Activity
Mile End Park Play Pavilion
Locksley Street E14 7EJ
Two sessions:
11am-12pm and 12-1pm
Age 5-11 (with an adult)

Join us for our fire pit roasting activity and learn how to roast marshmallows, root vegetables and banana chocolate.

All children must be accompanied by an adult. Booking essential as spaces are limited.
Book at www.TowerHamletsParks.eventbrite.co.uk
**SUNDAY 14 JULY**

**Park Life Dog Show**
Mile End Park Events Field
Haverfield Road E14
12-4pm | All ages

The Friends of Mile End Park’s annual Community Fair and Dog Show will have something for people of all ages including: bouncy castles, children’s fair rides, coconut shy, facepainting, t-shirt printing food stalls.

The Dog Show is always great fun and starts at 2pm with registrations from 1pm. There will be dog agility demonstrations from 1pm. The PDSA will be on hand and will have a range of doggie treats for sale (all money goes towards their work).

**SATURDAY 20 JULY**

**Nature Walk**
Meet at Mile End Park Play Pavilion, Locksley Street E14 7EJ
11am | All ages

Come and join us for a fun and educational interactive walk to learn about the bugs, plants and nature in Mile End Park.

All children must be accompanied by an adult. **Booking essential as spaces are limited.**
Book at [www.TowerHamletsParks.eventbrite.co.uk](http://www.towerhamlets.gov.uk/summerevents)

**TUESDAY 23 JULY**

**St George’s – Summer Sessions**
St George’s in the East
14 Cannon Street Road E1
1-3pm | All ages

Come and join us for a day of exciting activities in the park. Weekly play activities, games and arts and crafts for children of all ages and abilities.

Fun for the whole family! No need to book, just turn up.
WEDNESDAY 24 JULY

**Cardboard City**
Mile End Park Play Pavilion
Locksley Street E14 7EJ
11am-4pm
Under 11’s (with an adult)

Come and help build Mile End Park's very own Cardboard City. You provide the imagination and we'll provide the materials. Make your own den, house or castle – or any other building you like! Drop in session – no need to book.

All Park Life events are FREE

FRIDAY 26 JULY

**KEMP – Summer Sessions**
King Edward Memorial Park E1
12-3pm | All ages

Join us for a creative afternoon of arts and crafts in the park in partnership with SPLASH Arts.

For more information contact KEMPproject@towerhamlets.gov.uk
020 7364 5227

**Gardening Club**
Mile End Park Play Pavilion
Locksley Street E14 7EJ
12-3pm
Under 11’s (under 8’s with an adult)

Come along to the growing zone at Mile End Park. Grow, plant, dig and have a go at picking vegetables you have grown. Drop in session, no need to book.

THURSDAY 25 JULY

**Whitehorse – Summer Sessions**
Whitehorse Adventure Playground
Whitehorse Road E1
1-5pm | All ages

Come and join us for a day of exciting activities in the park. Weekly play activities, games and arts and crafts for children of all ages and abilities. Fun for the whole family! No need to book, just turn up.

MONDAY 29 JULY

**Weavers Field – Summer Fun Day**
Weavers Field, Mape Street E2
11am-4pm | All ages

Have fun and be healthy! Come and join us for a day of exciting activities in the park. Games, sports, arts and crafts, children’s Inflatables and much more. Fun for the whole family!
TUESDAY 30 JULY

St George's – Summer Sessions
St George's in the East
14 Cannon Street Road E1
1-3pm | All ages
Come and join us for a day of exciting activities in the park. Weekly play activities, games and arts and crafts for children of all ages and abilities. Fun for the whole family! No need to book, just turn up.

Post Card Workshop
Mile End Park Play Pavilion
Locksley Street E14 7EJ
12-3pm | Under 11’s
Join us for a creative afternoon of arts and crafts in an open ‘drop in’ session with 10 – 12 children at a time. We’ll keep it rotating so everyone gets a turn. Get cutting, get sticking, get painting, and then glitter it all up! Drop-in session, no need to book, just turn up.

WEDNESDAY 31 JULY

Millwall Park – Summer Fun Day
Millwall Park
Manchester Road E14
11am-4pm | All ages
Have fun and be healthy! Come and join us for a day of exciting activities in the park. Games, sports, arts and crafts, children’s Inflatables and much more. Fun for the whole family!

THURSDAY 1 AUGUST

Ravenscroft Park – Summer Fun Day
Ravenscroft Park
Ravenscroft Street E2
11am-4pm | All ages
Have fun and be healthy! Come and join us for a day of exciting activities in the park. Games, sports, arts and crafts, children’s Inflatables and much more. Fun for the whole family!

Whitehorse – Summer Sessions
Whitehorse Adventure
Whitehorse Road E1
1-5pm | All ages
Come and join us for a day of exciting activities in the park. Weekly play activities, games and arts and crafts for children of all ages and abilities. Fun for the whole family! No need to book, just turn up.
**FRIDAY 2 AUGUST**

**KEMP – Summer Sessions**
King Edward Memorial Park E1
12-3pm | All ages
Join us for a creative afternoon of arts and crafts in the park in partnership with SPLASH Arts.
For more information contact KEMPproject@towerhamlets.gov.uk 020 7364 5227

**Gardening Club**
Mile End Park Play Pavilion
Locksley Street E14 7EJ
12-3pm
Under 11’s (under 8’s with an adult)
Come along to the growing zone at Mile End Park. Grow, plant, dig and have a go at picking vegetables you have grown. Drop in session, no need to book.

**MONDAY 5 AUGUST**

**Ropewalk Gardens – Summer Fun Day**
Ropewalk Gardens
15 Ponler Street E1
11am-4pm | All ages
Have fun and be healthy! Come and join us for a day of exciting activities in the park. Games, sports, arts and crafts, children’s Inflatables and much more. Fun for the whole family!

**TUESDAY 6 AUGUST**

**St George’s – Summer Sessions**
St George’s in the East
14 Cannon Street Road E1
11am-4pm | All ages
Come and join us for a day of exciting activities in the park. Weekly play activities, games and arts and crafts for children of all ages and abilities. Fun for the whole family! No need to book, just turn up.

**Scone Making Workshop**
Mile End Park Play Pavilion
Locksley Street E14 7EJ
12-3pm | Under 11’s (with an adult)
Come and bake some scones with us! Take your bakes home or enjoy a picnic in the park. Book your little baker in for a 45 minute session.
Three sessions with up to 15 children per session.
All children must be accompanied by an adult. Booking essential as spaces are limited. Book at www.TowerHamletsParks.eventbrite.co.uk
**WEDNESDAY 7 AUGUST**

**Water Festival**  
Mile End Park Play Pavilion  
Locksley Street E14 7EJ  
11am-4pm | All ages  
Come and join the parks team for a Water Festival. Be prepared to get wet and bring a change of clothes. Some water guns will be provided but you can bring your own.

**THURSDAY 8 AUGUST**

**Whitehorse – Summer Sessions**  
Whitehorse Adventure Playground  
Whitehorse Road E1  
1-5pm | All ages  
Come and join us for a day of exciting activities in the park. Weekly play activities, games and arts and crafts for children of all ages and abilities. Fun for the whole family! No need to book, just turn up.

**FRIDAY 9 AUGUST**

**KEMP – Summer Sessions**  
King Edward Memorial Park E1  
12-3pm | All ages  
Join us for a creative afternoon of arts and crafts in the park in partnership with SPLASH Arts.  
For more information contact KEMPproject@towerhamlets.gov.uk 020 7364 5227

**Gardening Club**  
Mile End Park Play Pavilion  
Locksley Street E14 7EJ  
12-3pm  
Under 11’s (under 8’s with an adult)  
Come along to the growing zone at Mile End Park. Grow, plant, dig and have a go at picking vegetables you have grown.  
Drop in session, no need to book.

All Park Life events are FREE
SATURDAY 10 AUGUST

Fire Pit Activity
Mile End Park Play Pavilion
Locksley Street E14 7EJ
Two sessions: 11am-12pm and 12-1pm | Age 5-11 (with an adult)
Join us for our fire pit roasting activity and learn how to roast marshmallows, root vegetables and banana chocolate. All children must be accompanied by an adult. Booking essential as spaces are limited. Book at www.TowerHamletsParks.eventbrite.co.uk

MONDAY 12 AUGUST

Jolly’s Green – Summer Fun Day
Jolly’s Green, Joshua Street E14
11am-4pm | All ages
Have fun and be healthy! Come and join us for a day of exciting activities in the park. Games, sports, arts and crafts, children’s inflatables and much more. Fun for the whole family!

TUESDAY 13 AUGUST

Pickling Workshop
Mile End Park Play Pavilion
Locksley Street E14 7EJ
12-3pm | Under 11’s (with an adult)
Join us for an afternoon of pickling. Book your little cook in for a 45 minute session where our chefs will create their very own jar of pickled onions, beetroot etc. Four sessions with 15 children per session.

WEDNESDAY 14 AUGUST

A Day by the Seaside
Mile End Park Events Field
Burdett Road E3
11am-4pm | All ages
Bringing the seaside to the city! Attractions on the day will include donkey rides, arts and crafts, children’s rides, sports, sand and water play, face painting, helter skelter, trampolining and much more.
THURSDAY 15 AUGUST

**Whitehorse – Summer Sessions**
Whitehorse Adventure Playground
Whitehorse Road E1
1-5pm | All ages
Come and join us for a day of exciting activities in the park. Weekly play activities, games and arts and crafts for children of all ages and abilities. Fun for the whole family! No need to book, just turn up.

**Ecology Workshop**
The Ecology Pavilion
Mile End Park, Haverfield Road (off Grove Road) E3 5TW
1-3pm
Under 11's (under 8's with an adult)
Come along and join the Community Park Rangers in a range of ecology based activities such as pond dipping, sweep netting and bug hunts. **Booking essential as spaces are limited.** Book at [www.TowerHamletsParks.eventbrite.co.uk](http://www.towerhamlets.gov.uk/summerevents)

FRIDAY 16 AUGUST

**KEMP – Summer Sessions**
King Edward Memorial Park E1
12-3pm | All ages
Join us for a creative afternoon of arts and crafts in the park in partnership with SPLASH Arts.
For more information contact KEMPproject@towerhamlets.gov.uk 020 7364 5227

THURSDAY 15 - TUESDAY 20 AUGUST

**Summer of Art: Between the Earth and the Sky**
The Art Pavilion
Mile End Park E3 4QY
11am-5pm daily | All ages
Join us this summer at the Art Pavilion to explore and celebrate all things flight and freedom. The Pavilion will be open for all to enjoy free family arts activities, performance and music which will accompany an exhibition with works by local and international artists that turn a walk through space into a great adventure with lots to explore and discover. Free for all ages and abilities.
FRIDAY 16 AUGUST

Gardening Club
Mile End Park Play Pavilion
Locksley Street E14 7EJ
12-3pm
Under 11’s (under 8’s with an adult)
Come along to the growing zone at Mile End Park. Grow, plant, dig and have a go at picking vegetables you have grown. Drop in session, no need to book.

SATURDAY 17 AUGUST

Nature Walk
Meet at Mile End Park Play Pavilion
Locksley Street E14 7EJ
11am | All ages
Come and join us for a fun and educational interactive walk to learn about the bugs, plants and nature in Mile End Park.

All children must be accompanied by an adult. Booking essential as spaces are limited. Book at www.TowerHamletsParks.eventbrite.co.uk

TUESDAY 20 AUGUST

St George’s – Summer Sessions
St George’s in the East
14 Cannon Street Road E1
1-3pm | All ages
Come and join us for a day of exciting activities in the park. Weekly play activities, games and arts and crafts for children of all ages and abilities. Fun for the whole family! No need to book, just turn up.

Bird Box Workshop
Mile End Park Play Pavilion
Locksley Street E14 7EJ
12-3pm | Under 11’s (with an adult)
Come along and build your very own bird box or bird feeder to take home and hang in your garden or balcony. We’ll provide the materials.

All children must be accompanied by an adult. Booking essential as spaces are limited. Book at www.TowerHamletsParks.eventbrite.co.uk

Swedenborg Gardens
Summer Fun Day
Swedenborg Gardens
Wellclose Street E1
11am-4pm | All ages
Have fun and be healthy! Come and join us for a day of exciting activities in the park. Games, sports, arts and crafts, children’s inflatables and much more. Fun for the whole family!
**WEDNESDAY 21 AUGUST**

**Sporting Carnival**  
Stepney Green Park  
Redmans Road E1 3AG  
11am-4pm | All ages  

Join us for a sporting celebration with activities for the whole family. Try athletics, football, tennis, volleyball, cycling, trampoline, climbing, fairground rides, giant inflatables, arts and crafts and much more, all for FREE. No booking required.  

For more information contact  
020 7364 2515 or  
sports@towerhamlets.gov.uk

**THURSDAY 22 AUGUST**

**Wapping Gardens – Summer Fun Day**  
Wapping Gardens  
Tench Street E1  
1-3pm | All ages  

Come on down to the newly refurbished playground to join us for a day of exciting activities in the park. Weekly play activities, games and arts and crafts for children of all ages and abilities. Fun for the whole family! No need to book, just turn up.

**Whitehorse – Summer Sessions**  
Whitehorse Adventure Playground  
Whitehorse Road E1  
1-5pm | All ages  

Come and join us for a day of exciting activities in the park. Weekly play activities, games and arts and crafts for children of all ages and abilities. Fun for the whole family! No need to book, just turn up.

**Ecology Workshop**  
The Ecology Pavilion  
Mile End Park, Haverfield Road (off Grove Road) E3 5TW  
12-3pm  
Under 11’s (under 8’s with an adult)  

Come along and join the Community Park Rangers in a range of ecology based activities such as pond dipping, sweep netting and bug hunts.  

**Booking essential as spaces are limited.** Book at www.TowerHamletsParks.eventbrite.co.uk

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All Park Life events are FREE
FRIDAY 23 AUGUST

**KEMP – Summer Sessions**
King Edward Memorial Park E1
12-3pm | All ages

Join us for a creative afternoon of arts and crafts in the park in partnership with SPLASH Arts.

For more information contact KEMPproject@towerhamlets.gov.uk
020 7364 5227

**Gardening Club**
Mile End Park Play Pavilion
Locksley Street E14 7EJ
12-3pm
Under 11’s (under 8’s with an adult)

Come along to the growing zone at Mile End Park. Grow, plant, dig and have a go at picking vegetables you have grown. Drop in session, no need to book.

TUESDAY 27 AUGUST

**St George’s – Summer Fun Day**
St George’s in the East
14 Cannon Street Road E1
1-3pm | All ages

Come on down to the newly refurbished playground to join us for a day of exciting activities in the park. Weekly play activities, games and arts and crafts for children of all ages and abilities. Fun for the whole family! No need to book, just turn up.

**Pizza Making Workshop**
Mile End Park Play Pavilion
Locksley Street E14 7EJ
12-3pm | Under 11’s (with an adult)

Join us for an afternoon of pizza making. Book your little cook in for a 45 minute session where our chefs will be getting messy rolling out dough, decorating and cooking some delicious little pizzas. Three sessions with 15 children per session.

All children must be accompanied by an adult. Booking essential as spaces are limited. Book at www.TowerHamletsParks.eventbrite.co.uk
**THURSDAY 29 AUGUST**

**Whitehorse – Summer Fun Day**
Whitehorse Adventure Playground
Whitehorse Road E1
1-3pm  |  All ages
Come on down to the newly refurbished playground to join us for a day of exciting activities in the park. Weekly play activities, games and arts and crafts for children of all ages and abilities. Fun for the whole family! No need to book, just turn up.

**FRIDAY 30 AUGUST**

**KEMP – Summer Sessions**
King Edward Memorial Park E1
12-3pm  |  All ages
Join us for a creative afternoon of arts and crafts in the park in partnership with SPLASH Arts.
For more information contact KEMPproject@towerhamlets.gov.uk
020 7364 5227

**Gardening Club**
Mile End Park Play Pavilion
Locksley Street E14 7EJ
12-3pm
Under 11’s (under 8’s with an adult)
Come along, to the growing zone at Mile End Park. Grow, plant, dig and have a go at picking vegetables you have grown. Children must be accompanied by an adult. Drop in session. No need to book, just turn up.

**SATURDAY 7 SEPTEMBER**

**Fire Pit Activity**
Mile End Park Play Pavilion
Locksley Street E14 7EJ
Two sessions:
11am-12pm and 12-1pm
Age 5-11 (with an adult)
Join us for our fire pit roasting activity and learn how to roast marshmallows, root vegetables and banana chocolate.
All children must be accompanied by an adult. Booking essential as spaces are limited.
Book at www.TowerHamletsParks.eventbrite.co.uk

**SATURDAY 21 SEPTEMBER**

**Nature Walk**
Meet at Mile End Park Play Pavilion
Locksley Street E14 7EJ
11am  |  All ages
Come and join us for a fun and educational interactive walk to learn about the bugs, plants and nature in Mile End Park.
All children must be accompanied by an adult. Booking essential as spaces are limited.
Book at www.TowerHamletsParks.eventbrite.co.uk

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All Park Life events are FREE
Park Life - Parks and Open Spaces Activities

Victoria Park

For more information about events in Victoria Park email victoriapark@towerhamlets.gov.uk

THURSDAY 25 JULY

DisABILITY Fun Day
Meet at the Hub building in East Park
11am-3pm | All ages
Join us for a special event designed for people with disabilities of all ages, with information and fun activities.
For more information contact victoriapark@towerhamlets.gov.uk

SATURDAY 3 AUGUST

Victoria Park Day: A Great Day Out
Located around the Bandstand in East Park
11am-4pm | All ages
A Victoria Park institution and our flagship event! Truly a great day out for all the family to enjoy. A fun-filled festival with live music, fairground rides, arts and crafts and many more activities happening throughout the day.
No need to book.
For more information contact victoriapark@towerhamlets.gov.uk

THURSDAY 15 AUGUST

Pond Life
Victoria Park
10.30am–12.30pm | All ages
Join Terry Lyle (Friends of Tower Hamlets Cemetery Park) on a pond exploration, learning about the birds, plants and fish that inhabit our ponds!
Spaces are limited – to book, call 020 7364 4909 or email victoriapark@towerhamlets.gov.uk
SATURDAY 17 AUGUST

Pet First Aid Training
10am-2pm | All ages
Join a PDSA nurse for a course covering heat stroke, bandaging, bloating, poisoning, seizures, choking and resuscitation - a mixture of theoretical and practical information as well as opportunities for group discussion. All course attendees will receive a certificate of attendance. Refreshments will be provided.

Spaces are limited – to book, call 020 7364 4909 or email victoriapark@towerhamlets.gov.uk

SUNDAY 25 AUGUST

Make Your Mark on Vicky Park
Meet at the Outdoor Classroom, near St Agnes Gate, Gore Road
11.30am-1.30pm | All ages
Help our community park rangers carry out some practical conservation in the park. No need to book.

For more information contact victoriapark@towerhamlets.gov.uk

WEDNESDAY 28 AUGUST

Sports and Healthy Living Day
Located in West Park near the V&A building
11am-3pm | All ages
Get out in the fresh air and participate in a wide range of fun-filled activities to promote a healthy lifestyle. No need to book.

For more information contact victoriapark@towerhamlets.gov.uk
Get Active

**SATURDAY 20 - SUNDAY 21 JULY**

**Female Summer Basketball Tournament Weekender**
John Orwell Sports Centre
Tench Street, Wapping E1W 2QD
10am-3pm both days
14+ years

Females 14yr+, come play show off your skills in 2019 Summer competitive basketball weekender against local and national teams in a safe and friendly female only environment.

Teams of 7-12 players £50 per team entry.

For more information contact pauline.stewart@towerhamlets.gov.uk or 07956 456 743

**WEDNESDAY 24 JULY**

**Adventure Club at The Urban Adventure Base**
150 Burdett Road
Mile End Park E3 4JT
4:30-7:30pm | 10-19 years

Open access youth provision with adventurous activities and food for all young people aged 10-19 who live or go to school in Tower Hamlets. Activities on offer include rock climbing, canoeing, kayaking, mountain biking, caving, archery, skateboarding, in-line skating and accessible gym plus more. Bring a full change of clothes if canoeing. No need to book, registration and consent form must be completed on arrival.

Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.
**THURSDAY 25 JULY**

**Adventure Club at The Urban Adventure Base**
150 Burdett Road
Mile End Park E3 4JT
4:30-7.30pm | 10-19 years

Open access youth provision with adventurous activities and food for all young people aged 10-19 who live or go to school in Tower Hamlets. Activities on offer include rock climbing, canoeing, kayaking, mountain biking, caving, archery, skateboarding, in-line skating and accessible gym plus more. Bring a full change of clothes if canoeing. No need to book, registration and consent form must be completed on arrival.

Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.

**FRIDAY 26 JULY**

**Adventure Club at The Urban Adventure Base**
150 Burdett Road
Mile End Park E3 4JT
4:30-7.30pm | 10-19 years

Open access youth provision with adventurous activities and food for all young people aged 10-19 who live or go to school in Tower Hamlets. Activities on offer include rock climbing, canoeing, kayaking, mountain biking, caving, archery, skateboarding, in-line skating and accessible gym plus more. Bring a full change of clothes if canoeing. No need to book, registration and consent form must be completed on arrival.

Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.

**MONDAY 29 JULY**

**The Duke of Edinburgh’s Award at The Urban Adventure Base**
150 Burdett Road
Mile End Park E3 4JT
5-7.30pm | 14+ years

The DofE is all about going the extra mile – gaining new skills, pushing yourself physically, helping others and exploring new places. At the same time, you'll gather friendships, experiences and memories that will last a lifetime. Come and register for a Duke of Edinburgh’s Award and work towards completing a Bronze, Silver or Gold Award. Full programme of expeditions and expedition training as well as activities and advice to complete the DofE. Open Access sessions on the following Mondays: 29 July, 5 August and 19 August.

Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.
**MONDAY 29 JULY**

**Adventure Sports Days at The Urban Adventure Base**
150 Burdett Road
Mile End Park E3 4JT
10am-3pm | 8-19 years

A day of fun and adventure for young people aged 8-19 (Tower Hamlets residents only). Activities include canoeing, kayaking, rock climbing, mountain biking and caving with a programme of three activities each day. Lunch is included as part of Tower Hamlets' Holiday Hunger programme please bring a full change of clothes.

To book please visit [www.adventuresports.eventbrite.co.uk](http://www.adventuresports.eventbrite.co.uk), limited spaces available.

Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.

**MONDAY 29 JULY - FRIDAY 2 AUGUST**

**Try Athletics**
Mile End Stadium
Rhodeswell Road E14 7TW
10am-2pm | 8-16 years

Learn all the disciplines of track and field athletics, with coaching from Victoria Park Harriers and Tower Hamlets Athletics Club. Try sprinting, long distance, jumps and throws, then put your skills into practice in a competition on the final day.

For more information contact shenneth.brereton@towerhamlets.gov.uk

**DisABILITY Summer Camp**
Poplar Baths Leisure Centre
170 East India Dock Road
Poplar E14 0ED
10am-3pm | 5-11 years

Sports and fun activities designed specifically for children with disabilities, aged 5-11. Siblings welcome too. Sign up for part day 10am-12pm, 1-3pm or full day 10am-3pm (£3 part day, £5 full day).

For more information and to book contact Hugh Elsegood, hugh@disabilitysportscoach.co.uk
MONDAY 29 JULY - FRIDAY 30 AUGUST

**Estate Summer Soccer Camp**
The MUGA, Wapping Gardens, Trench Street E1W 2QD  
This project will run during the five weeks of the Summer holidays between 29 July to 30 August  
6 Hours weekly | 8-16 years  
Beat the boredom this summer. The Tower Hamlets Sports Development Team and Wapping Youth FC are delivering a series of free fun summer football camps for 8-16 year olds - just turn up and register.  
For more information and session times contact: info@wappingyouthfc.co.uk or derek.bennett@towerhamlets.gov.uk

**Estate Summer Soccer Camp**
Minerva MUGA  
Minerva Street E2 9EH  
This project will run during the five weeks of the Summer holidays between 29 July to 30 August  
6 Hours weekly | 8-16 years  
Beat the boredom this summer. The Tower Hamlets Sports Development Team and WISE Youth Trust are delivering a series of free fun summer football camps for 8-16 year olds - just turn up and register.  
For more information and session times contact: wiseyouthtrust@gmail.com or derek.bennett@towerhamlets.gov.uk

TUESDAY 30 JULY

**Adventure Sports Days at The Urban Adventure Base**
150 Burdett Road  
Mile End Park E3 4JT  
10am-3pm | 8-19 years  
A day of fun and adventure for young people aged 8-19 (Tower Hamlets residents only). Activities include canoeing, kayaking, rock climbing, mountain biking and caving with a programme of three activities each day. Lunch is included as part of Tower Hamlets’ Holiday Hunger programme please bring a full change of clothes.  
To book please visit www.adventuresports.eventbrite.co.uk, limited spaces available.  
Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.
**THURSDAY 1 AUGUST**

**Adventure Sports Days at The Urban Adventure Base**
150 Burdett Road
Mile End Park E3 4JT
10am-3pm | 8-19 years

A day of fun and adventure for young people aged 8-19 (Tower Hamlets residents only). Activities include canoeing, kayaking, rock climbing, mountain biking and caving with a programme of three activities each day. Lunch is included as part of Tower Hamlets’ Holiday Hunger programme please bring a full change of clothes.

To book please visit [www.adventuresports.eventbrite.co.uk](http://www.adventuresports.eventbrite.co.uk), limited spaces available.

Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.

**MONDAY 5 - FRIDAY 9 AUGUST**

**Try Athletics**
Mile End Stadium
Rhodeswell Road E14 7TW
10am-2pm | 8-16 years

Learn all the disciplines of track and field athletics, with coaching from Victoria Park Harriers and Tower Hamlets Athletics Club. Try sprinting, long distance, jumps and throws, then put your skills into practice in a competition on the final day.

For more information contact shenneth.brereton@towerhamlets.gov.uk

**FRIDAY 2 AUGUST**

**Adventure Club at The Urban Adventure Base**
150 Burdett Road
Mile End Park E3 4JT
4:30-7.30pm | 10-19 years

Open access youth provision with adventurous activities and food for all young people aged 10-19 who live or go to school in Tower Hamlets. Activities on offer include rock climbing, canoeing, kayaking, mountain biking, caving, archery, skateboarding, in-line skating and accessible gym plus more.

Bring a full change of clothes if canoeing. No need to book, registration and consent form must be completed on arrival.

Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.

**DisABILITY Summer Camp**
Poplar Baths Leisure Centre
170 East India Dock Road
Poplar E14 0ED
10am-3pm | 5-11 years

Sports and fun activities designed specifically for children with disabilities, aged 5-11. Siblings welcome too. Sign up for part day 10am-12pm, 1-3pm or full day 10am-3pm (£3 part day, £5 full day).

For more information and to book contact Hugh Elsegood, hugh@disabilitysportscoach.co.uk
**MONDAY 5 AUGUST**

**Adventure Sports Days at The Urban Adventure Base**  
150 Burdett Road  
Mile End Park E3 4JT  
10am-3pm | 8-19 years

A day of fun and adventure for young people aged 8-19 (Tower Hamlets residents only). Activities include canoeing, kayaking, rock climbing, mountain biking and caving with a programme of three activities each day. Lunch is included as part of Tower Hamlets’ Holiday Hunger programme please bring a full change of clothes.

To book please visit [www.adventuresports.eventbrite.co.uk](http://www.adventuresports.eventbrite.co.uk), limited spaces available.

Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.

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**TUESDAY 6 AUGUST**

**Adventure Sports Days at The Urban Adventure Base**  
150 Burdett Road  
Mile End Park E3 4JT  
10am-3pm | 8-19 years

A day of fun and adventure for young people aged 8-19 (Tower Hamlets Residents only). Activities include canoeing, kayaking, rock climbing, mountain biking and caving with a programme of three activities each day. Lunch is included as part of Tower Hamlets’ Holiday Hunger programme please bring a full change of clothes.

To book please visit [www.adventuresports.eventbrite.co.uk](http://www.adventuresports.eventbrite.co.uk), limited spaces available.

Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.

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**WEDNESDAY 7 AUGUST**

**Adventure Club at The Urban Adventure Base**  
150 Burdett Road  
Mile End Park E3 4JT  
4:30-7.30pm | 10-19 years

Open access youth provision with adventurous activities and food for all young people aged 10-19 who live or go to school in Tower Hamlets. Activities on offer include rock climbing, canoeing, kayaking, mountain biking, caving, archery, skateboarding, in-line skating and accessible gym plus more. Bring a full change of clothes if canoeing. No need to book, registration and consent form must be completed on arrival.

Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.
Get Active – Sports and Adventurous Activities

**THURSDAY 8 AUGUST**

Adventure Club at The Urban Adventure Base  
150 Burdett Road  
Mile End Park E3 4JT  
4:30-7.30pm | 10-19 years

Open access youth provision with adventurous activities and food for all young people aged 10-19 who live or go to school in Tower Hamlets. Activities on offer include rock climbing, canoeing, kayaking, mountain biking, caving, archery, skateboarding, in-line skating and accessible gym plus more. Bring a full change of clothes if canoeing. No need to book, registration and consent form must be completed on arrival.

Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.

**FRIDAY 9 AUGUST**

Adventure Club at The Urban Adventure Base  
150 Burdett Road  
Mile End Park E3 4JT  
4:30-7.30pm | 10-19 years

Open access youth provision with adventurous activities and food for all young people aged 10-19 who live or go to school in Tower Hamlets. Activities on offer include rock climbing, canoeing, kayaking, mountain biking, caving, archery, skateboarding, in-line skating and accessible gym plus more.

**MONDAY 19 AUGUST**

Adventure Sports Days at The Urban Adventure Base  
150 Burdett Road  
Mile End Park E3 4JT  
10am-3pm | 8-19 years

A day of fun and adventure for young people aged 8-19 (Tower Hamlets residents only). Activities include canoeing, kayaking, rock climbing, mountain biking and caving with a programme of three activities each day. Lunch is included as part of Tower Hamlets' Holiday Hunger programme please bring a full change of clothes.

To book please visit www.adventuresports.eventbrite.co.uk, limited spaces available.

Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.
MONDAY 19 - FRIDAY 23 AUGUST

Girls Summer Sports Camp
Haileybury Centre, Ben Jonson Road, Stepney E1 3NN
10am-3pm | 10-19 years
Come along and play/try/learn a new sports/game: badminton, basketball, boxercise, climbing, dodge ball, dance, football, netball, volleyball, rounders plus more fun and games.
For more information or to book a place visit www.lbthgirlscamp.eventbrite.co.uk

TUESDAY 20 AUGUST

Adventure Sports Days at The Urban Adventure Base
150 Burdett Road
Mile End Park E3 4JT
10am-3pm | 8-19 years
A day of fun and adventure for young people aged 8-19 (Tower Hamlets residents only). Activities include canoeing, kayaking, rock climbing, mountain biking and caving with a programme of three activities each day. Lunch is included as part of Tower Hamlets’ Holiday Hunger programme please bring a full change of clothes.
To book please visit www.adventuresports.eventbrite.co.uk, limited spaces available.
Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.

WEDNESDAY 21 AUGUST

Sporting Carnival
Stepney Green Park
Redmans Road E1 3AG
11am-4pm | All ages
Join us for a sporting celebration with activities for the whole family. Try athletics, football, tennis, volleyball, cycling, trampoline, climbing, fairground rides, giant inflatables, arts and crafts and much more, all for FREE. No booking required.
For more information contact 020 7364 2515 or sports@towerhamlets.gov.uk
**THURSDAY 22 AUGUST**

**Adventure Sports Days at The Urban Adventure Base**

150 Burdett Road  
Mile End Park E3 4JT  
10am-3pm  |  8-19 years

A day of fun and adventure for young people aged 8-19 (Tower Hamlets residents only). Activities include canoeing, kayaking, rock climbing, mountain biking and caving with a programme of three activities on each day. Lunch is included as part of Tower Hamlets’ Holiday Hunger programme.

To book please visit [www.adventuresports.eventbrite.co.uk](http://www.adventuresports.eventbrite.co.uk), limited spaces available.

Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.

**FRIDAY 23 AUGUST**

**Adventure Club at The Urban Adventure Base**

150 Burdett Road  
Mile End Park E3 4JT  
4:30-7.30pm  |  10-19 years

Open access youth provision with adventurous activities and food for all young people aged 10-19 who live or go to school in Tower Hamlets. Activities on offer include rock climbing, canoeing, kayaking, mountain biking, caving, archery, skateboarding, in-line skating and accessible gym plus more. Bring a full change of clothes if canoeing.

No need to book, registration and consent form must be completed on arrival.

Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.

**WEDNESDAY 28 AUGUST**

**Women and Girls Cycling (Healthy Living Day)**

Victoria Park - Located in West Park near the V&A Building  
11am-3pm  |  8+ years

Female Ride – great opportunity for mother and daughter, aunty and niece, sisters or friends to experience cycling in and around Victoria Park and the Olympic Park.

For more information and to book a place visit [www.lbthsport.eventbrite.co.uk](http://www.lbthsport.eventbrite.co.uk)
**THURSDAY 29 AUGUST**

**Adventure Club at**
**The Urban Adventure Base**
150 Burdett Road
Mile End Park E3 4JT
4:30-7.30pm  |  10-19 years

Open access youth provision with adventurous activities and food for all young people aged 10-19 who live or go to school in Tower Hamlets. Activities on offer include rock climbing, canoeing, kayaking, mountain biking, caving, archery, skateboarding, in-line skating and accessible gym plus more. Bring a full change of clothes if canoeing. No need to book, registration and consent form must be completed on arrival.

Contact urban.adventurebase@towerhamlets.gov.uk or 020 7364 0925 for enquiries.

**FRIDAY 30 AUGUST**

**Adventure Club at**
**The Urban Adventure Base**
150 Burdett Road
Mile End Park E3 4JT
4:30-7.30pm  |  10-19 years

Open access youth provision with adventurous activities and food for all young people aged 10-19 who live or go to school in Tower Hamlets. Activities on offer include rock climbing, canoeing, kayaking, mountain biking, caving, archery,
Leisure Centres

John Orwell
Sports Centre
Tench Street EC1W
johnorwell@glL.org
020 7488 9421

MONDAY 29 JULY - FRIDAY 30 AUGUST

Holiday Club
John Orwell Sports Centre
All week days 8:30am-5pm
5-16 years

The Better Holiday Club is a great place for your kids to have fun, make friends and try new activities during the holidays. Activities include swimming, arts and crafts, fun games and sports and bouncy castle play sessions.
Contact johnorwell@glL.org

Mile End Park Leisure Centre
190 Burdett Road E3 4HL
mileendparkleisurecentre@glL.org
020 8709 4420

MONDAY 29 JULY - FRIDAY 30 AUGUST

Holiday Club
Mile End Park Leisure Centre
All week days 8am-6pm
5-16 years

The Better Holiday Club is a great place for your kids to have fun, make friends and try new activities during the holidays. Activities include swimming, arts and crafts, fun games and sports and bouncy castle play sessions.
Contact mileendparkleisurecentre@glL.org

Free Swimming
Mile End Park Leisure Centre
Every Friday and Saturday during July and August
9am-close | All ages

Free swimming for all Tower Hamlets residents after 9am on Fridays and Saturdays. Available for children and adults.
Contact mileendparkleisurecentre@glL.org
**MONDAY 22 - FRIDAY 26 JULY**

**Trampoline**
Mile End Park Leisure Centre  
2-3pm | 5-15 years

Our trampoline lessons and courses are so popular because we provide every child with the chance to learn new gymnastics skills whilst having fun and using a wide range of equipment. We all know that children are very energetic and want to flip and somersault, and we pride ourselves in ensuring we teach them the fundamental skills so they can then progress onto the more challenging moves.

Contact  
mileendparkleisurecentre@gll.org

**MONDAY 29 JULY - THURSDAY 1 AUGUST**

**Athletics**
Mile End Park Leisure Centre  
1-2pm | 5-15 years

Our athletics courses are designed to develop the fundamental skills required for an active, healthy life, that will complement other sports. Designed to make your child a great all round athlete, our courses use the 7 key principles of athletics; balance, coordination, agility, flexibility, strength, stamina and speed. Taught in a social environment, our athletics courses are fun and engaging.

Contact  
mileendparkleisurecentre@gll.org

**MONDAY 5 - FRIDAY 9 AUGUST**

**Gymnastics**
Mile End Park Leisure Centre  
2-3pm | 5-15 years

We all know that children are very energetic and want to flip and somersault, and we pride ourselves in ensuring we teach them the fundamental skills so they can then progress onto the more challenging moves.

Contact  
mileendparkleisurecentre@gll.org
MONDAY 12 - FRIDAY 16 AUGUST

**Tennis**
Mile End Park Leisure Centre
2-3pm | 5-15 years
Better are now the largest public provider of affordable tennis lessons. Our lessons are suitable for every age, tots to adults and every level, from beginner to improver. For juniors, our lessons can enable your child to become a confident tennis player, or simply develop their agility and coordination in a fun environment.
Contact
mileendparkleisurecentre@gll.org

**Basketball**
Mile End Park Leisure Centre
1-2pm | 5-15 years
Basketball has many benefits. It involves a lot of starting and stopping, keeping you active at all time. It helps build endurance, improve balance and coordination, develops concentration and self-discipline and builds up or tone muscle. Our week long crash course will aid development and fitness.
Contact
mileendparkleisurecentre@gll.org

MONDAY 19 - FRIDAY 23 AUGUST

**Athletics**
Mile End Park Leisure Centre
1-2pm | 5-15 years
Our athletics courses are designed to develop the fundamental skills required for an active, healthy life, that will complement other sports. Designed to make your child a great all round athlete, our courses use the 7 key principles of athletics; balance, coordination, agility, flexibility, strength, stamina and speed. Taught in a social environment, our athletics courses are fun and engaging.
Contact
mileendparkleisurecentre@gll.org

**Futsal**
Mile End Park Leisure Centre
1-2pm | 5-15 years
Our futsal course will help develop close ball skills and coordination. Over the week children will learn new skills, grow in confidence and aid football skills. Some of the best football players from Brazil and Portugal started their careers playing futsal – you could be one of them.
Contact
mileendparkleisurecentre@gll.org
**MONDAY 26 - FRIDAY 30 AUGUST**

**Badminton**
Mile End Park Leisure Centre  
1-2pm | 5-15 years

Our badminton courses enable children and teenagers to learn to play badminton and develop their performance level. Come and join our week long course to beat your opponent and show your new skills to playing partners, family members and friends.

Contact mileendparkleisurecentre@glL.org

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**Mon 29 July - Fri 30 August**

**Football**
Poplar Baths Leisure Centre  
Every weekday – during weeks of 29 July, 12 August and 26 August  
9:30-11am | 4-10 years

Coached football on the roof top football pitch. Learn, develop and make new friends at football training at your local Better Leisure Centre. Go on, lace up those boots and bring them to Better.

Contact natalie.wainer@glL.org

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**Free Swimming**
Poplar Baths Leisure Centre  
Every Friday and Saturday during July and August  
9am-close | All ages

Free swimming for all Tower Hamlets residents after 9am on Fridays and Saturdays. Available for children and adults.

Contact poplarbaths@glL.org
**MONDAY 29 JULY - FRIDAY 30 AUGUST**

**Gymnastics**
Poplar Baths Leisure Centre  
Every week day during weeks of 5 August, 19 August and 2 September  
9:30am-1:30pm  |  4-8+ years  
A week of intensive coached gymnastics. Skills are taught with the use of soft equipment and attentive coaches. Lessons are fun, social and rewarding. Children learn how to roll, jump, and how to safely move upside down!  
Contact natalie.wainer@gll.org

**Junior Gym**
Poplar Baths Leisure Centre  
Every week day throughout the summer  
3.30 - 5.30pm  |  11-15 years  
Help your child begin a healthy routine now and it could help them stay fit long into the future. Our Junior membership is designed to help youngsters get off to a great start, at a competitive price. All Inclusive 11-15 for your child can enjoy access to every swimming pool, junior gym and junior fitness class in their local area, as well as discounts of up to 30% on a range of other activities.

**St. George’s Leisure Centre**
221 The Highway E1W 3BP  
stgeorges@glc.org, 020 7709 9714

**MONDAY 29 JULY - FRIDAY 30 AUGUST**

**Swimming Activator Course**
St George’s Leisure Centre  
Every day in the summer holidays  
3-4pm  |  All ages  
A fun session with different toys and floats which is run by one of our swimming teachers. Normal swim safety rules apply.  
Contact stgeorges@glc.org

**Diving Lessons**
St George’s Leisure Centre  
Every day during weeks of 29 July, 12 August and 26 August  
2-3pm  |  8+ years  
A coached diving lesson which will help improve flexibility, strength, coordination and confidence as well as offering a chance to meet new people and have fun. Come and make a splash with us!  
Contact stgeorges@glc.org

**Free Swimming**
St Georges Leisure Centre  
Every Friday and Saturday during July and August  
9am-close  |  All ages  
Free swimming for all Tower Hamlets residents after 9am on Fridays and
Contact stgeorges@gll.org

Tiller Leisure Centre
Tiller Road, Docklands E14 8PX
tiller@gll.org, 020 7987 5211

**JULY AND AUGUST**

**Free Swimming**
Tiller Leisure Centre
Every Friday and Saturday during July and August
9am-close | All ages
Free swimming for all Tower Hamlets residents after 9am on Fridays and Saturdays. Available for children and adults, must have a pay and play membership card.
Contact tiller@gll.org

**Rascals Soft Play Area**
Tiller Leisure Centre
Every week day from 9am
6 months to 4 years
Part of the Better Play network, Rascals gives children the freedom to play and use their imagination in a specialty built play area packed with fun. Our structure consists of two floors bursting with fun activity including slides, rope bridge, rope swings, scramble net, bash bags, ball pool. We run drop in sessions throughout the week.
Contact tiller@gll.org

**Toddlers World**
Tiller Leisure Centre
Monday-Friday 9-10am
6 months to 5 years
Fun and active discovery through play
Contact tiller@gll.org

**York Hall Leisure Centre**
5 Old Ford Road E2 9PJ
yorkhall@gll.org, 020 8980 2243

**JULY AND AUGUST**

**Free Swimming**
Every Friday and Saturday during July and August
9am-close | All ages
Free swimming for all Tower Hamlets residents after 9am on Fridays and Saturdays. Available for children and adults.
Contact yorkhall@gll.org
Mile End Play Park
11am-1pm | Under 11 years
North East Mini Cluster (Marner, Overland, Mile End Children’s Centres)

Come along and join us for some family fun at Mile End Play Park! We will be doing a range of activities to promote healthy lifestyles and getting active. So with the days getting longer and brighter why not drop in and see what changes you can make today.

Summer Funday
Stepney Green Park
11am-2pm | Under 11 years
South West Mini Cluster (John Smith, Ocean, Wapping and Bigland Children’s Centre)

We invite you to join us for some family fun! The event will be filled with outdoor activities for the whole family to enjoy together.

Active Play
Meath Gardens Children’s Centre and Meath Park
11am-2pm | Under 11 years
North West Mini Cluster (Mowlem, Collingwood, Meath Gardens Children’s Centres)

A fun session aimed at keeping active and having a healthy lifestyle. Come and join us for a day of fun physical activities in the park and get advice on making changes in your daily life to keep your family fit and healthy!

Family Fun Day (Stories and Play)
Millwall Park
11am-2pm | Under 11 years
South East Mini Cluster (Chrisp Street, Around Poplar, Isle of Dogs Children’s Centres)

Spectacular fun day for families. Come and participate in creative storytelling, face painting, games and much more.

Holiday Childcare Scheme
St Mary and St Michael Primary School, Sutton Street E1 0BD
8am-6pm | 3-13 years

An inclusive childcare service offering a wide range of fun indoors and outdoors activities include sports, cooking, creative arts and crafts, street dance, zumba, games, film making and much more.

Full information on the Tower Hamlets holiday scheme and directions for booking places can be found at: www.towerhamlets.gov.uk/hcs or telephone 020 7364 0523
Be prepared to have your wits tested and your entertainment level raised when you get into the best escape room in the country.

**THURSDAY 6 AUGUST**

**Cardrome Driving School**  
London  
2pm | 14+ years  
Come and test your driving skills on a unique twelve acre private road system with traffic lights, a roundabout, hill start area and all the usual road junctions and road signs.

**THURSDAY 8 AUGUST**

**Harry Potter Museum**  
Watford  
12pm | 12+ years  
The studio tour offers visitors the unique opportunity to explore two soundstages and a backlot filled with original sets, animatronic creatures and breathtaking special effects.

**THURSDAY 15 AUGUST**

**Stubbers Adventure Centre**  
Essex  
12pm | 12+ years  
Run, jump, drive, navigate, shoot, sail, paddle, climb, build! With over 30 adventurous activities for kids and grown-ups, rain or shine, there’s something for everyone at Stubbers Adventure Centre.
**Youth Zones**

**MONDAY 19 AUGUST**

**Go-Karting**
Essex
2pm | 12+ years
Test your racing skills against your friends. Who has the best overtaking skills? Who’s the fastest? Come and find out. All in a safe environment.

**WEDNESDAY 21 AUGUST**

**Football Tournament**
Berner Football Pitch
11.30am | 12+ years
Come and take part in our tournament. Winners and runners up will receive trophies and medals.

**THURSDAY 22 AUGUST**

**Go-Ape**
London
12+ years
Take a big gulp of fresh air and hold on tight. You’ll be tackling canopy-height crossings, leaping off free-fall Tarzan swings and riding high-speed zips. There’s nothing like disconnecting, laughing your head off and screaming your lungs out.

**Collingwood**

**TUESDAY 30 JULY**

**Drop the Knife, Choose Life**
Collingwood Youth Centre E1 5RT
6.30-7:30pm | 12-19 years
“Knife Crime Awareness” workshops in our youth centre cover the following topics:
- The reasons why children and young people might carry knives and the impact of doing so.
- The laws surrounding knife carrying and knife crime, including minimum sentences and Joint Enterprise.

Contact Shah Mashud, shah.mashud@towerhamlets.gov.uk

**THURSDAY 1 AUGUST**

**Healthy Lifestyle**
Collingwood Youth Centre E1 5RT
6.30–8pm | 11-19 years
Healthy eating is an important part of a healthy lifestyle and is something that should be taught at a young age. Our aim is to encourage young people to be more healthy and make healthy life choices through providing workshops on healthy food, discuss nutrition and giving them skills and knowledge to take back home. This session will help young people to think about healthier options, when
choosing what foods to put inside their body. This will in the long term, change young people’s eating habits, and hopefully lower obesity.

Contact Fayrus Suleman
07538 789704, fayrus.suleman@towerhamlets.gov.uk

Pathway to Football Session
Richard Street
Commercial Road E1 2JP
7.30-9.30pm  |  11-19 years

Working in partnership with faith schools and other partners to introduce young people to different aspects of football, improve their skills and technical knowledge, and introduce them to local teams.

Contact Shah Mashud, shah.mashud@towerhamlets.gov.uk

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FRIDAY 2 AUGUST

Pathway to Football Session
“Raaxo project”
Stepney Green Astroturf E1 3NG
8-10pm  |  11-19 years

To provide a physical and educational programme over a 12 week session that will enable young people to increase their physical development and increase health and fitness levels. To maintain contact and continue building rapport with Raaxo group through footballing sessions.

Contact Noor uddin
020 7364 4937, noor.uddin@towerhamlets.gov.uk

Pathway to Football Coaching Session
Richard Street
Commercial Road E1 2JP
7.30-9:30pm  |  11-19 years

Working in partnership with faith schools and other partners to introduce young people to different aspects of football, improve their skills and technical knowledge, and introduce them to local teams.

Contact Shah Mashud
shah.mashud@towerhamlets.gov.uk
**TUESDAY 6 AUGUST**

**Healthy Lifestyle Smoothie Making**  
Collingwood Youth Centre E1 5RT  
6-8pm | 11-19 years  
The overarching goal is for young people to adopt a more holistic mind set regarding health and to identify strategies to improve their wellness and help them continue their day to day lives more energized.  
Learning outcome:  
Young people will develop skills to improve their diet without abandoning their favourite foods.  
You will be able to identify healthier options of the 3 out of 10 food items they purchase most frequently.  
Identify strategies to become more active in meaningful ways.  
Develop a greater awareness of additional methods to improve their quality of life.  
Contact Fayrus Suleman  
07538 789704, fayrus.suleman@towerhamlets.gov.uk

**TUESDAY 13 AUGUST**

**Boxing and Fitness in the Park**  
Collingwood Street E1 5RT  
6-8pm | 11-19 years  
The aim of this project is to empower at-risk youth in the local area to learn the arts of discipline and self-improvement using boxing as the tool, as well as to raise levels of self-esteem and increase personal confidence and self-belief, promoting social and physical wellbeing.  
Contact Fayrus Suleman  
07538 789704, fayrus.suleman@towerhamlets.gov.uk

**WEDNESDAY 14 AUGUST**

**Football in the Park**  
Collingwood Street E1  
6-8pm | 11-19 years  
Our ‘football in the park session’ provides a pathway for youths aged 11+ to play in regular football activity in a safe and structured environment. ‘Football in the park’ sessions are focused on giving players the opportunity to play in small-sided games and enjoy the game at a recreational level. Players will be coached through small-sided games with positive messages coached on how to play as a team.  
Contact Shah Mashud  
shah.mashud@towerhamlets.gov.uk
THURSDAY 15 AUGUST

Boxing and Fitness in the Park
Collingwood Youth Hub
Collingwood Street E1 5RT
6-8pm | 11-19 years

The aim of this project is to empower at-risk youth in the local area to learn the arts of discipline and self-improvement using boxing as the tool, as well as to raise levels of self-esteem and increase personal confidence and self-belief, promoting social and physical wellbeing.

Contact Fayrus Suleman
07538 789704, fayrus.suleman@towerhamlets.gov.uk

THURSDAY 22 AUGUST

Chessington Theme Park
Collingwood Street E1 5RT
11am-5pm | 11-19 years

Day trip to Chessington World of Adventures theme park.

Contact Fayrus Suleman
07538 789704, fayrus.suleman@towerhamlets.gov.uk

Drop the Knife, Choose Life
Collingwood Street E1 5RT
6-8pm | 11-19 years

We are planning to deliver “Knife Crime Awareness” workshops in our youth centre to cover the following topics: The reasons why children and young people might carry knives and the impact of doing so. The laws surrounding knife carrying and knife crime, including minimum sentences and joint enterprise.

Contact Shah Mashud
shah.mashud@towerhamlets.gov.uk

FRIDAY 16 AUGUST

Pathway to Football Coaching Session
Richard Street
Commercial Road E1 2JP
7.30-9.30pm | 11-19 years

Contact Shah Mashud
shah.mashud@towerhamlets.gov.uk

TUESDAY 27 AUGUST

Healthy Lifestyle
Fruit Salad and Smoothies
Collingwood Street E1 5RT
6-8pm | 11-19 years

Healthy eating is an important part of a healthy lifestyle and is something that should be taught at a young age. Our aim is to encourage young people to be more healthy and make healthy life choices through
Youth Zones

providing workshops on healthy food, discussing nutrition and giving them skills and knowledge to take back home. This session will help young people to think about healthier options, when choosing what foods to put inside their body. This will in the long term, change young people’s eating habits, and hopefully lower obesity.

Contact Fayrus Suleman 07538 789704, fayrus.suleman@towerhamlets.gov.uk

THURSDAY 29 AUGUST

Healthy Lifestyle Smoothie and Milkshake Making
Collingwood Street E1 6-8pm | 12-19 years

Healthy eating is an important part of a healthy lifestyle and is something that should be taught at a young age. Our aim is to encourage young people be more healthy and make healthy life choices through providing workshops on healthy food, discussing nutrition and giving them skills and knowledge to take back home. This session will help young people to think about healthier options, when choosing what foods to put inside their body. This will in the long term, change young people’s eating habits, and hopefully lower obesity.

Contact Fayrus Suleman 07538 789704, fayrus.suleman@towerhamlets.gov.uk

Columbia

FRIDAY 26 JULY

Football in the Park
Richard Street
Commercial Road E1 2JP
4-6pm | 11-19 years

Our ‘football in the park session’ provides a pathway for youths aged 11+ to play in regular football activity in a safe and structured environment. ‘Football in the park’ sessions are focused on giving players the opportunity to play in small-sided games and enjoy the game at a recreational level. Players will be coached through small-sided games with positive messages coached on how to play as a team.

Contact Mostak Ahmed, mostak.ahmed@towerhamlets.gov.uk

MONDAY 29 JULY

Cooking Sessions: Celebrating food from other cultures
Colombia Youth Centre
27 Columbia Road E2 7QB
4-7pm | 11-16 years

The junior chef sessions aim to raise participation of young people through providing a healthy lifestyle approach. We will explore the concept of food as fuel, our energy needs and the energy in and energy out balance through a focus on healthy and processed foods.
This could be extended to foods eaten at other times of the day and considering how to maintain energy balance throughout.

Contact Mostak Ahmed
mostak.ahmed@towerhamlets.gov.uk

TUESDAY 30 JULY

Pool and Table Tennis competition
Colombia Youth Centre
27 Columbia Road E2 7QB
3-7pm | 11+ years

Opportunity for young people to engage in competition whilst increasing confident game play and technique

Contact Saad Butt
saad.butt@towerhamlets.gov.uk

TUESDAY 6 AUGUST

Gardening Project
Colombia Youth Centre
27 Columbia Road E2 7QB
4-7pm | 11+ years

The activity will involve a practical session on using tools safely to create and build a garden for Columbia Youth Hub. Young people will develop practical, vocational and life skills; promote ecological awareness and responsibility; and develop knowledge of plants and how food is grown.

Contact Emmanuel Addo
07950 861730, emmanuel.addo@towerhamlets.gov.uk

WEDNESDAY 7 AUGUST

Go Karting
Colombia Youth Centre
27 Columbia Road E2 7QB
2-7pm | 11+ years

Go karting will enable young people to participate in an activity that helps them to achieve new skills and assist in their personal
Youth Zones

development through a fun as well as engaging activity. By attending this trip young people will be able to build new relationships with other members from different areas and centres and also have a stronger relationship with their youth workers in a different setting.

Contact Emmanuel Addo 07950 861730, emmanuel.addo@towerhamlets.gov.uk

THURSDAY 8 AUGUST

Gardening Project
Colombia Youth Centre
27 Columbia Road E2 7QB
4-7pm | 11+ years

The activity will involve practical sessions on using tools safely to create and build a garden for Columbia Youth Hub. Develop practical, vocational and life skills; Promote ecological awareness and responsibility. Develop knowledge of plants and how food is grown.

Contact Emmanuel Addo 07950 861730, emmanuel.addo@towerhamlets.gov.uk

MONDAY 12 AUGUST

Workshop on Substance Misuse
Colombia Youth Centre
27 Columbia Road E2 7QB
4-7pm | 11+ years

The aim is to get young people to engage in discussion about substance misuse. The workshop will allow young people to think critically about this topic. On completion of the activity, young people should have a better awareness about different types of substance misuse, the law on substance misuse and the consequences of substance misuse on individuals, families and others concerned.

Contact Emmanuel Addo 07950 861730, emmanuel.addo@towerhamlets.gov.uk

TUESDAY 13 AUGUST

Boxing and Fitness in the Park
Colombia Youth Centre
27 Columbia Road E2 7QB
4-7pm | 11+ years

The aim of this project is to empower at-risk youth in the local area to learn the arts of discipline and self-improvement using boxing as the tool, as well as to raise levels of self-esteem and increase personal confidence and self-belief, promoting social and physical wellbeing.

Contact Emmanuel Addo 07950 861730, emmanuel.addo@towerhamlets.gov.uk
**WEDNESDAY 14 AUGUST**

**Football in the Park**  
Ravenscroft Park, Columbia Road  
4-6pm | 11-19 years

Our ‘Football in the Park’ session provides a pathway for youths aged 11+ to play in a regular football activity in a safe and structured environment. ‘Football in the Park’ sessions are focused on giving players the opportunity to play in small-sided games and enjoy the game at a recreational level. Players will be coached through small-sided games with positive messages coached on how to play as a team.

Contact Mostak Ahmed  
mostak.ahmed@towerhamlets.gov.uk

**THURSDAY 15 AUGUST**

**Boxing and Fitness in the Park**  
Colombia Youth Centre  
27 Columbia Road E2 7QB  
4-7pm | 11+ years

The aim of this project is to empower at-risk youth in the local area to learn the arts of discipline and self-improvement using boxing as the tool, as well as to raise levels of self-esteem and increase personal confidence and self-belief, promoting social and physical wellbeing.

Contact Emmanuel Addo  
07950 861730, emmanuel.addo@towerhamlets.gov.uk

**FRIDAY 16 AUGUST**

**Ice Skating**  
Colombia Youth Centre  
27 Columbia Road E2 7QB  
2-7pm | 11+ years

Ice Skating will enable young people to participate in an activity that will help them to achieve new skills and assist in their personal development through a fun as well as engaging activity. By attending this trip, young people will be able to build new relationships with other members from different areas and centres and also have a stronger relationship with their youth workers in a different setting.

Contact Emmanuel Addo  
07950 861730, emmanuel.addo@towerhamlets.gov.uk

**MONDAY 19 AUGUST**

**Workshop on Gang Violence**  
Colombia Youth Centre  
27 Columbia Road E2 7QB  
4-6pm | 11+ years

The workshop will allow young people to think critically about this topic. As well as this, other topics such as stop and search, joint enterprise and criminal gangs, coercion and exploitation will be discussed. On completion of the activity, young people should have better awareness around the law on gang violence and the consequences of gang violence.
Youth Zones

on individuals, families and others concerned. The talk will be delivered in an interactive workshop format.
Contact Emmanuel Addo 07950 861730, emmanuel.addo@towerhamlets.gov.uk

TUESDAY 20 AUGUST

Pool and PS4 competition
Colombia Youth Centre
27 Columbia Road E2 7QB
3-7pm | 11+ years
Opportunity for young people to engage in the competition whilst increasing confident game play and technique.
Contact Saad Butt saad.butt@towerhamlets.gov.uk

WEDNESDAY 28 AUGUST

Escape Room
Colombia Youth Centre
27 Columbia Road E2 7QB
3-7pm | 11+ years
The principle of the game is simple, you are locked in a room with your team and your goal is to manage to escape within 60 minutes. On this trip, young people will be able to build new relationships with other members from different areas and centres and also have a stronger relationship with their youth workers in a different setting.
Contact Saad Butt saad.butt@towerhamlets.gov.uk

My Time Active (Girls Only Project)
Haileybury Youth Hub
Ben Johnson Road E1 3NN
3:30-6pm | 11-19 years
Provide opportunity to girls and young women for social interaction and to use sports, recreation and leisure as a vehicle for developing relationships, trust, mutual support and shared interests.
Contact Tiziana Silvestre, tiziana.silvestre@towerhamlets.gov.uk

Haileybury Youth Hub
For more information please contact Zuber Ahmed on 020 7364 6113 zuber.ahmed@towerhamlets.gov.uk

TUESDAY 23 JULY

Trip: Cinema @ Genesis
Haileybury Youth Hub
Ben Johnson Road E1 3NN
3-6pm | 11-19 years
The trip will develop young people's positive social interaction and interpersonal skills.
Contact Abdul Nur abdul.nur@towerhamlets.gov.uk
**WEDNESDAY 24 JULY**

**Box Fit Session (non-contact)**
Haileybury Youth Hub  
Ben Johnson Road E1 3NN  
4-6pm  |  11-19 years

Know the benefits of a healthy and active lifestyle through boxing. It includes skipping, boxing drills including footwork and abdominal workouts – all focusing on fitness and toning.

Contact Abdul Nur  
abdul.nur@towerhamlets.gov.uk

**Young Chef Cooking Sessions**
Haileybury Youth Hub  
Ben Johnson Road E1 3NN  
6-9pm  |  11-19 years

Promote a positive lifestyle through cooking, and offer opportunity for young people to apply and test information through cooking.

Contact Abdul Nur  
abdul.nur@towerhamlets.gov.uk

**TUESDAY 30 JULY**

**Trip: Cardrome Driver Learner Centre (Girls Only session)**
Haileybury Youth Hub  
Ben Johnson Road E1 3NN  
1-5pm  |  11-19 years

Road safety workshop and training, offering young people the opportunity of a new experience, where they get behind a car wheel alongside a qualified driving instructor where they will solve problems and make sound judgement about themselves and others in a variety of challenging situations.

Contact Delara Ismail  
delara.ismail@towerhamlets.gov.uk

**My Time Active (Girls Only Project)**
Haileybury Youth Hub  
Ben Johnson Road E1 3NN  
3:30-6pm  |  11-19 years

Provide opportunity to girls and young women for social interaction and to use sports, recreation and leisure as a vehicle for developing relationships, trust, mutual support and shared interests.

Contact Tiziana Silvestre  
tiziana.silvestre@towerhamlets.gov.uk

**WEDNESDAY 31 JULY**

**Young Chef Cooking Sessions**
Haileybury Youth Hub  
Ben Johnson Road E1 3NN  
6-9pm  |  11-19 years

Promote a positive lifestyle through cooking, and offer opportunity for young people to apply and try new things through cooking.

Contact Abdul Nur  
abdul.nur@towerhamlets.gov.uk
THURSDAY 1 AUGUST

**Community Fun Day**
Haileybury Youth Hub
Ben Johnson Road E1 3NN
3-8pm
Open to the whole community
A day of fun activities for all age groups alongside a range of organisations providing advice and support which brings the whole community together to have fun and build community pride.
Contact Carl Latham, carl.latham-henry@towerhamlets.gov.uk

MONDAY 5 AUGUST

**Money Management Workshops**
Haileybury Youth Hub
Ben Johnson Road E1 3NN
6-7:30pm | 15-19 years
Fun, engaging and interactive money workshops, helping young people to make more positive decisions about their futures.
Contact Abdul Nur
abdul.nur@towerhamlets.gov.uk

TUESDAY 6 AUGUST

**Healthy Relationship Workshop (delivered by Safe East)**
Haileybury Youth Hub
Ben Johnson Road E1 3NN
6-7:30pm | 15-19 years
This workshop focuses on defining boundaries, self-esteem, aspects of healthy and unhealthy relationships, consent, dating violence and effective communication skills. The workshop uses interactive exercises to foster participation and discussion.
Contact Abdul Nur
abdul.nur@towerhamlets.gov.uk

WEDNESDAY 7 AUGUST

**Substance Misuse Workshops (delivered by Safe East)**
Haileybury Youth Hub
Ben Johnson Road E1 3NN
6-7:30pm | 15-19 years
Using interactive role-play to engage students and open forum discussions to give them an opportunity to discuss and learn the truth about drugs and alcohol, including what they are, how they work, why people become addicted and their link with crime and social problems.
Contact Abdul Nur
abdul.nur@towerhamlets.gov.uk

THURSDAY 8 AUGUST

**Gardening Project**
Haileybury Youth Hub
Ben Johnson Road E1 3NN
6-9pm | 11-16 years
The activity will involve a practical session on using tools safely to create a garden area at the rooftop of the Haileybury Centre. Young people will develop practical, vocational and life skills; promote ecological awareness and responsibility; and
MONEY 12 AUGUST

**Money Management Workshops**
Haileybury Youth Hub
Ben Johnson Road E1 3NN
6-7:30pm  |  15-19 years

Fun, engaging and interactive money workshops, helping young people to make more positive decisions about their futures.
Contact **Abdul Nur**
abdul.nur@towerhamlets.gov.uk

TUESDAY 13 AUGUST

**Healthy Relationship Workshop**
(delivered by Safe East)
Haileybury Youth Hub
Ben Johnson Road E1 3NN
6-7:30pm  |  15-19 years

This workshop focuses on defining boundaries, self-esteem, aspects of healthy and unhealthy relationships, consent, dating violence and effective communication skills. The workshop uses interactive exercises to foster participation and discussion.
Contact **Abdul Nur**
abdul.nur@towerhamlets.gov.uk

WEDNESDAY 14 AUGUST

**Substance Misuse Workshop**
(delivered by Safe East)
Haileybury Youth Hub
Ben Johnson Road E1 3NN
6-7:30pm  |  15-19 years

Use interactive role-play to engage students and open forum discussions to give them an opportunity to discuss and learn the truth about drugs and alcohol, including what they are, how they work, why people become addicted and their link with crime and social problems.
Contact **Abdul Nur**
abdul.nur@towerhamlets.gov.uk
**THURSDAY 15 AUGUST**

**Go Karting**  
Haileybury Youth Hub  
Ben Johnson Road E1 3NN  
1-6pm  |  16-19 years  
Offers the opportunity for a new experience. Young people make sound judgements about themselves and others in a variety of challenging situations and are engaged in discussion on driver safety, road and motoring laws.  
Contact *Abdul Nur*  
abdul.nur@towerhamlets.gov.uk

**Gardening Project**  
Haileybury Youth Hub  
Ben Johnson Road E1 3NN  
6-9pm  |  11-16 years  
The activity will involve a practical session on using tools safely to create a garden area at the rooftop of the Haileybury Centre. Young people will develop practical, vocational and life skills; promote ecological awareness and responsibility; and develop knowledge of plants and how food is grown.  
Contact *Shah Ahad*  
shah.ahad@towerhamlets.gov.uk

**MONDAY 19 AUGUST**

**Money Management Workshop**  
Haileybury Youth Hub  
Ben Johnson Road E1 3NN  
6-7:30pm  |  15-19 years  
Fun, engaging and interactive money workshop, helping young people to make more positive decisions about their futures.  
Contact *Abdul Nur*  
abdul.nur@towerhamlets.gov.uk

**MONDAY 19-22 AUGUST**

**Residential (Location TBC)**  
Haileybury Youth Hub  
Ben Johnson Road E1 3NN  
2 nights/3 days  |  11-19 years  
Opportunity for young people to live and work away from their home environment and develop self-confidence and self-esteem through the experience of outdoor challenge and adventure.  
Contact *Abdul Nur*  
abdul.nur@towerhamlets.gov.uk
TUESDAY 20 AUGUST

Healthy Relationship Workshop (delivered by Safe East)
Haileybury Youth Hub
Ben Johnson Road E1 3NN
6-7:30pm | 15-19 years

This workshop focuses on defining boundaries, self-esteem, aspects of healthy and unhealthy relationships, consent, dating violence and effective communication skills. The workshop uses interactive exercises to foster participation and discussion.

Contact Abdul Nur
abdul.nur@towerhamlets.gov.uk

THURSDAY 22 AUGUST

Gardening Project
Haileybury Youth Hub
Ben Johnson Road E1 3NN
6-9pm | 11-16 years

The activity will involve a practical session on using tools safely to create a garden area at the rooftop of the Haileybury Centre. Young people will: develop practical, vocational and life skills; promote ecological awareness and responsibility; and develop knowledge of plants and how food is grown.

Contact Shah Ahad
shah.ahad@towerhamlets.gov.uk

WEDNESDAY 21 AUGUST

Substance Misuse Workshop (delivered by Safe East)
Haileybury Youth Hub
Ben Johnson Road E1 3NN
6-7:30pm | 15-19 years

Use interactive role-play to engage students and open forum discussions to give them an opportunity to discuss and learn the truth about drugs and alcohol, including what they are, how they work, why people become addicted and their link with crime and social problems.

Contact Abdul Nur
abdul.nur@towerhamlets.gov.uk

TUESDAY 27 AUGUST

Healthy Relationship Workshop (delivered by Safe East)
Haileybury Youth Hub
Ben Johnson Road E1 3NN
6-7:30pm | 15-19 years

This workshop focuses on defining boundaries, self-esteem, aspects of healthy and unhealthy relationships, consent, dating violence and effective communication skills. The workshop uses interactive exercises to foster participation and discussion.

Contact Abdul Nur
abdul.nur@towerhamlets.gov.uk
**WEDNESDAY 28 AUGUST**

**Trip: White Water Rafting at Lea Valley Water Park**
Haileybury Youth Hub
Ben Johnson Road E1 3NN
10am–6pm | 15-19 years

Work flexibly as a member of a team in a leading and supporting role and take on the extreme water rapids obstacles. Young people develop self-confidence and self-esteem and adopt responsibility for themselves and others in a variety of challenging situations.

Contact **Abdul Nur**
abdul.nur@towerhamlets.gov.uk

**Substance Misuse Workshop (delivered by Safe East)**
Haileybury Youth Hub
Ben Johnson Road E1 3NN
6-7:30pm | 15-19 years

Use interactive role-play to engage students and open forum discussions to give them an opportunity to discuss and learn the truth about drugs and alcohol, including what they are, how they work, why people become addicted and their link with crime and social problems.

Contact **Abdul Nur**
abdul.nur@towerhamlets.gov.uk

**THURSDAY 29 AUGUST**

**Gardening Project**
Haileybury Youth Hub
Ben Johnson Road E1 3NN
6-9pm | 11-16 years

The activity will involve a practical session on using tools safely to create a garden area at the rooftop of the Haileybury Centre. Young people will: develop practical, vocational and life skills; promote ecological awareness and responsibility; and develop knowledge of plants and how food is grown.

Contact **Shah Ahad**
shah.ahad@towerhamlets.gov.uk

**Money Management Workshops**
Haileybury Youth Hub
Ben Johnson Road E1 3NN
6-7:30pm | 15-19 years

Fun, engaging and interactive money workshops, helping young people to make more positive decisions about their futures.

Contact **Abdul Nur**
abdul.nur@towerhamlets.gov.uk
Isle of Dogs

**EVERY DAY, MONDAY - FRIDAY**

*St. Andrew’s Wharf Youth Hub centre based activities and chill out*

St. Andrew’s Wharf Youth Hub
Britannia Road E14 3RW
Various times | 12-19 years

Get involved in our regular club activities at St. Andrew’s Wharf Youth Hub. Activities will also include exciting offsite trips.

For more information contact the youth service youthservice@towerhamlets.gov.uk

**EVERY TUESDAY**

*Music Production Workshops*

St. Andrew’s Wharf Youth Hub
Britannia Road E14 3RW
6-8pm | 12-19 years

Get involved in music production at St. Andrew’s Wharf Youth Hub.

For more information contact the youth service youthservice@towerhamlets.gov.uk

Lansbury Spotlight

**MONDAY 22 - FRIDAY 26 JULY**

*Dragons Den*

Langdon Park
Hay Currie Street E14 6GN
1-5pm | 11-19 years

Are you ready to face the dragons? Come together in teams to create a video advert based around a product of our choosing. Brainstorm ideas, film, direct and edit your film using our equipment, then face the panel and pitch your journey for the chance to win prizes!

For more information contact 020 30 111 333 or email hello@wearespotlight.com

**MONDAY 29 JULY - FRIDAY 2 AUGUST**

*Sadlers Wells Summer School*

Langdon Park
Hay Currie Street E14 6GN
1-5pm | 11-19 years

Come explore dance in all its forms in our new summer school run by world renowned contemporary dance organisation Sadlers Wells.

For more information contact 020 30 111 333 or email hello@wearespotlight.com
Youth Zones

MONDAY 5 - FRIDAY 9 AUGUST

Youth Theatre Play in a Week
Langdon Park
Hay Currie Street E14 6GN
1-5pm | 11-19 years

Play in a Week returns to Spotlight! Using improvisation, spoken word and physical theatre techniques, you will create your own play based on your ideas, experiences and interests and perform the play on Friday night to your family and friends!

For more information contact 020 30 111 333 or email hello@wearespotlight.com

Well Grounded Barista Course
Langdon Park
Hay Currie Street E14 6GN
1-5pm | 11-19 years

Working with coffee specialists Well Grounded, this course will help you raise your interest in and knowledge of speciality coffee. You will gain the practical skills required by a professional barista and all participants will be signposted and supported into work.

For more information contact 020 30 111 333 or email hello@wearespotlight.com

MONDAY 12 - FRIDAY 16 AUGUST

One Youth Summer School
Langdon Park
Hay Currie Street E14 6GN
1-5pm | 11-19 years

This summer, One Youth Dance are giving you a taste of their training with five full days of classes! Train with their exciting young team in workshops including technical jazz, body conditioning and audition technique. Perform before family and friends and learn more about one of London’s leading youth dance companies!

For more information contact 020 30 111 333 or email hello@wearespotlight.com

MONDAY 19 - FRIDAY 23 AUGUST

Grime Pays
Langdon Park
Hay Currie Street E14 6GN
1-5pm | 16-19 years

Do you have what it takes to make it in the world of grime? Ruff Sqwad Arts Foundation are back on the lookout for MCs and producers! Aimed at 16-19 year olds these two one-week courses give you the chance to develop your talent and work with industry.

For more information contact 020 30 111 333 or email hello@wearespotlight.com
Limehouse

**EVERY DAY, MONDAY - FRIDAY**

**Limehouse Youth Hub Centre Based Activities and Chill Out**
Limehouse Youth Hub
Limehouse Causeway E14 8BN
3.30-9pm | 12-19 years
Get involved in our regular club activities at Limehouse Youth Hub. Activities will also include exciting offsite trips.
For more information contact the youth service youthservice@towerhamlets.gov.uk

**EVERY WEDNESDAY**

**Landscaping and Gardening**
Limehouse Youth Hub
Limehouse Causeway E14 8BN
3.30-9pm | 12-19 years
Get involved in landscaping and gardening at Limehouse Youth Hub.
For more information contact the youth service youthservice@towerhamlets.gov.uk

**EVERY MONDAY**

**Music Production Workshops**
Limehouse Youth Hub
Limehouse Causeway E14 8BN
6-8pm | 12-19 years
Get involved in music production at Limehouse Youth Hub.
For more information contact the youth service youthservice@towerhamlets.gov.uk

Osmani Trust

**MONDAY 22 JULY**

**Indoor Sports**
Osmani Sports Hall E1 5AW
6-8:30pm | 14+ years
Participants will collectively choose which sport they want to play each week. Individuals will also get the opportunity to do an initial BMI (Body, Mass, Index test) with support in developing a health and fitness action plan.
Contact
abdul.hasnath@osmanitrust.org

**SATURDAY 27 JULY**

**Amaal: Girls BBQ in the roof garden**
Osmani Sports Hall E1 5AW
4-7pm | 12+ years
This will mark the opening of the Amaal Girls Summer Programme. The centre will also provide games and a relaxing space.
Contact
rupina.begum@osmanitrust.org
**MONDAY 29 JULY**

**Excursion: Cardrome Driving School**
Meet at Osmani Sports Hall E1 5AW 2-5pm | 12+ years
Opportunity for keen young drivers to test their driving skills and knowledge at a purpose-built site that provides early education and practical driving skills for young learners aged 12 years old and over. Spaces will need to be booked in advance.
Contact abdul.hasnath@osmanitrust.org

**Indoor Sports**
Osmani Sports Hall E1 5AW 6-8:30pm | 14+ years
Participants will collectively choose which sport they want to play each week. Individuals will also get the opportunity to do an initial BMI (Body, Mass, Index test) with support in developing a health and fitness action plan.
Contact abdul.hasnath@osmanitrust.org

**THURSDAY 1 - SUNDAY 4 AUGUST**

**SIA - Door Supervisor License Training**
Meet at Osmani Sports Hall E1 5AW 9:30am-6:30pm | 18-19 years
A fully paid 4 day training for young adults that may be thinking of getting into paid work within the security industry. Candidates will need to pay for their own door supervisors license. Spaces will need to be booked in advance.
Contact abdul.hasnath@osmanitrust.org

**MONDAY 5 AUGUST**

**Indoor Sports**
Osmani Sports Hall E1 5AW 6-8:30pm | 14+ years
Participants will collectively choose which sport they want to play each week. Individuals will also get the opportunity to do an initial BMI (Body, Mass, Index test) with support in developing a health and fitness action plan.
Contact abdul.hasnath@osmanitrust.org

**THURSDAY 8 AUGUST**

**Excursion: Go-karting**
Meet at Osmani Sports Hall E1 5AW 5-8pm | 14+ years
We will be taking young people to Capital Karts, the biggest indoor karting in London. Spaces will need to be booked in advance.
Contact abdul.hasnath@osmanitrust.org
FRIDAY 9 AUGUST

Accredited Training: Asdan Leadership Course  
Delivered at the Osmani Centre E1 5AW  
5-8pm | 13+ years  
Participants will learn what it takes to lead by spending time in class completing the workbook as well as delivering a community event.  
Contact abdul.hasnath@osmanitrust.org

MONDAY 12 AUGUST

Indoor Sports  
Osmani Sports Hall E1 5AW  
6-8:30pm | 14+ years  
Participants will collectively choose which sport they want to play each week. Individuals will also get the opportunity to do an initial BMI (Body, Mass, Index test) with support in developing a health and fitness action plan.  
Contact abdul.hasnath@osmanitrust.org

FRIDAY 16 AUGUST

Accredited Training: Asdan Leadership Course  
Delivered at the Osmani Centre E1 5AW  
5-8pm | 13+ years  
Participants will learn what it takes to lead by spending time in class completing the workbook as well as delivering a community event.  
Contact abdul.hasnath@osmanitrust.org

SATURDAY 17 AUGUST

Accredited Training: Asdan Leadership Course  
Delivered at the Osmani Centre E1 5AW  
10am-6pm | 13+ years  
Participants will learn what it takes to lead by spending time in class completing the workbook as well as delivering a community event.  
Contact abdul.hasnath@osmanitrust.org

MONDAY 19 AUGUST

Indoor Sports  
Osmani Sports Hall E1 5AW  
6-8:30pm | 14+ years  
Participants will collectively choose which sport they want to play each week. Individuals will also get the opportunity to do an initial BMI (Body, Mass, Index test) with support in developing a health and fitness action plan.  
Contact abdul.hasnath@osmanitrust.org
SATURDAY 24 AUGUST

Accredited Training: Asdan Leadership Course
Delivered at the Osmani Centre E1 5AW
10am-6pm | 13+ years
Participants will learn what it takes to lead by spending time in class completing the workbook as well as delivering a community event.
Contact abdul.hasnath@osmanitrust.org

SATURDAY 31 AUGUST

Southend On Sea
Meet at Osmani Centre E1 5AW
10am-6pm | 12+ years
We will be taking the girls that have been positively engaging in the Amaal Girls Summer Programme to Southend theme park. Spaces will need to be booked in advance.
Contact rupina.begum@osmanitrust.org

MONDAY 29 JULY

Shadwell Youth Club
71 Johnson Street E1 0AQ
3.30-6.30pm | 12-19 years
Banner making, Job Club, Table Tennis, PS4, Games, Pool.
Contact 020 7702 0901

TUESDAY 30 JULY

Shadwell Youth Club
71 Johnson Street E1 0AQ
4-7pm | 12-19 years
Design a fan and make key chains, table tennis, PS4, Games, Pool.
Contact 020 7702 0901

WEDNESDAY 31 JULY

Shadwell Pitch
Shadwell Football Pitch
487 Cable Street E1 3ER
4-7pm | 12-19 years
Football/Arts and Crafts.
Contact 020 7702 0901

THURSDAY 1 AUGUST

Shadwell Youth Club
71 Johnson Street E1 0AQ
5-8pm | 12-19 years
Volunteering Project, Table Tennis, PS4, Games.
Contact 020 7702 0901

SATURDAY 24 AUGUST

Accredited Training: Asdan Leadership Course
Delivered at the Osmani Centre E1 5AW
10am-6pm | 13+ years
Participants will learn what it takes to lead by spending time in class completing the workbook as well as delivering a community event.
Contact abdul.hasnath@osmanitrust.org

SATURDAY 31 AUGUST

Southend On Sea
Meet at Osmani Centre E1 5AW
10am-6pm | 12+ years
We will be taking the girls that have been positively engaging in the Amaal Girls Summer Programme to Southend theme park. Spaces will need to be booked in advance.
Contact rupina.begum@osmanitrust.org

MONDAY 29 JULY

Shadwell Youth Club
71 Johnson Street E1 0AQ
3.30-6.30pm | 12-19 years
Banner making, Job Club, Table Tennis, PS4, Games, Pool.
Contact 020 7702 0901

TUESDAY 30 JULY

Shadwell Youth Club
71 Johnson Street E1 0AQ
4-7pm | 12-19 years
Design a fan and make key chains, table tennis, PS4, Games, Pool.
Contact 020 7702 0901

WEDNESDAY 31 JULY

Shadwell Pitch
Shadwell Football Pitch
487 Cable Street E1 3ER
4-7pm | 12-19 years
Football/Arts and Crafts.
Contact 020 7702 0901

THURSDAY 1 AUGUST

Shadwell Youth Club
71 Johnson Street E1 0AQ
5-8pm | 12-19 years
Volunteering Project, Table Tennis, PS4, Games.
Contact 020 7702 0901
**FRIDAY 2 AUGUST**

**Shadwell Pitch**
Shadwell Football Pitch  
487 Cable Street E1 3ER  
4-7pm | 12-19 years  
Football/Arts and Crafts  
Contact 020 7702 0901

**SATURDAY 3 AUGUST**

**SocietyLinks Centre**
80 John Fisher Street E1 8JX  
2-5pm | 12-19 years  
Girls Group Summer Banner.  
Contact 020 7702 0901

**Taekwondo**
Offsite: 10am-1pm  
Contact 020 7702 0901

**MONDAY 5 AUGUST**

**Shadwell Youth Club**
71 Johnson Street E1 0AQ  
3.30-6.30pm | 12-19 years  
T-shirt designing, Job Club, Table Tennis, PS4, Games, Pool.  
Contact 020 7702 0901

**TUESDAY 6 AUGUST**

**Shadwell Youth Club**
71 Johnson Street E1 0AQ  
4-7pm | 12-19 years  
T-shirt designing, Cooking Session, Table Tennis, PS4, Games and Pool.  
Contact 020 7702 0901

**WEDNESDAY 7 AUGUST**

**Shadwell Pitch**
Shadwell Football Pitch  
487 Cable Street E1 3ER  
4-7pm | 12-19 years  
Football/Arts and Crafts.  
Contact 020 7702 0901

**THURSDAY 8 AUGUST**

**Shadwell Youth Club**
71 Johnson Street E1 0AQ  
5-8pm | 12-19 years  
Volunteering Project, Table Tennis, PS4, Games, Pool.  
Contact 020 7702 0901

**SocietyLinks Centre**
80 John Fisher Street E1 8JX  
4-7pm  
Girls Groups T-shirt Designing  
Contact 020 7702 0901

**FRIDAY 9 AUGUST**

**Shadwell Pitch**
Shadwell Football Pitch  
487 Cable Street E1 3ER  
4-7pm | 12-19 years  
Football/Arts and Crafts  
Contact 020 7702 0901

**SATURDAY 10 AUGUST**

**Taekwondo**
Offsite: 10am-1pm  
Contact 020 7702 0901
**MONDAY 12 AUGUST**

**SocietyLinks Centre**  
80 John Fisher Street E1 8JX  
12-5pm | 12-19 years  
Canvas painting, Football, PS4, Games, Pool, Table Tennis.  
WORKSHOP: Personal Development  
Contact 020 7702 0901

**TUESDAY 13 AUGUST**

**SocietyLinks Centre**  
80 John Fisher Street E1 8JX  
12-5pm | 12-19 years  
Canvas painting, Football, PS4, Games, Pool, Table Tennis.  
WORKSHOP: Personal Development  
Contact 020 7702 0901

**Shadwell Youth Club**  
71 Johnson Street E1 0AQ  
4-7pm | 12-19 years  
Cooking Session/Job Club, Table Tennis, Games, Arts and Crafts  
Contact 020 7702 0901

**WEDNESDAY 14 AUGUST**

**SocietyLinks Centre**  
80 John Fisher Street E1 8JX  
12-5pm | 12-19 years  
Mirror Décor, Boxercise, PS4, Pool.  
WORKSHOP: Personal Safety – How to stay safe when out.  
Contact 020 7702 0901

**Shadwell Pitch**  
Shadwell Football Pitch  
487 Cable Street E1 3ER  
4-7pm | 12-19 years  
Football/Arts and Crafts  
Contact 020 7702 0901

**THURSDAY 15 AUGUST**

**SocietyLinks Centre**  
80 John Fisher Street E1 8JX  
12-5pm | 12-19 years  
Fruit sculpting, Hockey, PS4, Table Tennis, Pool Table.  
WORKSHOP: Recognising Danger  
Contact 020 7702 0901

**FRIDAY 16 AUGUST**

**SocietyLinks Centre**  
80 John Fisher Street E1 8JX  
12-5pm | 12-19 years  
Bag Décor, Table Tennis, Pool, Games, PS4  
WORKSHOP: Sexual Behaviour  
Contact 020 7702 0901

**Shadwell Pitch**  
Shadwell Football Pitch  
487 Cable Street E1 3ER  
4-7pm | 12-19 years  
Bag Décor. Table Tennis, Pool, Games, PS4  
WORKSHOP: Sexual Behaviour  
Contact 020 7702 0901

**SATURDAY 17 AUGUST**

**Family Trip**  
TBC  
12-19 years  
Contact 020 7702 0901
**MONDAY 19 AUGUST**

**SocietyLinks Centre**  
80 John Fisher Street E1 8JX  
12-5pm | 12-19 years  
Jewellery and Key Chains, Table Tennis, Pool, PS4,  
WORKSHOP: Domestic Violence  
Contact 020 7702 0901

**SHADWELL PITCH**  
Shadwell Football Pitch  
487 Cable Street E1 3ER  
4-7pm | 12-19 years  
Football/Arts and Crafts.  
Contact 020 7702 0901

**TUESDAY 20 AUGUST**

**SocietyLinks Centre**  
80 John Fisher Street E1 8JX  
12-5pm | 12-19 years  
Pom Poms, Cricket, Pool, Table Tennis, PS4. WORKSHOP: Smoking.  

**SHADWELL YOUTH CLUB**  
71 Johnson Street E1 0AQ  
4-7pm | 12-19 years  
Cooking, Table Tennis, Pool, PS4  
Contact 020 7702 0901

**WEDNESDAY 21 AUGUST**

**SocietyLinks Centre**  
80 John Fisher Street E1 8JX  
12-5pm | 12-19 years  
Nails and Mehndi, Self Defence Class, Table Tennis, PS4, Games.  
Contact 020 7702 0901

**SHADWELL PITCH**  
Shadwell Football Pitch  
487 Cable Street E1 3ER  
4-7pm | 12-19 years  
Football/Arts and Crafts.  
Contact 020 7702 0901

**THURSDAY 22 AUGUST**

**SocietyLinks Centre**  
80 John Fisher Street E1 8JX  
12-5pm | 12-19 years  
Clothing Design, Multi Sports, PS4, Games, Pool.  
WORKSHOP: Substance Misuse.  
Contact 020 7702 0901

**SHADWELL YOUTH CLUB**  
71 Johnson Street E1 0AQ  
5-8pm | 12-19 years  
Volunteering Project and Youth Club.  
Contact 020 7702 0901

**FRIDAY 23 AUGUST**

**SocietyLinks Centre**  
80 John Fisher Street E1 8JX  
12-5pm | 12-19 years  
Fan Décor, Pool, Table Tennis, PS4.  
WORKSHOP: Cyberbullying.  
Contact 020 7702 0901

**SHADWELL PITCH**  
Shadwell Football Pitch  
487 Cable Street E1 3ER  
4-7pm | 12-19 years  
Football/Arts and Crafts  
Contact 020 7702 0901
Youth Zones

MONDAY 26 AUGUST

SocietyLinks Centre
80 John Fisher Street E1 8JX
12-5pm | 12-19 years
Key rings, Bookmarks, Netball, Pool, PS4, Games. WORKSHOP: Online Safety Tips and Awareness.
Contact 020 7702 0901

TUESDAY 27 AUGUST

SocietyLinks Centre
80 John Fisher Street E1 8JX
12-5pm | 12-19 years
Origami/Windmills, Multi-Sports, Pool, Table Tennis
WORKSHOP: Peer Pressure.
Contact 020 7702 0901

WEDNESDAY 28 AUGUST

SocietyLinks Centre
80 John Fisher Street E1 8JX
12-5pm | 12-19 years
Collage, Street Safety Class, Pool, PS4, Games
Contact 020 7702 0901

THURSDAY 29 AUGUST

SocietyLinks Centre
80 John Fisher Street E1 8JX
12-5pm | 12-19 years
Poster Making, Pool, Table Tennis, Games, PS4. WORKSHOP: Knife crime, dangers and risks.
Contact 020 7702 0901

FRIDAY 30 AUGUST

SocietyLinks Centre
80 John Fisher Street E1 8JX
12-19 years
BBQ
Contact 020 7702 0901

Stepney Green

FRIDAY 16, 23 AND 30 AUGUST

Pathway to Football Session “Raaxo”
Stepney Green Astroturf E1 3NG
8-10pm | 11-19 years
To provide a physical and educational programme over 12 weekly sessions that will enable young people increase their physical development and increase health and fitness levels. To maintain contact and continue building rapport with the Raaxo Somali youth group through footballing sessions.
Contact Noor Uddin
020 7364 4937, noor.uddin@towerhamlets.gov.uk

Stepney Green
Tramshed

MONDAY 29 JULY - FRIDAY 2 AUGUST

Community Sports Leadership Award
Tramshed Youth Hub
12-5pm  |  13+ years

Provides the ideal starting point for candidates aged 13 years and over who wish to develop their leadership skills. It enables successful candidates to lead groups of people in sport/activity within the community.

Contact Ash 07538 463064
mohammed.zamanx@towerhamlets.gov.uk

MONDAY 29 JULY

Boxercise, in partnership with AASHA Gangs & Ocean Youth
Tramshed Youth Hub
6-9pm  |  12+ years

This project will empower young people to learn the art of discipline and self-improvement through boxing. Participants will develop technical skills as well as develop their strength.

Contact Ash 07538 463064
mohammed.zamanx@towerhamlets.gov.uk

MONDAY 5 AUGUST

Boxercise, in partnership with AASHA Gangs & Ocean Youth
Tramshed Youth Hub
6-9pm  |  12+ years

This project will empower young people to learn the art of discipline and self-improvement through boxing. Participants will develop technical skills as well as develop their strength.

Contact Ash 07538 463064
mohammed.zamanx@towerhamlets.gov.uk
**THURSDAY 8 AUGUST**

**Horse Riding**  
Tramshed Youth Hub  
12-4pm | 12+ years  
Young people will be able to experience and learn how to ride a horse.  
Contact Ash 07538 463064 mohammed.zamanx@towerhamlets.gov.uk

**TUESDAY 6 AUGUST**

**Lee Valley White Water Rafting**  
Tramshed Youth Hub  
11am-4pm | 14+ years  
A must for anyone’s bucket list! It’s time to ride the waves of the Olympic course as you plunge into the crystal clear water and take on some fast and furious action on the rapids. White water rafting with us will leave you wanting more.  
Contact Ash 07538 463064 mohammed.zamanx@towerhamlets.gov.uk

**TUESDAY 13 AUGUST**

**Football Zorbing**  
Tramshed Youth Hub  
3:30-7:30pm | 14+ years  
Young people will be able to enjoy a different version of this sport, have fun and learn to work together as a team.  
Contact Ash 07538 463064 mohammed.zamanx@towerhamlets.gov.uk

**WEDNESDAY 7 AUGUST**

**London Thames Rockets Cruise**  
Tramshed Youth Hub  
12-4pm | 12+ years  
Young people will be able to have a thrilling experience whilst learning about the history and viewing London from different perspectives.

**Boxercise, in partnership with AASHA Gangs & Ocean Youth**  
Tramshed Youth Hub  
6-9pm | 12+ years  
This project will empower young people to learn the art of discipline and self-improvement through boxing. Participants will develop technical skills as well as develop their strength.  
Contact Ash 07538 463064 mohammed.zamanx@towerhamlets.gov.uk
**MONDAY 19 AUGUST - THURSDAY 22 AUGUST**

**Residential Ashcombe Valley Adventure Centre**
Tramshed Youth Hub
Time TBC | 14+ years

The residential will help empower young people with new skills, experience and knowledge such as life skills, building their confidence and self-esteem, give them the space and the experience of independence, responsibilities which will help equip them for the future. This will also give an opportunity for young people to educate themselves and gain accreditations for conflict resolution which incorporates tackling gang issues and knife crime.

Contact Ash 07538 463064 mohammed.zamanx@towerhamlets.gov.uk

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**MONDAY 14 AUGUST**

**Community Fun Day/ Eid Festival/International Youth Day**
Tramshed Youth Hub
1-7pm | All ages

A culmination of different events from the yearly calendar to promote our services and create co-production with partners, residents, young people and the community on this special day.

Contact Ash 07538 463064 mohammed.zamanx@towerhamlets.gov.uk

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**THURSDAY 15 AUGUST**

**Southend Day Trip**
Tramshed Youth Hub
10am-7:30pm | 12+ years

Young people will be able to get out of the city and have fun and be able to relax on the beach.

Contact Ash 07538 463064 mohammed.zamanx@towerhamlets.gov.uk
MONDAY 25 AUGUST

Boxercise, in partnership with AASHA Gangs & Ocean Youth
Tramshed Youth Hub
6-9pm | 12+ years
This project will empower young people to learn the art of discipline and self-improvement through boxing. Participants will develop technical skills as well as develop their strength.
Contact Ash 07538 463064
mohammed.zamanx@towerhamlets.gov.uk

WEDNESDAY 28 AUGUST

Boxercise, in partnership with AASHA Gangs & Ocean Youth
Tramshed Youth Hub
6-9pm | 12+ years
This project will empower young people to learn the art of discipline and self-improvement through boxing. Participants will develop technical skills as well as develop their strength.
Contact Ash 07538 463064
mohammed.zamanx@towerhamlets.gov.uk

WAPPING

MONDAY 5 - FRIDAY 9 AUGUST

Multi Sports and Arts Activities
Wapping Gardens
(behind Wapping Youth Centre)
12.30-2.30pm | 12+ years
Fun filled week of multi sports and arts activities.
For more information contact 020 7364 5022 or tipu.miah@towerhamlets.gov.uk

MONDAY 5 AUGUST

Knife Crime Workshop
Wapping Youth Centre
3pm | 12+ years
Learn about the effects of knife crime on the individual, their families and society.
For more information contact 020 7364 5022 or tipu.miah@towerhamlets.gov.uk

TUESDAY 6 AUGUST

Ten Pin Bowling
Surrey Quays
3pm | 12+ years
Take part in a fun filled activity. Test your skills against your friends.
For more information contact 020 7364 5022 or tipu.miah@towerhamlets.gov.uk
MONDAY 12 AUGUST

Money Management Workshop
Wapping Youth Centre
3pm | 12+ years
Learn about how to manage your money better. Find out what all the different financial terms and phrases mean.
For more information contact 020 7364 5022 or tipu.miah@towerhamlets.gov.uk

MONDAY 12 - FRIDAY 16 AUGUST

Multi Sports and Arts Activities
Hermitage Estate (MUGA)
12.30-2.30pm | 12+ years
Fun filled week of multi sports and arts activities.
For more information contact 020 7364 5022 or tipu.miah@towerhamlets.gov.uk

MONDAY 19 - FRIDAY 23 AUGUST

T Shirt Printing
Wapping Youth Centre
3pm | 12+ years
Use your creative skills and design your own t shirts. Make a fashion statement!
For more information contact 020 7364 5022 or tipu.miah@towerhamlets.gov.uk

THURSDAY 8 AUGUST

Water Sports
Shadwell Basin
3pm | 12+ years
Take part in a variety of water sports in a safe environment. It doesn’t matter if you’re a beginner or if you’ve done it before.
For more information contact 020 7364 5022 or tipu.miah@towerhamlets.gov.uk

FRIDAY 9 AUGUST

Healthy Smoothie Making
Wapping Youth Centre
3pm | 12+ years
Come and learn how to make healthy smoothies. They taste nice and are good for you.
For more information contact 020 7364 5022 or tipu.miah@towerhamlets.gov.uk
TUESDAY 27 AUGUST

Harry Potter Museum
London
12.30pm | 12+ years

The studio tour offers visitors the unique opportunity to explore two soundstages and a backlot filled with original sets, animatronic creatures and breathtaking special effects.

For more information contact 020 7364 5022 or tipu.miah@towerhamlets.gov.uk

WEDNESDAY 28 AUGUST

Stubbers Adventure Centre
Essex
12.30pm | 12+ years

Run, jump, drive, navigate, shoot, sail, paddle, climb, build! With over 30 adventurous activities for kids and grown-ups, rain or shine, there’s something for everyone at Stubbers Adventure Centre.

For more information contact 020 7364 5022 or tipu.miah@towerhamlets.gov.uk

THURSDAY 29 AUGUST

Go Ape
London
12.30pm | 12+ years

Take a big gulp of fresh air and hold on tight. You’ll be tackling canopy-height crossings, leaping off free-fall Tarzan swings and riding high-speed zips. There’s nothing like disconnecting, laughing your head off and screaming your lungs out.

For more information contact 020 7364 5022 or tipu.miah@towerhamlets.gov.uk
The Brady Arts Centre
The Brady Arts Centre
192-196 Hanbury Street
E1 5HU

FROM MONDAY 1 JULY

‘A’ Team Arts
The Dream Garden Site specific performances on an estate near you.
The Brady Arts Centre
192-196 Hanbury Street E1 5HU
Times tbc | 12-19 years and up to 25 years with SEND

An ongoing project looking at community and the arts to celebrate ‘A’ Team Arts’ 40th Anniversary. This is an occasional project with sessions beginning in July and performances in October. For young people interested in drama and dance as well as music.

Tell us how you feel about where you live and celebrate it!
We can work with youth groups.

MONDAY 29 JULY - SATURDAY 24 AUGUST

‘A’ Team Arts Summer Art and Design Academy
The Dream Garden creating a green environment through recycling
The Brady Arts Centre
192-196 Hanbury Street E1 5HU
10.30am-4.30pm | 14-19 years and up to 25 years with SEND

A 4 week intensive art and design course incorporating arts awards.
Includes trips and visits to art galleries and art colleges.
For young people interested in studying art and design at school, college and university. This year’s theme is looking at greening the inner city environment and contributing towards an art installation near to the Brady Centre. Includes community workshops on 23-24 August, 12-4pm.

Check the council website www.towerhamlets.gov.uk/summerevents or contact ‘A’ Team Arts for more information about The Dream Garden and their projects.
Geraldine Bone, Youth Arts Manager
020 7364 7911, 07956 306326
geraldine.bone@towerhamlets.gov.uk
sarbjit.natt@towerhamlets.gov.uk
canan.salih@towerhamlets.gov.uk
Join the Summer Reading Challenge in Idea Stores!

The Reading Agency and Libraries Present

The Summer Reading Challenge 2019 theme is Space Chase, an out-of-this-world adventure inspired by the 50th anniversary of the first moon landing!

Come to the Idea Store and find out about the exciting range of FREE space-themed events for children and families over the summer and join up to the challenge.

Pop into your local Idea Store or Library from the 1st of July to pick up a leaflet for further details or visit www.ideastore.co.uk/SRC
Planner


Addresses

1. Bigland Street
   E1 2ND

2. Ecology Pavilion
   Haverfield Road
   off Grove Road
   E3 5TW

3. Haileybury Youth Centre
   Ben Jonson Rd
   E1 3NN

4. Island Gardens
   Saunders Ness Road
   E14 3EA

5. John Orwell Sports Centre
   Tench Street
   Wapping
   E1W 2QD

6. Joshua Street
   Poplar
   E14 0RD

7. King Edward Memorial Park
   Glamis Road
   E1W 3EQ

8. Mile End Arts Pavilion
   Clinton Road
   E3 4QY

9. Mile End Children's Park
   Locksley Street Playground
   E14 7EJ

10. Mile End Park
    Haverfield Road
    E3 5BH

11. Mile End Park
    Events Field
    Burdett Road
    E3 4TN

12. Mile End Park Leisure Centre and Stadium
    190 Burdett Road
    Mile End E3 4HL

13. Millwall Park
    Stebondale Street
    E14 3BX

14. Our Lady and St Joseph Primary School
    Poplar High Street
    E14 0DE

15. Pollard Square
    Ivimey Street
    Bethnal Green
    E2 6LQ

16. Poplar Baths Leisure Centre
    170 East India Dock Road
    E14 0ED

17. Poplar Recreation Ground
    5 Hale Street
    E14 0BX

18. Ropewalk Gardens
    Golding Street
    E1 1OH

19. Rounton Park
    Campbell Road
    E3 4DP

20. Shandy Park
    Bale Road
    E1 4QJ

21. Sir John McDougall Gardens
    Westferry Road
    E14 3ST

22. St Georges Gardens
    The Highway
    E1W 3BP

23. St Georges Leisure Centre
    The Highway
    E1W 3BP

24. Stepney Green Park
    E1 3NG

25. Tiller Leisure Centre
    Tiller Road
    E14 8PX

26. Urban Adventure Base
    150 Burdett Road
    E3 4JT

27. Victoria Park Bowls Green
    Queens Gate
    E9 7BX

28. Victoria Park
    Crown Gate East
    Grove Road
    E3 5PE

29. Victoria Park Bandstand
    Crown Gate East
    Grove Road
    E3 5PB

30. Victoria Park Bandstand
    Crown Gate East
    Grove Road
    E3 5TB

31. Victoria Park
    near the V&A building
    Grove Road
    E3 5TB

32. Westferry Road
    Isle of Dogs
    E14 8LW

33. Whitehorse Adventure Playground
    White Horse Road
    E1 0ND

34. York Hall Leisure Centre
    5 Old Ford Road
    E2 9PJ

35. The Brady Arts Centre
    192-196 Hanbury Street
    E1 5HU
See what’s on and share your thoughts and images at the touch of a button, download the Love Your Neighbourhood app.

Don’t miss out!

www.towerhamlets.gov.uk/summerevents

Stay up to date with the latest news, events, competitions and special local offers from Tower Hamlets Council by subscribing to our e-newsletter www.towerhamlets.gov.uk/signup