YOUTH SERVICE HOLIDAY AND SUMMER TERM PROGRAMME

May to August 2019

#THYOUTH
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For our full programme, visit www.towerhamlets.gov.uk/Youth
Educate. Empower. Elevate. This is my ethos and, as your Young Mayor, I am keen to make it ours!

Living in Tower Hamlets all my life, I am proud to have been elected as the Young Mayor for a borough filled with diversity, charisma and excitement. I greatly look forward to representing the views of young people over the next two years, so please do not hesitate to contact me directly via Instagram (@jaamisyed1) or e-mail (young.mayor@towerhamlets.gov.uk) regarding any issues!

Our youth service has a lot to offer and provides a variety of activities for young people; from female empowerment projects to physical activity and sports sessions, so be sure to not miss out! You may discover hidden talents and interests, as well as making new friends.

Please take advantage of what's on offer as these opportunities are unique to you as young people, and most importantly, are absolutely free to participate in!
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. The borough also has 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 youth offer

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

Agency
Build Your Own Future
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity Details</th>
</tr>
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</table>
| MON 27 | BANK HOLIDAY MONDAY  
ALL CENTRES CLOSED |
| TUE 28 | Stepney FC football training  
@ Haileybury  
Young Carers project @ Limehouse |
| WED 29 | Boxing and Fitness Club  
@ Columbia  
Landscape and Gardening  
@ Limehouse  
Road safety awareness workshop @ Wapping |
| THU 30 | Ramadan workshop and Iftar Gathering @ Haileybury  
Drugs and Alcohol Workshop @ Collingwood |
| FRI 31 | Pathway to Football at Ravenscroft Park Cage  
@ Columbia |

Contact details on back page to book
The Tower Hamlets **Youth Council** is a forum of young people that meets every week to talk 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.

To find out more about the Youth Council or about the Young Mayor team, 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** on 020 7364 4889 or at aksary.rahman@towerhamlets.gov.uk.

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**Youth voice and leadership**

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**Coming up this summer**

**CHILDREN IN CARE COUNCIL RECRUITMENT DAY**

Are you a looked after child or young person? Or are you a care leaver? Would you like to find out about how you could represent other looked after young people? Would you like to advocate on issues that affect you as a child in care and others who face the same challenges? Then why not come and find out more about the children in care council and what it does, on Thursday 25 July. Please contact Aksary at aksary.rahman@towerhamlets.gov.uk for details.

**INTERNATIONAL YOUTH DAY**

The theme of International Youth Day 2019 is “Transforming education” and it highlights efforts to make education more inclusive and accessible for all youth, including efforts by youth themselves.

Come and join our Young Mayors on 12 August when we will highlight and champion cultural and legal issues surrounding youth and how we can help to make a positive change for young people in the borough. To find out more email young.mayor@towerhamlets.gov.uk.
'A' Team Arts co-ordinates Youth Arts projects across the Borough.

Through theatre, fashion, textiles, design, and music, 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 and sometimes a much wider public.

Through our Arts Awards programme young people can gain transferable skills e.g. critical thinking, teamwork, communication, project planning and taking on leadership roles.

We provide FREE arts workshops for young people 12-19yrs, and up to 25 yrs with SEND who live, study or work in Tower Hamlets at the Brady Centre, 192-196 Hanbury Street, E1 5HU. Our regular sessions take place on Mondays, 5-9pm and our Music Academy is on Saturdays, 3-5pm.

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

THIS IS ‘A’ TEAM ARTS 40TH ANNIVERSARY YEAR – look out for signature events!

Key activities this summer

SUMMER ART AND DESIGN ACADEMY

A 4-week intensive Art and Design course incorporating Arts Awards. Includes trips and visits to art galleries.

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.

THE DREAM GARDEN

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!
haileybury youth hub

Ben Jonson Road, London E1 3NN

Facilities include:
* Sports Hall
* Fitness Gym/Studio
* Dance Studio
* IT Suite

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

Summer Term Activities

THE COLLECTIVE MUSIC PROJECT IN PARTNERSHIP WITH YOUPRESS

This is a unique programme which is designed to support aspiring musicians to develop their talents and to produce socially conscious music. The aim of the project is to help young people to find their artistic style and voice, enhance their musical understanding, and build their confidence, through accredited musical activities.

GIRLS HOCKEY

Come and join our girls hockey sessions on Tuesday afternoons to learn new skills and be part of a team! Sessions are run by a qualified coach and are for players of all abilities.

OPEN MONDAY TO FRIDAY 3.30-9PM

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

#thyouth
Summer Term Activities

DUKE OF EDINBURGH FOR GIRLS AND YOUNG WOMEN

Come and gain your DofE qualification in four key areas: volunteering, physical, skills and expedition. Come and get involved. Open up your world to new interests, talents, friends and fun!

PATHWAY TO FOOTBALL

This project will not only encourage young people to lead a healthier lifestyle, but also to develop their physical and technical skills. Young people take part in an inter-club tournament and be referred to local amateur football clubs.

JUNIOR CHEF

Participants will be taught different cooking techniques and basic recipes that they will be able to try at home.

Activities include:
* Football, table-tennis, youth forum and more

Facilities include:
* Large Hall
* Kitchen
Summer Term Activities

**BOXING INTERVENTION PROJECT**

This project will teach young people about strength and stamina through boxing. Participants will develop boxing technical skills and learn about the benefits of the sport.

Sessions will include an introduction to boxing techniques, boxing footwork and defense, tactical training, combination and pad work, as well as nutrition and recovery.

**GIRLS AND YOUNG WOMEN’S PROJECT**

The aim of this project is to increase the engagement of girls and young women in creative activities of their choice.

Young women will take part in a range of activities including an indoor ski trip, beauty workshops, food and hygiene workshops, and much more.

**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

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

**COOKING FOR LIFE**

This project will encourage basic healthy cooking among young people and enable them to prepare simple, healthy and tasty meals that can be recreated at home. Participants will create their own recipe booklet at the end of the project which will be shared with others.

**FOOTBALL FITNESS PROJECT**

Using football as the tool, this project will support young people to lead a healthier lifestyle and to develop a variety of life skills through sport.

**TABLE TENNIS ACADEMY**

Whether you are an ace with a table tennis racket or a complete novice, why not come and develop your skills and technique in an accredited six-week programme.

Activities include:
- Cooking, Study Club, football, CV building, health and wellbeing workshops, and more

Facilities include:
- Games Area
- Outdoor Sports Cage

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

OPEN MONDAY TO FRIDAY 3.30-9PM

30 Challoner Walk, London E11AZ
Summer Term Activities

CITIZENSHIP PROJECT FOR ESOL STUDENTS

Young people will be trained to deliver peer support to new arrivals to the country by helping them to acclimatise to the local area and to access support services. Using a buddy system approach, members will help the new arrivals to gain a better understanding of the local environment and will welcome them to the borough during activities.

STREET ART/GRAFFITI

Using street art and graffiti, young people will develop their artistic skills in this area and the project allow them to depict their world and surroundings in an original and creative format.

T-SHIRT PRINTING

Do you have a passion for fashion and design? Would you like to see your creations come to life? Then come and design your own t-shirts by trying innovative and creative hand and digital techniques.
Summer Term Activities

BOXING LEADERSHIP PROGRAMME

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 and stamina.

FOOTBALL DEVELOPMENT PROJECT

Not only will young people develop their technical football skills, but they will also have the opportunity to gain qualifications such as FA level 1 coaching and refereeing courses and to join local football teams where they can take part in competitive leagues.

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

Facilities include:
* Activities and Games Hall

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

Summer Term Activities

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

Tramshed Youth Hub
Digby Street, London E2 0LS
Summer Term Activities

**MUSIC PRODUCTION WITH A-TEAM ARTS**

Come and learn how to write your own lyrics and make your own beats. Tuesdays, 6-8pm

**GIRLS’ EMPOWERMENT 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

Activities include:
* Football, girls group, and more

Facilities include:
* Small Kitchen
* IT Room/ Games Area
* Outdoor space
* Sports Cage

Contact:
Azim
0207 364 6387
abdul.azim@towerhamlets.gov.uk
**Summer Term Activities**

**GIRLS DEVELOPMENT AND WELLBEING PROJECT**

The objective of this project is to support existing and new members to the club through a bespoke programme of activities that will engage, consult, encourage and empower them. Activities include trips, health and wellbeing sessions, healthy eating and fashion and design.

**LANDSCAPING & GARDENING PROJECT**

Young people will be taught to apply landscaping and gardening skills to outdoor spaces around the centre through the introduction of flower beds, seasonal plants and fruit and vegetable patches.

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

Contact: Azim
0207 364 6387
abdul.azim@towerhamlets.gov.uk

Limehouse Youth Hub
Limehouse Causeway, London E14 8BN
Summer holidays - Week 1

Thursday 25 July to Friday 26 July 2019

THU 25
Boxing & Fitness Club for 11-16 yr olds @ Collingwood
Healthy relationships workshop in partnership with Safe East @ Limehouse
Homeless support in the community @ St Andrew’s Wharf

FRI 26
Climbing wall with Urban Adventure Base @ Limehouse

+ multi-activities in all centres throughout summer holidays

Contact details on back page to book
Summer holidays - Week 2

THURSDAY 29 JULY TO FRIDAY 2 AUGUST 2019

MON 29
- Music production @ Limehouse
- Community Sports Leadership Awards (5-day) @ Tramshed

TUE 30
- Drop the knife, choose life’ @ Collingwood

WED 31
- Top Golf trip @ Christian Street
- 'Drop the knife, choose life’ @ Collingwood
- Youth Forum @ St Andrew’s Wharf
- Lee Valley Water Sports @ Christian Street
- Community fun day @ Haileybury
- Speakers Trust workshop @ Columbia
- Youth Forum @ Limehouse

THU 1

FRI 2
- Cinema trip @ Christian Street
- Indoor rock climbing @ Columbia

+ multi-activities in all centres throughout summer holidays

Contact details on back page to book
### Summer holidays - Week 3

#### MONDAY 5 AUGUST TO FRIDAY 9 AUGUST 2019

**MON 5**
- Trip to Escape Room @ Christian Street
- Knife crime workshop @ Wapping

**TUE 6**
- Trip to Cardrome @ Christian Street
- Ten-pin bowling @ Wapping
- White water rafting @ Tramshed
- Gardening project @ Columbia

**WED 7**
- Go-karting trip @ Columbia
- Kingswood residential @ Collingwood, in partnership with Newark DofE group (TBC)
- London Thames Cruise trip @ Tramshed

**THU 8**
- Trip to Harry Potter Museum @ Christian Street
- Water sports at Shadwell Basin @ Wapping
- Horse-riding @ Tramshed
- White water adventures @ Haileybury

**FRI 9**
- Youth Forum @ Limehouse
- Urban Adventure Club @ Columbia

+ multi-activities in all centres throughout summer holidays

Contact details on back page to book
**Summer holidays - Week 4**

**MONDAY 12 AUGUST TO FRIDAY 16 AUGUST 2019**

**MON 12**
- Money management workshop @ Wapping
- Dishes from around the World (all week) @ Haileybury
- International Youth Day event @ Tramshed

**TUE 13**
- Bowling trip @ Christian Street
- Cinema trip @ Wapping
- Football zorbing @ Tramshed
- Boxing & Fitness in the park @ Columbia

**WED 14**
- Community fun day @ Tramshed
- Trip to Margate @ Limehouse

**THU 15**
- Water sports at Shadwell Basin @ Wapping
- Southend day trip @ Tramshed
- Better Extreme (Barking) @ Haileybury

**FRI 16**
- Ice-skating trip @ Columbia

+ multi-activities in all centres throughout summer holidays

Contact details on back page to book
### Summer holidays - Week 5

**MONDAY 19 AUGUST TO FRIDAY 23 AUGUST 2019**

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<thead>
<tr>
<th>MON 19</th>
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<tbody>
<tr>
<td>Go-karting @ Christian Street</td>
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<tr>
<td>T-shirt printing @ Wapping</td>
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<tr>
<td>Ashcombe Valley residential (4-day) @ Tramshed</td>
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<tr>
<td>Workshop on gang violence @ Columbia</td>
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<table>
<thead>
<tr>
<th>TUE 20</th>
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<tbody>
<tr>
<td>T-shirt printing @ Wapping</td>
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<tr>
<td>Residential @ Tramshed</td>
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<table>
<thead>
<tr>
<th>WED 21</th>
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</thead>
<tbody>
<tr>
<td>Football tournament @ Christian Street</td>
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<tr>
<td>Residential @ Tramshed</td>
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<tr>
<td>Trip to live music event @ St Andrew’s Wharf</td>
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<th>THU 22</th>
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<tbody>
<tr>
<td>Go Ape trip @ Christian Street</td>
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<tr>
<td>T-shirt printing @ Wapping</td>
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<tr>
<td>Residential @ Tramshed</td>
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<tr>
<td>Go-karting trip @ Haileybury</td>
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<tr>
<td>Trip to Chessington World of Adventures @ Collingwood</td>
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<th>FRI 23</th>
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<tbody>
<tr>
<td>T-shirt printing @ Wapping</td>
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<tr>
<td>Trip to theme park @ Columbia</td>
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*Contact details on back page to book*
# Summer holidays - Week 6

**MONDAY 26 AUGUST TO FRIDAY 30 AUGUST 2019**

**MON 26**  
**BANK HOLIDAY MONDAY**  
**ALL CENTRES CLOSED**

**TUE 27**  
Trip to Top Golf @ Christian Street  
Visit to Harry Potter Museum @ Wapping

**WED 28**  
Trip to Cardrome @ Christian Street  
Visit to Stubbers @ Wapping  
Trip to Escape Room @ Columbia  
Trip to AirKicks @ Limehouse

**THU 29**  
Go-karting trip @ Christian Street  
Go Ape trip @ Wapping

**FRI 30**  
Youth Forum @ Limehouse  
Gardening project @ Columbia  
Duke of Edinburgh Awards @ Limehouse

Contact details on back page to book
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 Pernell 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 lifestyle 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
Youth Hubs Opening Times

Columbia Youth Hub
27 Columbia Road
E2 7QB
3.30-5pm Mon-Fri

Collingwood Youth Hub
15 Collingwood Street
E1 5RB
3.30-9pm Mon-Fri

Tramshed Youth Hub
Digby Street
E2 0LS
3.30-9pm Mon-Fri

Christian Street Youth Hub
30 Challoner Walk
E1 1AZ
3.30-9pm Mon-Fri

Haileybury Youth Hub
Ben Jonson Street
E1 3NN
6-9pm Tue & Thu

Call 0207 364 1598 for more info

Wapping Youth Hub
Tench Street
E1W 2QD
5.45-9pm Mon-Fri

3.30-6pm Mon
3.30-9pm Tue, Wed & Fri
3.30-5.30pm Thu

St Andrew's Wharf Youth Hub
Mast House Terrace
E14 3RW
3.30-9pm Mon-Fri

Limehouse Youth Hub
Limehouse Causeway
E14 8BN
3.30-9pm Mon-Fri

www.towerhamlets.gov.uk/Youth