

Tower Hamlets Youth Service

Activities
Brochure



what's inside:

- youth hub activities
- arts events
- our extended offer

#THYOUTH



TOWER HAMLETS



our youth offer

The youth service provides support services to young people who live, work or study in the borough. All our programmes are free to take part in.

We have 18 youth hubs across the borough as well as provisions for young people with Special Educational Needs and Disabilities (SEND) and LGBTQ+ young people. We also have a number of highly-equipped specialist provisions such as outdoor education, performing arts and sports.

We hope to achieve the following outcomes with all young people that use our service:

- **Young people will have an increased sense of agency in their lives and their communities**
- **Young people feel more optimistic about their futures**
- **Young people are better able to access holistic and supportive opportunities across the London Borough of Tower Hamlets**
- **Young People increase their critical thinking skills**

our pledge

Accountability

We Keep Our Word

Accessibility

You Will Never Be Turned Away

Trust

Let's Trust Each Other

Safety

Safe Minds, Safe Lives

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Build Your Own Future

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Our Extended Youth Offer



#thyouth

For our full programme, visit www.towerhamlets.gov.uk/youth



The Tower Hamlets **Youth Council** is a forum of young people that gives them the opportunity to take part in debates and discussions about community and youth issues. The Youth Council helps to shape services by taking part in decision-making and influencing the Council and other organisations. The Youth Council works with the elected **Young Mayor** to plan and deliver a variety of youth and community events and activities.

Young People can also get involved in our peer and leadership programmes and gain an ASDAN accreditation by taking part in a series of workshops and planning their own projects.

To find out more about the Young Mayor and Youth Council, contact *Khadra Said* on 020 7364 4952 or at khadra.said@towerhamlets.gov.uk.

To take part in one of our leadership programmes for girls and young women or to set up your own community project, contact *Aksary Rahman* at 020 7364 4889 or at aksary.rahman@towerhamlets.gov.uk.

Key dates this autumn

October

Street Canvassing - Your Voice Counts consultation on what young people feel are priorities

November

The launch of the new Young Mayors programme and elections for 2019.

December

'Your Voice Counts' Girls and Young Women's Seminar

youth voice and leadership

haileybury youth hub

Ben Jonson Road, London E1 3NN

Activities include:

* Multi-sports inc. badminton, table tennis, football, basketball, boxing, chill-out, PS4, board games, and more

Facilities include:

- * Sports Hall
- * Fitness Gym/Studio
- * Dance Studio
- * IT Suite

**OPEN
MONDAY
TO
FRIDAY
3.30-9PM**

Autumn Activities

GIRLS ZUMBA DANCE PROJECT WITH MYTIME ACTIVE

Come and learn the latest dance craze that is Zumba! Make friends, get fit, all whilst having fun. Tuesdays, 4-6pm

SEN PROJECT FOR YOUNG PEOPLE WITH LEARNING DIFFICULTIES AND DISABILITIES WITH THE TOWER PROJECT

Come and socialise with others while learning new skills. Activities will include cooking, dancing, sports and arts. Thursdays, 7-9pm

INVENTORS CLUB WITH STEPNEY F.C.

Discover through ICT and learn to code. Come and experiment with app design and audio coding. Mondays, 6-9pm



**Contact:
Zuber
0207 364 6113
zuber.ahmed@
towerhamlets.
gov.uk**

collingwood youth hub

15 Collingwood Street, London E1 5RB

**OPEN
TUESDAY,
WEDNESDAY &
THURSDAY
6-9PM**

Activities include:

* Football, table-tennis, youth forum and more

Facilities include:

* Large Hall
* Kitchen

Autumn Activities

CHOOSE LIFE, DROP THE KNIFE

A discussion with young people about the dangers and consequences of knife crime and gang culture, and about conflict resolution.

Tuesday 18 Oct, 7-8.30pm

GIRLS AND YOUNG WOMEN'S PROJECT

This project will give girls and young women a space to build their confidence and develop new skills by taking part in activities of their choice and supporting them to access other services. Wednesdays, 6-9pm

NEW BEGINNING - EMPLOYABILITY WORKSHOP

This workshop will provide information and activities to assist young people in understanding and applying the Career Planning process.

Contact:

Noor

0207 364 4937

[noor.uddin@](mailto:noor.uddin@towerhamlets.gov.uk)

[towerhamlets.](mailto:noor.uddin@towerhamlets.gov.uk)

[gov.uk](mailto:noor.uddin@towerhamlets.gov.uk)

columbia youth hub

27 Columbia Road, London E2 7QB

Activities include:

* Multi-sports inc. football, basketball, boxing, chill-out, PS4, board games, and more

Facilities include:

- *Games area
- *Computer suite
- *Kitchen
- *Garden
- *Outdoor sports cage

**OPEN
MONDAY
TO
FRIDAY
3.30-9PM**

Autumn Activities

EMPLOYABILITY SKILLS PROGRAMME

This programme will provide information, guidance and support to young people who would like to develop their employability skills. Thursdays, 6-8pm

ASDAN ACCREDITED BOXING FOR 12-16 YEAR OLDS

Come and improve your health and fitness, learn boxing techniques and find out how what you eat affects performance. Mondays, 3.30-5pm

JUNIOR CHEF PROJECT

Would you like to find out more about healthy eating and how to cook simple but nourishing meals? Then join us Tuesdays and Thursdays, 4-6pm



Contact:
Noor
0207 364 4937
noor.uddin@
towerhamlets.
gov.uk

christian street youth hub

30 Challoner Walk, London E1 1AZ

Activities include:

- * Cooking, Study Club, football, CV building, health and wellbeing workshops, and more

Facilities include:

- * Games Area
- * Outdoor Sports Cage

OPEN
MONDAY
TO
FRIDAY
3.30-9PM

Autumn Activities

DIGITAL PHOTOGRAPHY PROJECT FOR INSTAGRAM, SNAPCHAT AND FACEBOOK

Come and discover learn different aspects of digital photography and how to use a digital camera in different modes and editing software and computers to download, edit and finalise images for display. Thursdays, 6-9pm

WORLD FOOD COOKING

Young people will learn how to prepare and cook simple and tasty dishes from around the world whilst learning about food hygiene and good preparation practices. Thursdays, 7-9pm

BONFIRE NIGHT FIREWORKS DISPLAY

This off-site activity will help young people learn about the history of Guy Fawkes and Bonfire Night and why it is celebrated annually. Monday 5 November, 6-9pm

Contact:
Tipu
0207 364 5022
[tipu.miah@
towerhamlets.
gov.uk](mailto:tipu.miah@towerhamlets.gov.uk)

wapping youth hub

Tench Street, London E1W 2QD

**OPEN
MONDAY
TO
FRIDAY
3.30-9PM**

Activities include:

* Table tennis, pool, PS4, music production, CV writing, and more

Facilities include:

- * Games/Chill-out area
- * Kitchen
- * Small music room
- * Nearby park

Autumn Activities

CITIZENSHIP PROJECT FOR ESOL STUDENTS WITH NEW CITY COLLEGE

This partnership with New City College aims to give the young people, whose first language is not English, the confidence and independence they need to be active citizens in the UK.

STREET ART PROJECT TO CELEBRATE BLACK HISTORY MONTH

Using street art and graffiti, young people will develop their knowledge and awareness of significant historical events, as well as create artistic work based on their interpretations of those events.

INTERGENERATIONAL PROJECT

This project will help young people to build their relationship with older members of the local community and co-produce activities and events.



Contact:
Tipu
0207 364 5022
tipu.miah@towerhamlets.gov.uk

tramshed youth hub

Digby Street, London E2 0LS

**OPEN
MONDAY
TO
FRIDAY
3.30-9PM**

Activities include:
* Football, health & wellbeing workshops, arts and crafts, fashion and design, drama and more

Facilities include:
* Activities and Games Hall

Autumn Activities

BOXERCISE HEALTH & WELLBEING PROJECT

Young people will develop and maintain their health, fitness and well-being through boxercise. Wednesdays, 6-9pm

SPORTS LEADERS PROGRAMME

Would you like to develop your leadership skills whilst taking part in a fun and friendly activity? Then join us on Tuesdays, 6-9pm.

HOODIE AND T-SHIRT MAKING WORKSHOPS

Have you got a flair for fashion? Would you like to design your own clothes? Then this workshop is for you! Fridays, 3.30-6pm

Contact:
Zuber
0207 364 6113
zuber.ahmed@
towerhamlets.
gov.uk

st andrew's wharf youth hub

Mast House Terrace, London E14 3RW

Activities include:

- * Football, girls group, and more

Facilities include:

- * Small Kitchen
- * IT Room/ Games Area
- * Outdoor space
- * Sports Cage



**OPEN
MONDAY
TO
FRIDAY
3.30-9PM**

Autumn Activities

MUSIC PRODUCTION WITH 'I LOVE COMMUNITY' AND URBAN RADIO STATION

Come and learn how to write your own lyrics and make your own beats. Wednesdays, 3.30-6pm

ASDAN LEADERSHIP & PEER MENTORING PROGRAMME

Young people will learn to be leaders and peer mentors who will support and help others to improve their problem-solving skills and self-confidence. Thursdays, 3.30-6pm

REGENERATION PROJECT - TAKING OWNERSHIP OF OUR COMMUNITY

This project is to introduce young people to community volunteering and involving them in improving local environments. Fridays, 3.30-9pm



**Contact:
Azim
0207 364 5022
abdul.azim@towerhamlets.gov.uk**

limehouse youth hub

Limehouse Causeway, London E14 8BN

**OPEN
MONDAY
TO
FRIDAY
3.30-9PM**

Activities include:

***Pool, football, basketball, boxing,
PS4, table tennis, movie nights,
fashion and beauty, health and
wellbeing workshops, and more**

Facilities include:

- * Sports Hall**
- * Climbing Wall**
- * Beauty Salon**
- * Gym**
- * Kitchen**

Autumn Activities

YOUNG CARERS PROJECT

This project will give young people time away from their caring responsibilities to meet others, socialise in a fun and friendly atmosphere and plan their own activities while developing life skills. Tuesdays, 3.30-5.30pm

COOK OUT! INTERNATIONAL CUISINES FROM AROUND THE WORLD

Come and tantalise your taste buds with dishes from around the world! Mondays, 6-9pm

DISCOVER DIWALI

An interactive workshop on the Hindu festival of lights and the story behind Diwali.
Wednesday 7 November

**Contact:
Azim
0207 364 5022
abdul.azim@
towerhamlets.
gov.uk**



'A' Team Arts co-ordinates Youth Arts programmes across the Borough aimed at young people aged 13-19 years, and up to 25yrs with SEN, who live or study in Tower Hamlets.

Using theatre, textiles, design, and music, artists and young people learn, discover and experiment. Ideas are transformed and translated into performances, exhibitions and personal works of art to share with friends, families, the community or sometimes a much wider public.

All young people have creative potential. Through innovative arts practice valuable transferable skills can be gained e.g. critical thinking, teamwork, confidence, communication, self-esteem and project planning.

FREE Arts Workshops for young people aged 13-19 years, and up to 25yrs with SEN, who live or study in Tower Hamlets.

For more information on any of the above, contact *Geraldine Bone*, Youth Arts Manager, 020 7364 7911 or geraldine.bone@towerhamlets.gov.uk.

Key dates this autumn

October

Votes for Women - silk painting workshops to commemorate 100 years of votes for Women

November

Her Link Child Sexual Exploitation workshops in schools and youth hubs using art as a tool to educate

December

'Raw Talent' music and dance showcase to address anti-hate crime



our arts offer

Our Extended Youth Offer

Osmani Youth Centre

58 Underwood Road
London E1 5AW
0207 247 8080

Open:
Monday, 6-9pm
Tuesday, 4-7pm
Thursday, 6-9pm
Friday, 6-9pm
Saturday, 1-4pm

Newark Youth Centre

Exmouth Community
Hall, Cornwood Drive
London E1 0PW
0207 392 2121

Open:
Tuesday, 3.30-6.30pm
Wednesday, 3.30-6.30pm
Thursday, 6-9pm
Friday, 7-10pm (Stepney Green
Astro)
Saturday, 10am-1pm (Stepney
Green Astro)

Society Links Youth Centre

80 John Fisher Street
London E1 8JX
0207 702 0901

Open:
Monday, 4-7pm
Tuesday, 4-7pm
Wednesday, 5-8pm
Thursday, 3.30-6.30pm
Saturday, 10.30am-1.30pm

Eastside Youth Centre

6 Pernel Road
London E3 2RB
0203 011 1333

Open:
Tuesday, 3-7pm
Wednesday, 3-7pm
Thursday, 3-7pm
Friday, 3-7pm
Saturday, 2-6pm

All activities are free and for young people aged 12 to 19 up to 25 with SEND.

All our venues offer indoor games and activities and many have outdoor spaces and sporting activities as well as opportunities to volunteer and gain additional skills and qualifications.

The hubs offer an extensive range of leisure, cultural, sporting and enrichment activities such as games, sports, employability support and guidance, cookery and opportunities for just chill-out as well and take part in healthy life styles programme such as healthy eating and sessions on relationships and sexual health.

The Mayor is committed to making the youth service 'the best in London'.



Linc Youth Centre

7 Fern Street
London E3 3PR
0203 011 1333

Open:
Monday, 6-9pm
Wednesday, 6-9pm
Thursday, 4-7pm
Friday, 6-9pm
Saturday, 2-5pm

Ian Mikardo Youth Centre

60 William Guy Gardens
London E3 3LF
0203 011 1333

Open:
Tuesday, 4-8pm
Wednesday, 4-8pm
Thursday, 4-8pm
Friday, 4-8pm
Saturday, 2-5pm

St Paul's Way Youth Centre

83 St Paul's Way
London E3 4AJ
0203 011 1333

Open:
Monday, 3.30-7pm
Wednesday, 3.30-7pm
Thursday, 3.30-7pm
Friday, 3.30-7pm
Sunday, 2.30-6pm

Caxton Hall Youth Centre

Malmesbury Road
London E3 2EE
07960 259 259

Open:
Monday, 6-9pm
Tuesday, 6-9pm
Wednesday, 6-9pm
Friday, 6-9pm
Saturday, 11am-1pm

Spotlight Youth Centre

30 Hay Currie Street
London E14 6GB
0203 011 1333

Open:
Monday, 11am-7pm
Tuesday, 11am-7pm
Wednesday, 11am-7pm
Thursday, 11am-7pm
Friday, 11am-7pm

The Workhouse Youth Centre

116 Poplar High Street
London E14 0AF
0203 011 1333

Open:
Monday, 5-8pm
Wednesday, 5-8pm
Friday, 5-8pm
Saturday, 12-3pm
Sunday, 4-7pm

Step Forward - LGBTQ+ Offer

Step Out offers 1-2-1 sessions, a drop-in and small friendly group sessions for Lesbian, Gay, Bisexual, Trans or questioning their sexuality or gender identity.

In addition Step Forward offers wellbeing services for all young people 11-25 including confidential counselling, support and sexual health services.

Contact 020 7739 3082 or email info@step-forward.org for more details.



Tower Project - SEND Offer for 12 to 25 year olds

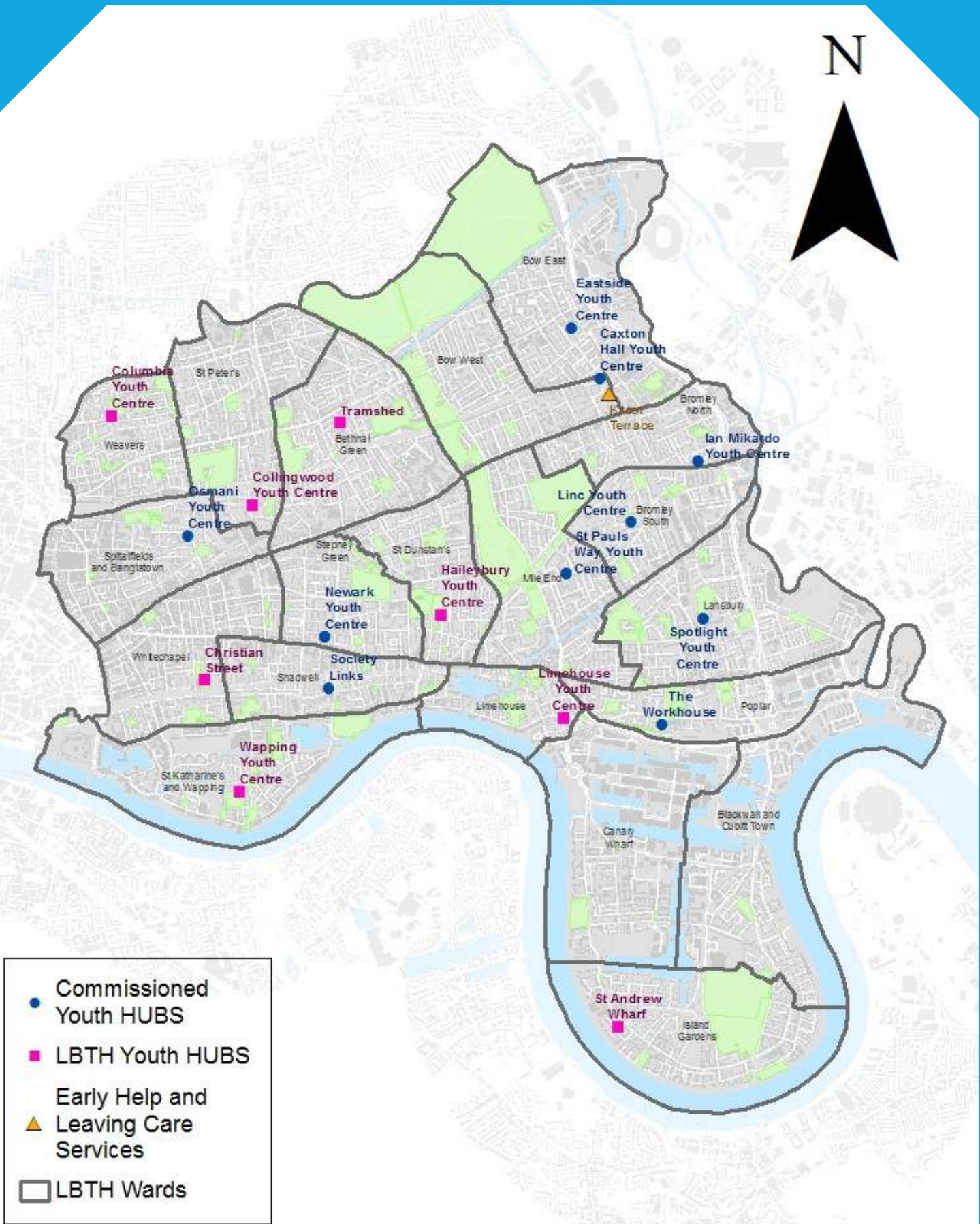
Opening times: Monday, Tuesday and Thursday, 7pm to 9pm

The Tower Projects Youth Groups provide an evening service for young people with disabilities ranging from autism, learning and physical disabilities.

Our members live in the London Borough of Tower Hamlets; they choose their own structured yet flexible programme of events that they would like to participate in, on and off site. We also engage our young people in various accredited courses, including the arts, design, music and film making.

45-55 White Horse Road
London E1 0ND
Tel: 020 7790 9085

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Tower Hamlets Youth Services

www.towerhamlets.gov.uk/youthservices