

YOUTH SERVICE HOLIDAY AND **SUMMER TERM** PROGRAMME

May to August 2019



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

young mayor's foreword

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!

> Jaami Barry, 2019 Young Mayor of 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. 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 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

What's On - May Half Term

Monday 27 May to Friday 31 May 2019



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.

youth voice and leadership

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!

our arts offer

haileybury youth hub

OPEN MONDAY TO FRIDAY 3.30-9PM

Ben Jonson Road, London El 3NN



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. **Facilities include:**

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

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

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



OPEN TUESDAY, WEDNESDAY & THURSDAY 6-9PM

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

#thyouth

OPEN MONDAY TO FRIDAY 3.30-9PM

columbia youth hub

27 Columbia Road, London E2 7QB

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

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

OPEN MONDAY TO FRIDAY 3.30-9PM

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

christian street youth hub 30 Challoner Walk, London El 1AZ



#thyouth

wapping youth hub

Tench Street, London E1W 2QD

OPEN MONDAY TO FRIDAY 3.30-9PM

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

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

Facilities include:

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

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. s

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.

FRIDAY 3.30-9PM Contact: Zuber 0207 364 6113

OPEN

MONDAY

TO

zuber.ahmed@ towerhamlets. gov.uk

> Facilities include: * Activities and Games Hall

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

tramshed youthhub Digby Street, London E2 OLS

OPEN MON 3.30-6PM, TUE, WED & FRI 3.30-9PM, THU 3.30-5.30PM

st andrew's wharf youth hub

Mast House Terrace, London E14 3RW



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 selfconfidence. 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 fashin 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



limehouse youth hub

Limehouse Causeway, London E14 8BN

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

OPEN MONDAY TO FRIDAY 3.30-9PM

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Thursday 25 July to Friday 26 July 2019

Boxing & Fitness Club for 11-16 yr olds @ **THU 25** Collingwood Healthy relationships workshop in partnership with Safe East @ Limehouse Homeless support in the community @ St Andrew's Wharf **Climbing wall with Urban FRI 26** Adventure Base @ Limehouse + multiactivities in all centres throughout summer holidays

THURSDAY 29 JULY TO FRIDAY 2 AUGUST 2019

MON 29

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



TUE 30

Drop the knife, choose life'

@ Collingwood

Top Golf trip @ Christian Street 'Drop the knife, choose life' @ Collingwood Youth Forum @ St Andrew's Wharf + multiactivities in all centres throughout summer holidays

THU 1

WED 31

Lee Valley Water Sports @ Christian Street Community fun day @ Haileybury Speakers Trust workshop @ Columbia Youth Forum @ Limehouse

Cinema trip @ Christian Street Indoor rock climbing @ Columbia

MONDAY 5 AUGUST TO FRIDAY 9 AUGUST 2019

MON 5

V

1CE

Trip to Escape Room @ Christian Street Knife crime workshop @ Wapping



Trip to Cardrome @ Christian Street Ten-pin bowling @ Wapping White water rafting @ Tramshed Gardening project @ Columbia + multiactivities in all centres throughout summer holidays



- 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

MONDAY 12 AUGUST TO FRIDAY 16 AUGUST 2019



MONDAY 19 AUGUST TO FRIDAY 23 AUGUST 2019



MONDAY 26 AUGUST TO FRIDAY 30 AUGUST 2019



Our Extended Youth Offer

Osmani Youth Centre 58 Underwood Road London E1 5AW 0207 247 8080

Newark Youth Centre Exmouth Community Hall, Cornwood Drive London E1 OPW 0207 392 2121

Society Links Youth Centre 80 John Fisher Street London E1 8JX 0207 702 0901

Eastside Youth Centre 6 Pernell Road London E3 2RB 0203 011 1333 Open: Monday, 6-9pm Tuesday, 4-7pm Thursday, 6-9pm Friday, 6-9pm Saturday, 1-4pm

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)

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

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 chillout 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

Ian Mikardo Youth Centre 60 William Guy Gardens London E3 3LF 0203 011 1333

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

Caxton Hall Youth Centre Malmesbury Road

London E3 2EE 07960 259 259

Spotlight Youth Centre

30 Hay Currie Street London E14 6GB 0203 011 1333

The Workhouse Youth Centre 116 Poplar High Street London E14 0AF 0203 011 1333

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

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

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

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

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

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

Step Forward – LGBTQ+ Offer

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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

