



SUMMER OF FUN 2022

CHILDREN AND FAMILY
CENTRES, AND YOUNG PEOPLE
SUMMER ACTIVITIES



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WELCOME

Are you ready for a Sizzlin' Summer of learning and fun?

This summer, I'm looking forward to catching up with friends and family. That is why I am very excited about our summer activities for children, families, and young people.

The council has been working with our Children and Family Centres, and our youth partners to put together lots of exciting activities taking place across our borough this summer holiday.

Our Children and Family Centres will be open throughout the summer holidays, offering a range of activities for children and families, including themed play sessions to help give your child the skills to make sure they are ready to start school in September.

Our youth activities include everything from DJ masterclasses to drama and theatre productions; sports and fitness sessions to employability workshops; arts and crafts workshops to First Aid training, there are activities on offer for everyone.

What's even better? Our activities are all FREE to access.

Our families and young people are our greatest asset, and we want to make sure that you all have a great summer.

So have a look at our guide full of activities for families and young people and make the most out of your summer holiday.



Susannah Beasley-Murray
Director of Supporting Families



CHILDREN AND FAMILY CENTRES

Children and Family Centres aim to improve outcomes for all children, young people and their families. They provide access to a range of universal and targeted services, support with any concerns and play a major part in early identification and early intervention.

What are our aims?

- To support parents in their role as the first educator.
- To empower families to access a wide range of care, play and support services.
- To be a centre for joined-up services with partners.

What are our priorities?

- Health and wellbeing.
- Childcare and employment.
- Parenting confidence and capacity.
- Child development and school readiness.



SCHOOL READINESS PROGRAMME

Children need skills to make sure they are ready when they start school. The skills a child will need are:

- Being able to put on their coat.
- Go to the toilet independently.
- Be able to focus.
- To feel confident to make friends.
- To explore and learn new things.
- Be able to talk to adults and show how they feel.

Children need to have good routines, have a healthy diet, and get enough sleep. This lets them make use of this new stage in their life.

Our Children and Family Centres have a rolling programme of themed play sessions to help give your child the skills to make sure they are ready to start school:

- Toilet training: top tips to help with teaching your child to use the toilet on their own.
- Healthy lifestyle: tips for a healthy diet and everyday life.
- Sleep and routines: making sure they get a good night's sleep, having routines and managing limits.
- Learning through play: the importance of playing to help children learn and grow.

BIRTH TO 19 SUPPORT OFFER

We provide services that can be easily accessed by the whole family to help them to do well and stay safe. We want to help children and families resolve challenges at the earliest possible opportunity before they become more serious.

We work closely with many different agencies to improve the health and wellbeing of all children and young people from birth-19 years (or 0-25 for those with special educational needs and disabilities), and their families.

Want more information?

Speak to a support worker today or call the Early Help Hub on **020 7364 5006** (option 2)

ADULT LEARNING & PARENTING

The Parenting and Adult Education teams work is to coordinate courses, programmes and employment pathways for families with children birth – 19 years old. Their focus offer is on enabling Early Steps into Parenting and Education which includes access to free vocational training, educational courses and employment support through information advice and guidance. These are all free to attend

if you meet the eligibility criteria. Full details on what is available can be found in our Directory.

EMAIL: PAE@towerhamlets.gov.uk

WEB: www.towerhamlets.gov.uk/parenteducation

WORKPATH

Whether you need basic skills or advanced training; access to work experience, apprenticeships or graduate schemes; CV help, interview preparation and more, our employment support can help.

NORTH WEST

Shamina Khanum

EMAIL: shamina.khanum@towerhamlets.gov.uk

MOBILE: 07904 586 632

SOUTH EAST

Mohammed Ahad

EMAIL: mohammed.ahadx@towerhamlets.gov.uk

MOBILE: 07716 700 383

NORTH EAST

Suhel Ahmed

EMAIL: suhel.ahmed@towerhamlets.gov.uk

MOBILE: 07904 160 028

SOUTH WEST

Rusunara Begum

EMAIL: rusunara.begum@towerhamlets.gov.uk

MOBILE: 07904 158 667

NORTH EAST LOCALITY

MONDAY

9am-4.30pm

Health Visitor Clinic **U** ☒
Olga

9am-5pm

Health Visitor Clinic **U** ☒
Mile End, Overland

Parent and Child
Programme ☒
Mile End

Midwife Clinic –
Community Midwife
Team **U** ☒
Overland

Supporting Families
Employment Advisors
U ☒
Marner

10-11.30am

Communication Stay and
Play **U**
Mile End, Overland

1.30-3pm

Active Stay and Play **U**
Marner

TUESDAY

9am-4.30pm

Health Visitor Clinic **U** ☒
Olga

9am-5pm

Health Visitor Clinic **U** ☒
Mile End, Overland,
Marner

Parent and Child
Programme ☒
Mile End

10-11.30am

Early Learning for 2 year
olds School Readiness **U**
18 months+
Overland

Communication Stay and
Play **U**
Marner

11am-3pm

Play in the Park – Mile
End Play Pavilion **U**
(0-15 years) Gardening
Mile End

1-4.30pm

Speech and Language
Therapy ☒
Olga

1.30-3pm

Play Plus ☒
Overland

WEDNESDAY

9am-5pm

Health Visitor Clinic **U** ☒
Mile End, Overland,
Marner

Midwife Clinic –
Community Midwife
Team **U** ☒
Mile End

Parent and Child
Programme ☒
Mile End

Supporting Families
Employment Advisors
U ☒
Overland

Midwife Clinic – Gateway
Midwife Team ☒
Overland

10-11.30am

Active Stay and Play **U**
Mile End, Overland

Active Stay and Play for
babies including starting
solids **U**
Babies under 12 months
Marner

1-4.30pm

Speech and Language
Therapy ☒
Olga

1.30-5pm

Speech and Language
Therapy ☒
Mile End

11am-3pm

Events –3 August **U**
Mile End

*Mile End Pavilion
North East Locality
Free day of activities for all
children.*



CHILDREN AND FAMILY CENTRE ACTIVITIES

Summer Holidays Timetable Monday 25th July—Friday 2nd September 2022

THURSDAY
9am-4.30pm Health Visitor Clinic U ✉ Olga
9am-5pm Health Visitor Clinic U ✉ Mile End, Overland, Marner
Midwife Clinic – Community Midwife Team U ✉ Mile End, Overland
Supporting Families Employment Advisors U 📞 Mile End
Parent and Child programme ✉ Mile End
10-11.30am Active Stay and Play U Olga
11am-3pm Play in the Park – Mile End Play Pavilion U <i>(0-15 years)</i> <i>Nature walk 11am -</i> <i>12.30pm and 1.30-3pm</i> Mile End
2-3.30pm Early Learning for 2 year olds School Readiness U Marner

FRIDAY
9am-4.30pm Health Visitor Clinic U ✉ Olga
9am-5pm Health Visitor Clinic U ✉ Mile End, Overland
Parent and Child programme ✉ Mile End
9am-12noon Speech and Language Therapy ☹ Mile End
10-11.30am Active Stay and Play for babies including starting solids U <i>Babies under 12 months</i> Overland
12noon-3pm Play in the park – Mile End Play Pavilion U <i>(0-15 years) Fun with Food</i> Mile End
12noon-4.30pm Health Visitor Clinic U ✉ Marner
12.30-2pm Baby Feeding Service drop-in U <i>Tel: 07785 925 981/</i> <i>020 3594 2591</i> Overland
2-3.30pm Play Plus ✉ Marner

CENTRES
Mile End 9 Bede Square, Joseph Street, E3 4GY T: 020 7364 7557
Mile End Pavilion 106 Locksley Street, E14 7EJ
Overland 60 Parnell Road, E3 2RU T: 020 7364 1925
Marner Devas Street, E3 3LL T: 020 7364 3534
Olga Centre 25 Medway Road, E3 5DS T: 020 7364 3100

KEY
U Universal
☹ By appointment only
📞 Call to book
📅 Term time only
✉ By invite only
🍼 Crèche available
🖥 Virtual session

NORTH WEST LOCALITY

MONDAY

9am-5pm

Midwife Clinic –
Community Midwife
Team U

Babies under 12 months
Meath Gardens, Mowlem

9.30am-3pm

Baby Feeding Service U

Babies under 12 months

Meath Gardens

10-11.30am

My Time U

Collingwood

10-11.30am

Active Stay and Play U

(0-11)

Meath Gardens

10-12noon

Active Stay and Play U

25 July, 1, 8 and 15 August

St Hilda's

1-4pm

Speech and Language
Therapy

Meath Gardens

1.30-3pm

Sensory Play for Babies

incl. starting solids U

Babies under 12 months

Mowlem

Early Learning for 2 year
olds School Readiness U

Collingwood

1.30-3.30pm

Melodies for Mums

Babies under 12 months

Collingwood

TUESDAY

9am-12noon

Healthy Child Clinic U

Mowlem

9am-5pm

Innovation Project U

Mowlem

9.30am-3pm

Midwife Clinic – Gateway

Midwife Team

Babies under 12 months

Meath Gardens,

Collingwood

10-11.30am

Early Learning for 2 year

olds School Readiness U

Meath Gardens

Active Stay and Play U

(0-11)

Mowlem

Communication Stay and

Play U

Collingwood

10am-12noon

Somali Cook and Play

Meath Gardens

1.30-3pm

Communication Stay and

Play U

Meath Gardens

Family Support Stay and

Play

Mowlem

1-4pm

Speech and Language

Therapy

Meath Gardens

1.45-3pm

Active Stay and Play

(0-11) U

Rich Mix

WEDNESDAY

9am-5pm

Innovation Project U

Meath Gardens, Mowlem

Healthy Child Clinic U

Meath Gardens, Mowlem

Midwife Clinic –

Community Midwife

Team

Babies under 12 months

Mowlem

Health Visitor Clinic U

Collingwood

10-11.30am

Sensory Play for Babies

incl. starting solids U

Babies under 12 months

Meath Gardens

Communication Stay and

Play U

Mowlem

Early Learning for 2 year

olds School Readiness U

Collingwood

10.30am-3pm

Trip – Spitalfields Farm U

Meath Gardens

*Meet at entrance of the
Farm at 10.30am or meet
at Meath Gardens CFC
at 9.50am to get the bus.
Don't forget your oyster
card and lunch.*

11am-3pm

Events – 17 August U

Meath Gardens

Meath Gardens

North West Locality

*Free day of activities for all
children.*

CHILDREN AND FAMILY CENTRE ACTIVITIES

Summer Holidays Timetable Monday 25th July—Friday 2nd September 2022

WEDNESDAY

12.30-2pm

Baby Feeding Service ☎

07961 609626

Collingwood

1-3pm

Active Stay and Play U

27 July, 3, 10 and 17 Aug

St Hilda's

1-3pm

Communication and
Language Home
Support ☒

Collingwood

THURSDAY

9am-12noon

Healthy Child Clinic U☎

Meath Gardens

9am-5pm

NHS Talking Therapies

Employment Service U☎

Mowlem

Healthy Child Clinic U☎

Collingwood

10-11am

Baby Massage including
starting solids U☎☎

Babies under 12 months

Not on 1 Sept

To book: Call 020 7364

0539 or ask for Faiza

Crorie.

10-11.30am

Sensory Play for Babies
incl. starting solids U

Babies under 12 months

Collingwood

THURSDAY

12.30-3.30pm

Welcome event –

1 September U

*Come and have fun, join
us as we show you all the
activities on offer*

Mowlem

1.30-3pm

Active Stay and Play U

(0-11 years)

No session 1 September

Meath Gardens

Early Learning for 2 year

olds School Readiness U

No session 1 September

Mowlem

Family Support Stay and

Play ☒

Collingwood

FRIDAY

9am-3pm

Midwife Clinic –

Community Midwife

Team U☒

Babies under 12 months

Meath Gardens

10am-2pm

Healthy Child Clinic U☎

Collingwood

9-5pm

Healthy Child Clinic U☎

Meath Gardens, Mowlem

10-11.30am

Communication Stay and

Play U

Meath Gardens

Active Stay and Play

(0-11) U

Mowlem

FRIDAY

10am-3pm

Trips – Spitalfields Farm

U

*Meet us at entrance of the
Farm at 10.30am or meet
us at Meath Gardens CFC
at 9.50am to get the bus.
Don't forget your oyster
card and your lunch.*

Meath Gardens

1.30-3pm

School Readiness Stay

and Play U

Meath Gardens

1.30-3pm

Communication Stay and

Play U

Collingwood

2-3pm

Early Learning for 2 year

olds School Readiness U

Mowlem

CENTRES

Meath Gardens

1 Smart Street, E2 0SN

T: 020 7364 0349

Mowlem

Wadeson Street, E2 9DL

T: 020 7364 7935

Collingwood

St Bartholomew Gardens,

Buckhurst Street, E1 5QT

T: 020 7364 0539

**St Hilda's Community
Centre**

18 Club Row, E2 7EY

Rich Mix

35-47 Bethnal Green

Road, E1 6LA

SOUTH EAST LOCALITY

MONDAY

9am-5pm

Health Visitor Clinic **U**⊙
Around Poplar, Chrisp
Street, Isle of Dogs

Speech and Language
Therapy **ⓧ**
Around Poplar, Isle of
Dogs

10-11.30am

Communication Stay and
Play **U**
Chrisp Street

1.30-3pm

Active Stay and Play **U**
Around Poplar

School Readiness Stay
and Play **U**
18 months-5 years
Isle of Dogs

TUESDAY

9am-5pm

Baby Feeding Service
U⊙
Chrisp Street

Midwife Clinic –
Community Midwife
Team **U**⊙
Isle of Dogs

10-11.30am

Bookstart Stay and
Play **U**
Around Poplar

School Readiness Stay
and Play **U**
Chrisp Street

1.30-2.30pm

Active Play for Babies **U**
Babies under 12 months
Isle of Dogs

WEDNESDAY

9am-5pm

Health Visitor Clinic **U**⊙
Around Poplar, Chrisp
Street, Isle of Dogs

10-11am

Play Plus **ⓧ**
Around Poplar, Chrisp
Street

10-11.30am

Active Stay and Play **U**
Isle of Dogs

11am-3pm

Play in the Park – Bartlett
Park **U**
Chrisp Street














Events – 27 July **U**








Isle of Dogs
Millwall Park
South East Locality
Free day of activities for all
children.



CHILDREN AND FAMILY CENTRE ACTIVITIES

Summer Holidays Timetable Monday 25th July—Friday 2nd September 2022

THURSDAY	FRIDAY	CENTRES
9am-5pm NHS Talking Therapies Employment Service  Around Poplar	9am-5pm Health Visitor Workshop  Around Poplar	Around Poplar 115 Three Colts Street, E14 8AP T: 020 7364 0540
Midwife Clinic – Gateway Midwife Team  Chrisp Street	10-11am Play Plus  Isle of Dogs	Chrisp Street Kerbey Street, E14 6AW T: 020 7364 2856
Speech and Language Therapy  Isle of Dogs	10-11.30am Active Stay and Play  Around Poplar	Isle of Dogs Millwall Park, Stebondale St, E14 3BX T: 020 7364 1179
10-11.30am Active Stay and Play  Chrisp Street	1.30-2.30pm Baby Massage  <i>Babies under 6 months</i> Isle of Dogs, Chrisp Street	
1.30-2.30pm Baby Massage  Around Poplar	1.30-3pm Sensory Play for Babies including Starting Solids  <i>Babies under 12 months</i> Chrisp Street	
1.30-3pm Early Learning for 2 year olds School Readiness  Around Poplar	1.30-3pm Communication Stay and Play  Isle of Dogs	
Bookstart Stay and Play  Isle of Dogs		

KEY
 Universal
 By appointment only
 Call to book
 Term time only
 By invite only
 Crèche available
 Virtual session



CHILDREN AND FAMILY CENTRE ACTIVITIES

SOUTH WEST LOCALITY

MONDAY

9am-1pm

Midwife Clinic – Gateway
Midwife Team **U**🕒
Wapping and Bigland

9am-4.30pm

Healthy Child Clinic **U**🕒
Ocean

9am-5pm

Midwife Clinic –
Community Midwife
Team **U**🕒
John Smith

Supporting Families
Employment Advisor **U**🕒
John Smith

9.30am-12noon

Ready Steady Go **U**📺
John Smith

10.30am-4.30pm

Play in the Park –
Whitehorse Adventure
Playground **U**
Ocean

*1st, 8th, 15th and 22nd
August*

10-11.30am

Active Stay and Play **U**
John Smith

Active Stay and Play **U**
25 July only
Wapping and Bigland

1.30-3pm

Parents Forum **U**📅
25 July
John Smith

Communication Stay and
Play **U**
Wapping and Bigland

TUESDAY

9am-4pm

Health Visitor Clinic **U**🕒
John Smith

9am-5pm

Midwife Clinic – Gateway
Midwife Team **U**🕒
John Smith

Health Visitor Clinic 🕒
John Smith

9.30am-4.30pm

Health Visitor Clinic **U**🕒
Ocean

10-11.30am

Communication Stay and
Play **U**
John Smith

Active Stay and Play **U**
**Wapping One O'clock
Club**

10am-12noon

Employment Support
Ukrainian Refugee
Families 📧
*5, 12, 19, 26th July and 2,
9, 16, 23, 30th August 2022.*
Ocean (Shadwell)

10.30am-4.30pm

Play in the Park –
Whitehorse Adventure
Playground **U**
Ocean

1.30-3pm

Play Plus 📧
Ocean

Baby Club including
Starting Solids **U**📅
Pre-birth to 12 months
Wapping and Bigland

TUESDAY

2-4pm

Drop-in Social Group
for Ukrainian Refugee
Families
*5, 12, 19, 26th July and 2, 9,
16, 23, 30th August 2022*
Ocean (Shadwell)

WEDNESDAY

9am-4pm

Health Visitor Clinic **U**🕒
John Smith

9am-4.30pm

Health Visitor Clinic **U**🕒
Ocean (Shadwell)

9am-5pm

Speech and Language
Therapy 🕒
John Smith

10-11.30am

Early Learning for 2 year
olds School Readiness **U**
From 3 August
John Smith

Invitation to Play
27 July only
John Smith

Sensory Play for Babies
including Starting
Solids **U**
Ocean

School Readiness Stay
and Play **U**
Wapping and Bigland

11am-3pm

Events – 10 August **U**
Ocean
*Whitehorse Park
South West Locality*

CHILDREN AND FAMILY CENTRE ACTIVITIES

Summer Holidays Timetable Monday 25th July—Friday 2nd September 2022

WEDNESDAY

Free day of activities for all children

1-2.30pm

Young Parents Group ☒

John Smith

1-4pm

Health Visitor Clinic **U**

Wapping and Bigland

THURSDAY

9am-4pm

Health Visitor Clinic **U**⊖

John Smith, Wapping and Bigland

Midwife Clinic –
Community Midwife
Team **U**⊖

Wapping and Bigland

9am-4.30pm

Health Visitor Clinic **U**⊖

Ocean (Shadwell)

9am-5pm

Newborn Hearing Clinic
U⊖

John Smith

NHS Talking Therapies
Employment Service ⊖

Ocean

10-11.30am

Invitation to Play Plus ☒

John Smith

Baby Feeding Drop-in ☒

Ocean (Shadwell)

Active Stay and Play **U**

Wapping One O'clock Club

THURSDAY

10.30am-4.30pm

Play in the Park –
Whitehorse Adventure
Playground **U**

Ocean

12noon-3.30pm

Baby Feeding Drop-in **U**

Ocean (Shadwell)

1.30-3pm

Communication Stay and
Play **U**

John Smith

My Time 1-2-1 Support **U**

Wapping and Bigland

FRIDAY

9am-5pm

Midwife Clinic –
Community Midwife
Team **U**⊖

John Smith

Speech and Language
Therapy ⊖

John Smith

Health Visitor Clinic **U**⊖

John Smith

9.30am-1pm

Health Visitor Clinic **U**⊖

Ocean

9.30am-4.30pm

Health Visitor Clinic **U**⊖

Ocean (Shadwell)

FRIDAY

10-11.30am

Sensory Play for Babies
including Starting Solids
U

John Smith

Communication Stay and
Play **U**

Wapping and Bigland

10.30am-4.30pm

Play in the Park –
Whitehorse Adventure
Playground **U**

Ocean

1.30-3pm

My Time 1-2-1 Support **U**

John Smith

Early Learning for 2 year
olds School Readiness **U**

Wapping and Bigland

CENTRES

John Smith

90 Stepney Way, E1 2EN

T: 020 7364 0537

Ocean

Whitehorse Road, E1 0ND

T: 020 7364 6605

Ocean (Shadwell)

418 Cable Street, E1 0AF

T: 020 7364 1836

Wapping and Bigland

15 Richard Street, E1 2JP

T: 020 7364 0423/6004

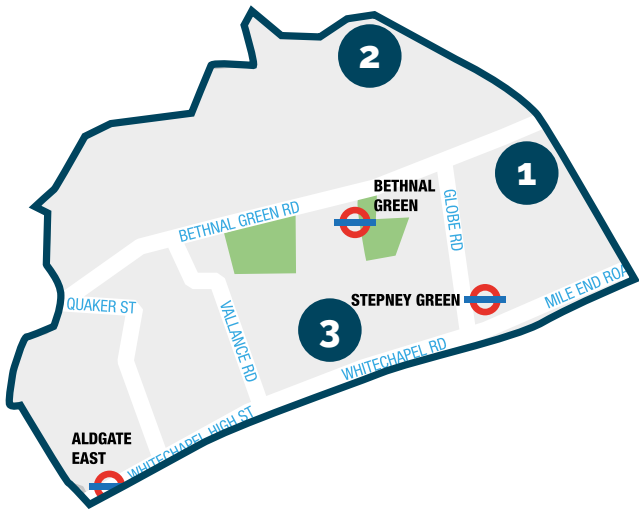
Wapping One O'clock Club

Wapping Gardens, off
Tench Street, E1W 2QD

CHILDREN AND FAMILY CENTRE ACTIVITIES

NORTH WEST LOCALITY

- 1 Meath Gardens**
1 Smart Street, E2 0SN
- 2 Mowlem**
Wadeson Street, E2 9DL
- 3 Collingwood**
St Bartholomew Gardens,
Buckhurst Street, E1 5QT



NORTH EAST LOCALITY

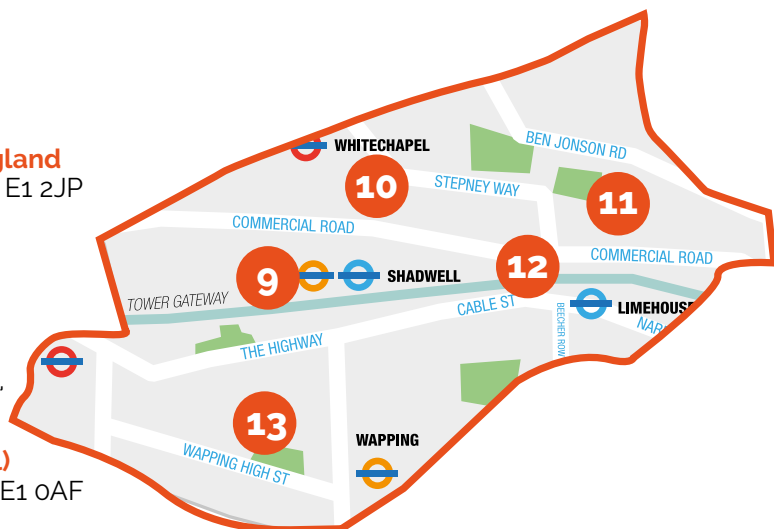
- 4 Overland**
60 Parnell Road, E3 2RU
- 5 Marner**
Devas Street, E3 3LL
- 6 Mile End**
9 Bede Square, Joseph Street, E3 4GY
- 7 Olga Centre**
25 Medway Road, E3 5DS
- 8 Mile End Pavilion**
106 Locksley Street, E14 7EJ



CHILDREN AND FAMILY CENTRE ACTIVITIES

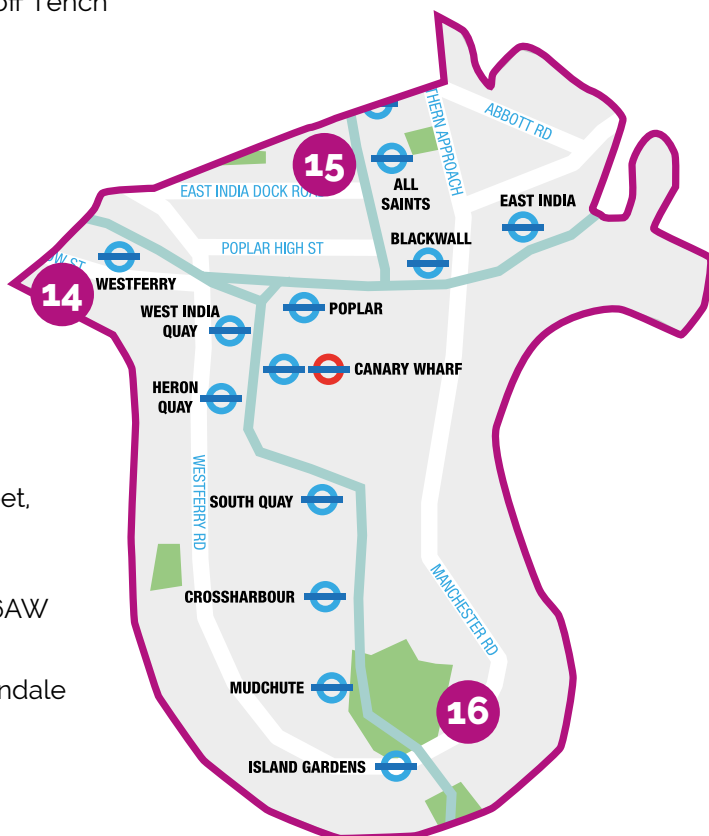
SOUTH WEST LOCALITY

- 9 Wapping and Bigland**
15 Richard Street, E1 2JP
- 10 John Smith**
90 Stepney Way,
E1 2EN
- 11 Ocean**
Whitehorse Road,
E1 0ND
- 12 Ocean (Shadwell)**
418 Cable Street, E1 0AF
- 13 Wapping One O'Clock Club**
Wapping Gardens, off Tench
Street, E1W 2QD



SOUTH EAST LOCALITY

- 14 Around Poplar**
115 Three Colts Street,
E14 8AP
- 15 Chrisp Street**
Kerbey Street, E14 6AW
- 16 Isle of Dogs**
Millwall Park, Stebondale
St, E14 3BX



YOUNG PEOPLE'S SERVICE

Our Young People's Service (formally Youth Service) works with children, young people, and families to secure educational and recreational leisure-time activities. This aims to improve young people's well-being and their personal and social development.

Along with our youth partners, we have put together an exciting range of activities to keep you busy during the summer holidays.

Note: Activity schedule may be subject to change. Please call in advance to confirm.

www.towerhamlets.gov.uk/youngpeople

STREETS OF GROWTH

Employability and lifestyle workshop

AGES: 14-25

1, 8, 15 and 29 July 2022

5, 12, 19 and 26 August 2022

3-5pm

Isle of Dogs Children and Family Centre,
Millwall Park, Stebondale St, E14 3BX

7 and 14 July and 11 August 2022

3-5pm

Tarling East Community Centre,
63 Martha St, E1 2PA

DESCRIPTION: Drop-in sessions covering job and training applications, CV and



interview preparations, homework support, 1:1 lifestyle coaching and more.

CONTACT:

Emdadur Rahman

T: 07425 402 931

E: emdadur@streetsofgrowth.org

Craft and connect

AGES: 18+

5, 26 July

2, 9, 16, 23 and 30 August 2022

9.30am-12.30pm

1 Rushmead, Bethnal Green, E2 6NE

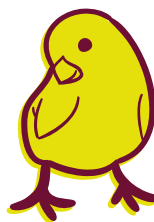
DESCRIPTION: Sewing and embroidery fabric printing, thaal making, mendhi and more.

CONTACT:

Eleanor Tull

T: 07388 996 824

E: eleanor@streetsofgrowth.org



Art therapy

AGES: 14-25

7 July 2022

4-6pm

28 July 2022

4-5pm

1 Rushmead, Bethnal Green, E2 6NE

12 and 19 August 2022

3-5pm

Isle of Dogs Children and Family Centre,
Millwall Park, Stebondale St, E14 3BX

DESCRIPTION: Painting and drawing session
using images to explore self-identity.

CONTACT:

Eleanor Tull

T: 07388 996 824

E: eleanor@streetsofgrowth.org

Nail art

AGES: 14-25

26 July and 2 August 2022

2-4pm

1 Rushmead, Bethnal Green, E2 6NE

DESCRIPTION: Learn different nail design
skills.

CONTACT:

Eleanor Tull

T: 07388 996 824

E: eleanor@streetsofgrowth.org

Fashion and textiles

AGES: 14-25

27 July 2022

2-5.30pm

10 and 17 August 2022

2-5pm

John Smith Children and Family Centre,
90 Stepney Way, E1 2EN

28 July, 4, 11 and 18 August 2022

2-5pm

Isle of Dogs Children and Family Centre,
Millwall Park, Stebondale St, E14 3BX

DESCRIPTION: Learn different textile design
techniques including sewing, vinyl
printing and embroidery.

CONTACT:

Eleanor Tull

T: 07388 996 824

E: eleanor@streetsofgrowth.org

Woodwork furniture designs

AGES: 14-25

27 July, 17 August 2022

2-5.30pm

John Smith Children and Family Centre,
90 Stepney Way, E1 2EN

27 July, 4 and 18 August 2022

2-5pm

Isle of Dogs Children and Family Centre,
Millwall Park, Stebondale St, E14 3BX

DESCRIPTION: Make stools and learn
pyrography – decorate wood with burn
marks.

CONTACT:

Eleanor Tull

T: 07388 996 824

E: eleanor@streetsofgrowth.org

Mediorite filming/photography

AGES: 14-25

28 July, 11 and 16 August 2022

2-5pm

Isle of Dogs Children and Family Centre,
Millwall Park, Stebondale St, E14 3BX

28 July and 2 August 2022

2-5pm

1 Rushmead, Bethnal Green, E2 6NE

DESCRIPTION: Create a mini documentary
about the Streets of Growth summer
programme – learn to edit film and
photography.

CONTACT:

Eleanor Tull

T: 07388 996 824

E: eleanor@streetsofgrowth.org

YOUNG PEOPLE ACTIVITIES

Heat press vinyl fashion design

AGES: 14-25

3 August 2022

John Smith Children and Family Centre,
90 Stepney Way, E1 2EN

28 July and 2 August 2022

2-5pm

1 Rushmead, Bethnal Green, E2 6NE

DESCRIPTION: Learn how to use vinyl heat press to design t-shirt/jumpers.

CONTACT:

Eleanor Tull

T: 07388 996 824

E: eleanor@streetsofgrowth.org

Mothers and daughters workshop

AGES: All ages

9 August 2022

2-4pm

John Smith Children and Family Centre,
90 Stepney Way, E1 2EN

28 July, 2 and 16 August 2022

2-5pm

1 Rushmead, Bethnal Green, E2 6NE

DESCRIPTION: Learn different textile design techniques including sewing, vinyl printing, embroidery. **MOTHERS AND DAUGHTERS ONLY**

CONTACT:

Eleanor Tull

T: 07388 996 824

E: eleanor@streetsofgrowth.org

Exhibition The Manor Bethnal Green

AGES: 14-25

23 August 2022

2-4pm

1 Rushmead, Bethnal Green, E2 6NE

DESCRIPTION: Come along to an exhibition showcasing work completed over the summer in The Manor Bethnal Green.

CONTACT:

Eleanor Tull

T: 07388 996 824

E: eleanor@streetsofgrowth.org

Exhibition Stepney Green

AGES: 14-25

24 August 2022

2-5pm

John Smith Children and Family Centre,
90 Stepney Way, E1 2EN

DESCRIPTION: Come along to an exhibition showcasing work completed over the summer in Stepney Green.

CONTACT:

Eleanor Tull

T: 07388 996 824

E: eleanor@streetsofgrowth.org

Exhibition Isle of Dogs

AGES: 14-25

25 August 2022

2-5pm

Isle of Dogs Children and Family Centre,
Millwall Park, Stebondale St, E14 3BX

DESCRIPTION: Come along to an exhibition showcasing work completed over the summer in Isle of Dogs.

CONTACT:

Eleanor Tull

T: 07388 996 824

E: eleanor@streetsofgrowth.org





HALF MOON

Next Steps

AGES: Only open to current Year 6 pupils moving to Year 7 in September 2022.

Monday-Friday

1-5, 8-12 or 15-19 August 2022

9.15am-12.15pm or 12.45-3.45pm

Half Moon Theatre, 43 White Horse Road, E1 0ND

DESCRIPTION: Week-long summer school for Year 6s to explore secondary school transition. Booking required.

CONTACT:

T: 020 7709 8905

E: jen@halfmoon.org.uk



SPORTING FOUNDATION

Girls only mental health workshop and skateboarding

AGES: 11-19

Mondays

25 July - 22 August 2022

5-8pm

St Andrew's Youth Centre, Mast House Terrace, E14 3RW

DESCRIPTION: Come and join in the free fun. Booking required.

CONTACT:

Aroz Miah

T: 020 4539 7908/07949 204 103

E: info@sportingfoundation.com

Youth club

AGES: 11-19

Tuesdays

26 July - 23 August 2022

6-9pm

St Andrew's Youth Centre, Mast House Terrace, E14 3RW

Fridays

29 July - 26 August 2022

6-9pm

Limehouse Youth Centre, Causeway, E14 8BN

DESCRIPTION: Come and join in the free fun – chill out, take part in activities and access support.

CONTACT:

Aroz Miah

T: 020 4539 7908/07949 204103

E: info@sportingfoundation.com

YOUNG PEOPLE ACTIVITIES

Multi-sports and youth club

AGES: 11-19

Tuesdays

26 July - 23 August 2022

Thursdays

28 July - 25 August 2022

4-7pm

Limehouse Youth Centre, Causeway,

E14 8BN

Fridays

29 July - 26 August 2022

6-9pm

St Andrew's Youth Centre, Mast House
Terrace, E14 3RW

DESCRIPTION: Come and join in the free
fun – chill out, take part in activities and
access support.

CONTACT:

Aroz Miah

T: 020 4539 7908/07949 204 103

E: info@sportingfoundation.com

Cooking classes (Eat Club)

AGES: 11-19

Tuesdays

26 July - 23 August 2022

4-6pm

Limehouse Youth Centre, Causeway,

E14 8BN

DESCRIPTION: Calling all aspiring chefs!
Come and join in the free fun. Booking
required.

CONTACT:

Aroz Miah

T: 020 4539 7908/07949 204 103

E: info@sportingfoundation.com

Girls arts and sports camp

AGES: 11-19

Wednesdays

27 July - 24 August 2022

Limehouse Youth Centre, Causeway,
E14 8BN

Thursdays

28 July - 25 August 2022

4-6pm

St Andrew's Youth Centre, Mast House
Terrace, E14 3RW

DESCRIPTION: Come and join in the free
fun. Booking required.

CONTACT:

Aroz Miah

T: 020 4539 7908/07949 204 103

E: info@sportingfoundation.com

Football Tournament

AGES: 11-16

Saturdays

30 July - 27 August 2022

10am-1pm

St Andrew's Youth Centre, Mast House
Terrace, E14 3RW

Saturdays

30 July - 27 August 2022

10am-1pm

Limehouse Youth Centre, Causeway,
E14 8BN

DESCRIPTION: Come along and take part
in a football tournament - get fit, meet
friends and have fun! Booking required.

CONTACT:

Aroz Miah

T: 020 4539 7908/07949 204 103

E: info@sportingfoundation.com

Indoor/outdoor games and sports, arts and crafts plus workshops

AGES: 11-19

Monday-Thursday

1 - 25 August 2022

10am-2pm

St Andrew's Youth Centre, Mast House
Terrace, E14 3RW

DESCRIPTION: Come and join in the free fun and take part in a range of sports, arts and crafts activities..

CONTACT:

Aroz Miah

T: 020 4539 7908/07949 204 103

E: info@sportingfoundation.com

Excursions (from Limehouse)

AGES: 11-19

3 August 2022 – Cinema

(Cinemaworld/Genesis)

19 August - 2022 – Bowling (Surrey Quays) TBC

17 August 2022 – Go karting and trampoline (Capital Karts)

Limehouse Youth Centre, Causeway, E14 8BN

DESCRIPTION: Watch a film or take part in a fun day of Go Karting and trampolining. Booking required.

CONTACT:

Aroz Miah

T: 020 4539 7908/07949 204 103

E: info@sportingfoundation.com

Drug and alcohol misuse workshop

AGES: 11-19

4 August 2022

4-6pm

Limehouse Youth Centre, Causeway, E14 8BN

DESCRIPTION: Come and develop your awareness of drug and alcohol use. Booking required.

CONTACT:

Aroz Miah

T: 020 4539 7908/07949 204 103

E: info@sportingfoundation.com

Excursions (from St Andrew's)

AGES: 11-19

10 August 2022 – Flip Out (East Ham)

24 August 2022 – Southend-on-Sea

St Andrew's Youth Centre, Mast House Terrace, E14 3RW

DESCRIPTION: A fun trip to Flip-Out and Southend-on-Sea. Booking required.

CONTACT:

Aroz Miah

T: 020 4539 7908/07949 204 103

E: info@sportingfoundation.com

Level 2 Award in Customer Service

AGES: 11-19

11 August 2022

10am-4pm

Limehouse Youth Centre, Causeway, E14 8BN

DESCRIPTION: Find out more about customer services and develop your communications skills. Booking required.

CONTACT:

Aroz Miah

T: 020 4539 7908/07949 204 103

E: info@sportingfoundation.com

Emergency First Aid

AGES: 11-19

17 August 2022

10am-4pm

St Andrew's Youth Centre, Mast House Terrace, E14 3RW

DESCRIPTION: First aid gives us the confidence to do the right thing when it really counts. Come along to this session and find out more. Booking required.

CONTACT:

Aroz Miah

T: 020 4539 7908/07949 204 103

E: info@sportingfoundation.com

Knife crime workshop

AGES: 11-19

18 August 2022

4-6pm

Limehouse Youth Centre, Causeway,
E14 8BN

DESCRIPTION: Learn about the impact of knife crime, choices and consequences, and how to make safe decisions. Booking required.

CONTACT:

Aroz Miah

T: 020 4539 7908/07949 204 103

E: info@sportingfoundation.com

Youth club and end of summer BBQ

AGES: 11-19

19 August 2022

6-9pm

St Andrew's Youth Centre, Mast House
Terrace, E14 3RW

26 August 2022

6-9pm

Limehouse Youth Centre, Causeway,
E14 8BN

DESCRIPTION: Come and chill out at our youth club for an end of summer BBQ.

CONTACT:

Aroz Miah

T: 020 4539 7908/07949 204 103

E: info@sportingfoundation.com

Level 2 Award in Food Safety

AGES: 11-19

25 August 2022

10am-4pm

Limehouse Youth Centre, Causeway,
E14 8BN

DESCRIPTION: Learn about food hygiene at this 1-day session. Booking required.

CONTACT:

Aroz Miah

T: 020 4539 7908/07949 204 103

E: info@sportingfoundation.com

SPOTLIGHT

North East Outreach and Detached, Get Supported – information, advice and guidance

AGES: 11-19 (or up to 25 with SEND)

Mondays 3.30-5pm

Mile End

Wednesdays 8-9.30pm and

Fridays 3.30-5pm

Bromley South/Bromley North

Fridays 7-8.30pm

Bow East/Bow West

Saturdays 3-5.30pm

Identified Hotspot North East Quadrant

DESCRIPTION: Come and find out more about our youth services and take part in fun activities.

CONTACT:

Nahim Ahmed

T: 020 3011 1333

E: hello@wearespotlight.com

South East Outreach and Detached, Get Supported – information, advice and guidance

AGES: 11-19 (or up to 25 with SEND)

Mondays 3.30-4.30pm

Limehouse/Isle of Dogs

Tuesdays 3.30-4.30pm

Lansbury/Poplar

Wednesdays 6-9pm

Isle of Dogs

Fridays 4.30-6pm

Lansbury

Saturdays 3-5.30pm

Identified Hotspot South East Quadrant

DESCRIPTION: Come and find out more about our youth services and take part in fun activities.

CONTACT:

Nahim Ahmed

T: 020 3011 1333

E: hello@wearespotlight.com

North West Outreach and Detached, Get Supported – information, advice and guidance

AGES: 11-19 (or up to 25 with SEND)

Tuesdays 5-8pm

Weavers/Spitalfields

Thursdays 5-8pm

Bethnal Green West

Fridays 6-8pm

Bethnal Green East

Saturdays 4-6.30pm

Identified Hotspot North West Quadrant

DESCRIPTION: Come and find out more about our youth services and take part in fun activities.

CONTACT:

Nahim Ahmed

T: 020 3011 1333

E: hello@wearespotlight.com

South West Outreach and Detached, Get Supported – information, advice and guidance

AGES: 11-19 (or up to 25 with SEND)

Wednesdays 5.30-9pm

Whitechapel/Shadwell/Wapping

Fridays 5-8.30pm

Stepney Green/St Dunstons

Saturdays 3.30-7pm

Identified Hotspot South West Quadrant

DESCRIPTION: Come and find out more about our youth services and take part in fun activities.

CONTACT:

Nahim Ahmed

T: 020 3011 1333

E: hello@wearespotlight.com

Central Outreach and Detached, Get Supported – information, advice and guidance

AGES: 11-19 (or up to 25 with SEND)

Tuesdays 7-9pm

Identified Hotspot North West Quadrant

Wednesdays 5.30-9pm

Identified Hotspot South East Quadrant

Fridays 7-9pm

Identified Hotspot North East Quadrant

Saturdays 4-7pm

Identified Hotspot South West Quadrant

DESCRIPTION: Come and find out more about our youth services and take part in fun activities.

CONTACT:

Nahim Ahmed

T: 020 3011 1333

E: hello@wearespotlight.com

Detached Get Active – sports series

AGES: 11-19 (or up to 25 with SEND)

Mondays 5-7pm

Stebon Pitch, Thomas Road, E14 AW

Tuesdays 4.30-6pm

Spotlight, 30 Hay Currie Street, E14 6GN

Wednesdays 5.45-6.45pm

Phoenix Heights Community Centre, E14 9AR

Thursdays 6-7pm

Stebon Pitch, Thomas Road, E14 AW

Fridays 4-5.30pm

Spotlight, 30 Hay Currie Street, E14 6GN

DESCRIPTION: Come and take part in a range of sports activities.

CONTACT:

Nahim Ahmed

T: 020 3011 1333

E: hello@wearespotlight.com

TOWER PROJECT

Arts and crafts

AGES: 11-25 (SEND)

25 July, 10 August 2022

10am-12noon

45-55 Whitehorse Road E1 0ND

2 August 2022

1-3pm

Victoria Park, E3

DESCRIPTION: Keep yourself busy and learn a new skill by taking part in a fun arts and crafts session. Booking required.

CONTACT:

T: 07852 386 244

E: sam.johnstone@towerproject.org.uk

Swimming

AGES: 11-25 (SEND)

25 July, 2 and 10 August 2022

1-3pm

Mile End Park Leisure Centre, E3 4HL

DESCRIPTION: Do you want to improve your confidence in the water? Then this is the session for you!

CONTACT:

T: 07852 386 244

E: sam.johnstone@towerproject.org.uk

Multisports

AGES: 11-25 (SEND)

26 July 2022

10am-12noon

Victoria Park, E3

DESCRIPTION: Come along and take part in a range of fun sports activities.

CONTACT:

T: 07852 386 244

E: sam.johnstone@towerproject.org.uk



Lifeskills coaching

AGES: 11-25 (SEND)

26 July 2022

1-3pm

45-55 Whitehorse Road E1 0ND

DESCRIPTION: Coaching can help you learn the skills you need to thrive in life. Come along to this session to find out more.

CONTACT:

T: 07852 386 244

E: sam.johnstone@towerproject.org.uk

Lifeskills Cooking

AGES: 11-25 (SEND)

26 July, 3 and 8 August 2022

1-3pm

45-55 Whitehorse Road E1 0ND

DESCRIPTION: Learn to cook at this beginners session.

CONTACT:

T: 07852 386 244

E: sam.johnstone@towerproject.org.uk

Biking

AGES: 11-25 (SEND)

27 July, 1 and 9 August 2022

10am-12noon

Victoria Park, E3

DESCRIPTION: Learn how to ride a bike and grow your confidence.



CONTACT:

T: 07852 386 244

E: sam.johnstone@towerproject.org.uk

Street Art

AGES: 11-25 (SEND)

27 July, 1 August 2022

1-3pm

Local community – call for details

DESCRIPTION: Come and create your own street art masterpiece. Booking required.

CONTACT:

T: 07852 386 244

E: sam.johnstone@towerproject.org.uk

Picnic in the park and team games

AGES: 11-25 (SEND)

28 July 2022

10am-2pm

45-55 Whitehorse Road E1 oND

DESCRIPTION: Come and take part in team games, and enjoy a picnic in the park too. Booking required.

CONTACT:

T: 07852 386 244

E: sam.johnstone@towerproject.org.uk

Cricket and rounders

AGES: 11-25 (SEND)

3 August 2022

10am-2pm

45-55 Whitehorse Road E1 oND

DESCRIPTION: Enjoy a game of cricket and rounders. Booking required.

CONTACT:

T: 07852 386 244

E: sam.johnstone@towerproject.org.uk

Lunch and bowling

AGES: 11-25 (SEND)

4 August 2022

10am-2pm

45-55 Whitehorse Road E1 oND

DESCRIPTION: Strike it lucky with a fun game of bowling. Booking required.

CONTACT:

T: 07852 386 244

E: sam.johnstone@towerproject.org.uk

Football

AGES: 11-25 (SEND)

8 August 2022

1-3pm

Victoria Park, E3

DESCRIPTION: Come and join in a football tournament – have fun, stay fit and meet friends. Booking required.

CONTACT:

T: 07852 386 244

E: sam.johnstone@towerproject.org.uk

Photography

AGES: 11-25 (SEND)

9 August 2022

1-3pm

Local community – call for details

DESCRIPTION: Are you a budding photographer? Come and learn basic photography skills at this session. Booking required.

CONTACT:

T: 07852 386 244

E: sam.johnstone@towerproject.org.uk

YOUNG PEOPLE ACTIVITIES

Nature walk and cinema

AGES: 11-25 (SEND)

9 August 2022

11 August 2022

10am-2pm

45-55 Whitehorse Road E1 0ND

DESCRIPTION: Find the beauty in every little thing at this fun nature walk - end the day with a film. Booking required.

CONTACT:

T: 07852 386 244

E: sam.johnstone@towerproject.org.uk

WOMEN'S INCLUSIVE TEAM

Messy play

AGES: Birth-5

Mondays

20 July - 2 September 2022

1.30-3pm

Aberfeldy Centre, Aberfeldy Street, E14 ONU

DESCRIPTION: Explore the world through touch. Booking required.

CONTACT:

Vicky Badger

T: 020 7364 2856

Stay and play

AGES: Birth-5

Tuesdays

20 July - 2 September 2022

1.30-3pm

Chrip Street Children and Family Centre, 23-27 Market Way, E14 6AH

DESCRIPTION: Stay and Play sessions to encourage learning and development. Booking required.

CONTACT:

Vicky Badger

T: 020 7364 2856

Through the Lens

AGES: 13+

Fridays

Final session: 22 July 2022

5-7pm

WIT Mayfield Wellbeing Hub & Centre, 202A Cambridge Heath Road, E2 9LJ

DESCRIPTION: Are you an aspiring photographer? Come along to our workshop to find out more. Booking required.

CONTACT:

Ilham Yusuf

T: 07458 307 354

E: ilhamy@wit.org.uk

WIT Hiddo Girls

AGES: 11-19

Fridays

Final session: 22 July 2022

5-7pm

WIT Mayfield Wellbeing Hub & Centre, 202A Cambridge Heath Road, E2 9LJ

DESCRIPTION: Girls weekly youth club. Booking required.

CONTACT:

Ilham Yusuf

T: 07458 307 354

E: ilhamy@wit.org.uk

Summer sports activities

AGES: 11-19

Fridays

29 July - 26 August 2022

10am-1pm

Urban Adventure Base, 150 Burdett Rd, E3 4JT

DESCRIPTION: Take part in a range of summer sports activities to stay fit, have fun and meet friends. Booking required.

CONTACT:

Ilham Yusuf

T: 07458 307 354

E: ilhamy@wit.org.uk



YOUNG CARERS

Cinema trip

AGES: 8-12

1 August 2022

12noon-5pm

AGES: 13-18

9 August 2022

12noon-5pm

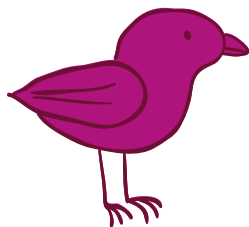
Haileybury Youth Centre, 2 Ben Jonson Road, E1 3FQ

DESCRIPTION: Are you a film buff? Come and enjoy a trip to the cinema! Booking required.

CONTACT:

T: 07985 607 928

E: samantha.anderson@towerhamlets.gov.uk



Picnic and sports day in Greenwich Park

AGES: 13-18

2 August 2022

11am-4pm

AGES: 8-12

8 August 2022

11am-4pm

DESCRIPTION: Enjoy a day of sports, picnic and fun! Booking required.

CONTACT:

T: 07985 607 928

E: samantha.anderson@towerhamlets.gov.uk

On the Water Project

AGES: 13-15

12 August 2022

12noon-5pm

AGES: 9-12

22 August 2022

12noon-5pm

Haileybury Youth Centre, 2 Ben Jonson Road, E1 3FQ

DESCRIPTION: Summer waterbourne activities. Booking required.

CONTACT:

T: 07985 607 928

E: samantha.anderson@towerhamlets.gov.uk

Generic session

AGES: 8-12

15 August 2022

12noon-4pm

AGES: 13-18

16 August 2022

12noon-4pm

DESCRIPTION: Listen to music, meet friends or simply chill out at our youth club. Booking required.

CONTACT:

T: 07985 607 928

E: samantha.anderson@towerhamlets.gov.uk



End of summer party

AGES: 8-18

23 August 2022

1-4pm

DESCRIPTION: Party for young people and their families. Booking required.

CONTACT:

T: 07985 607 928

E: samantha.anderson@towerhamlets.gov.uk

On the Water Project with accreditation

AGES: 13-15

26-27 August 2022

8am-5pm

DESCRIPTION: Join in our waterborne activities and gain an accreditation too. Booking required.

CONTACT:

T: 07985 607 928

E: samantha.anderson@towerhamlets.gov.uk



NEWARK YOUTH LONDON

Cooking classes (Eat Club)

AGES: 11-19

Thursdays

21 July - 1 September 2022

6.30-8.30pm

Haileybury Youth Centre, Ben Jonson Road, E1 3FQ

DESCRIPTION: Learn to cook at this beginners session. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

BMX for girls only

AGES: 12-19

Tuesdays

2 - 23 August 2022

11.30am-2.30pm

Langdon Park School, Bright St, E14 0RZ

DESCRIPTION: Learn to ride BMX. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Girls only indoor sports and games (MUGA/sports hall)

AGES: 12-19

Wednesdays

3 - 24 August 2022

4-6pm

Haileybury Youth Centre, Ben Jonson Road, E1 3FQ

DESCRIPTION: Basketball, football, badminton and table tennis. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk



Boys, sports and physical sessions

AGES: 11-19

Fridays

3 - 24 August 2022

8-10pm

Stepney Green 3G Astro, E1 3NG

DESCRIPTION: Come and enjoy a game of football and other sports at this fun, physical session.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Girls only trip to the cinema

AGES: 12-19

6 August 2022

12noon-4pm

CineWorld, West India Quay, Hertsmere Rd, E14 4AL

DESCRIPTION: Are you a film buff? Come and enjoy a trip to the cinema. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Indoor/outdoor games and sports, arts and crafts/workshops and youth club sessions

AGES: 5-19

Tuesdays-Fridays

2 - 26 August 2022

4-8pm

Haileybury Youth Centre, Ben Jonson Road, E1 3FQ

Christian Street Youth Hub, 30 Challoner Walk, E1 1QN

Wapping Youth Hub, 20 Tench St, E1W 2QF

DESCRIPTION: Meet friends, chill out and have fun at our youth clubs.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Customer Service Level 2

AGES: 14-19

2 August 2022

10am-4pm

Christian Street Youth Hub, 30 Challoner Walk, E1 1QN

DESCRIPTION: Develop the knowledge and principles that underpin outstanding customer care and gain an accredited qualification. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Excursion: Cinema trip

AGES: 11-19

3 August 2022

1-4pm

CineWorld, West India Quay, Hertsmere Rd, E14 4AL

DESCRIPTION: Are you a film buff? Come and enjoy a trip to the cinema. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk



Girls only workshop: Keeping safe in the community

AGES: 11-19

4 August 2022

2-4pm

Christian Street Youth Hub, 30 Challoner Walk, E1 1QN

DESCRIPTION: Learn to keep safe in the community at this workshop for girls.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Volleyball session

AGES: 11-19

Thursdays

4 - 25 August 2022

4-6pm

John Orwell Sports Centre, Tench St, E1W 2QD

DESCRIPTION: Learn basic volleyball skills such as passing and serving at this fun session. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Excursion: Cinema and bowling

AGES: 11-19

4 August 2022

10am-4pm (subject to change)

DESCRIPTION: A fun day of bowling and cinema. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Back to nature

AGES: 11-19

8 - 10 August 2022

10am-4pm

Tower Hamlets Cemetary Park, Southern Grove, E3 4PX

DESCRIPTION: Join in our fun activities and develop your skills in local nature. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Emergency First Aid at Work Level 3

AGES: 14-19

9 August 2022

10am-4pm

Christian Street Youth Hub, 30 Challoner Walk, E1 1QN

10 August 2022

10am-4pm

Wapping Youth Hub, 20 Tench St, E1W 2QF

DESCRIPTION: This course requires a minimum of 6 hours face-to-face learning. The qualification is assessed via oral and written questioning and practical demonstration. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Excursion: Aquarium

AGES: 11-19

10 August 2022

12noon-4pm (subject to change)

Riverside Building, County Hall,
Westminster Bridge Rd, SE1 7PB

DESCRIPTION: Find out about penguins, sea turtles, sharks, jellyfish and much more. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Girls only club sessions (arts and crafts, workshops and youth club)

AGES: 11-19

Thursdays

11 - 25 August 2022

2-4pm

Christian Street Youth Hub, 30 Challoner Walk, E1 1QN

DESCRIPTION: Enjoy some arts and crafts at this girls only session.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Excursion: Flip out

AGES: 11-19

11 August 2022

2-4pm

281 Barking Rd, E6 1LB

DESCRIPTION: Come and enjoy some adventure and trampolining at this fun session. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Girls only trip to bowling

AGES: 11-19

13 August 2022

11am-3pm

DESCRIPTION: Strike it lucky with a fun game of bowling for girls only. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

On the Water Project Taster session

AGES: 9-14

15 August 2022

1-4.30pm

Royal Docks Adventure, Dockside Road, E16 2QT

DESCRIPTION: Discover sailing, canoeing and paddlesports. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Introduction to Coaching Basketball Award (Level 1)

AGES: 14-19

16 August 2022

11am-5pm (subject to change)

Haileybury Youth Centre, Ben Jonson Road, E1 3FQ

DESCRIPTION: This course will provide learners with the confidence to deliver safe, fun and inclusive basketball sessions under the supervision of an independent coach. Gain an accreditation too. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

YOUNG PEOPLE ACTIVITIES

Workshop: Knife Crime Toolkit Parts 1 and 2

AGES: 11-19

Tuesdays

16 - 23 August 2022

2-4pm

Christian Street Youth Hub, 30 Challoner Walk, E1 1QN

DESCRIPTION: Learn about the impact of knife crime, choices and consequences, and how to make safe decisions. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk



Excursion: Laser tag

AGES: 11-19

17 August 2022

11am-4pm

DESCRIPTION: Have fun at this action packed laser tag session. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

qualification – either RYA Stage 1 Sailing or British Canoeing Paddlesports. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Excursion: Go Ape trip

AGES: 11-19

18 August 2022

10am-4pm (subject to change)

Battersea Park, SW11 4NJ

DESCRIPTION: Have an adventure you'll never forget at this fun, Go Ape session. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Girls only trip to the seaside

AGES: 11-19

20 August 2022

10am-6pm

DESCRIPTION: Oh! We do like to be beside the seaside! Come along to our visit to Southend-on-Sea. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

On the Water Project course

AGES: 9-14

19 August 2022

9.30am-4.30pm

Royal Docks Adventure, Dockside Road, E16 2QT

DESCRIPTION: Gain a nationally recognised

Excursion: Day trip to Stubbers Adventure Centre

AGES: 11-19

22 August 2022

8am-6pm (subject to change)

Ockendon Rd, Upminster RM14 2TY

DESCRIPTION: Fun day of adventure and activities. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Boxing leaders course

AGES: 15-19

23 August 2022

12noon-6pm (subject to change)

Haileybury Youth Centre, Ben Jonson Road, E1 3FQ

DESCRIPTION: Come along to our non-contact Olympic-style boxing course and gain an accredited qualification. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Girls only trip to aquarium

AGES: 11-19

27 August 2022

1-4pm

Riverside Building, County Hall, Westminster Bridge Rd, SE1 7PB

DESCRIPTION: Find out about penguins, sea turtles, sharks, jellyfish and much more. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

Excursion: Go karting

AGES: 11-19

24 August 2022

1-4pm

DESCRIPTION: Are you the next Lewis Hamilton? Come and have fun at this Go Karting session. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

London Youth/Street Games summer celebration event at the Copper Box Arena

AGES: 11-19

25 August 2022

10am-5pm

Queen Elizabeth Olympic Park, E20 3HB

DESCRIPTION: A fun trip to the Olympic Park. Booking required.

CONTACT:

T: 07308 472 398

E: manik.miah@newark.org.uk

OSMANI CENTRE MINERVA

All activities take place at Minerva Community Centre, 10 Minerva street, Bethnal Green, E2 9EH unless otherwise stated.

Registration and Induction for the Summer KICK back scheme 2022

AGES: 11-19

27 July 2022

5-8pm

DESCRIPTION: A range of taster sports and games sessions throughout the evening.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Excursion: Cinema

AGES: 11-19

29 July 2022

5-8pm

Genesis Cinema, 93-95 Mile End Rd, Bethnal Green, E1 4UJ

DESCRIPTION: Fun trip to the cinema. Booking required.



YOUNG PEOPLE ACTIVITIES

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Open day including registration, BBQ and sports - girls only

AGES: 11-19

30 July 2022

12noon-4pm

DESCRIPTION: Come and find out more about our youth services and meet the team.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Excursion: Wall climbing

AGES: 11-19

3 August 2022

5-8pm

BethWall, a premium bouldering centre located in Bethnal Green

DESCRIPTION: Meet friends, stay active and learn a new skill at this fun session. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Youth BBQ and outdoor sports

AGES: 11-19

5 August 2022

5-8pm

DESCRIPTION: Fun evening of sports, games and flaming burgers.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Workshop: Grow your own vegetables - girls only

AGES: 11-19

6 August 2022

1-4pm

DESCRIPTION: Come and learn gardening skills at this girls only session. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Excursion: Top Golf

AGES: 11-19

8 August 2022

5-9pm

DESCRIPTION: A driving range is perfect for beginners to learn how to hit a golf ball. Take as long as you like without the pressure of other golfers. Meet at Minerva, using public transport for travel. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

ASDAN: Active Citizenship short course

AGES: 13-17

Mondays

10 - 24 August 2022

12noon-4pm

DESCRIPTION: Develop your understanding of your community and society. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Excursion: Go Karting

AGES: 11-19

12 August 2022

5-9pm

DESCRIPTION: Are you the next Lewis Hamilton? Come and have fun at this Go Karting session. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Excursion: Otherworld (virtual reality) – girls only

AGES: 11-19

13 August 2022

12noon-4pm

DESCRIPTION: The Immersion Pod™ Technology features wind, heat and rumble so your body will feel everything as your mind explores. Meet at Minerva, using public transport for travel. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Excursion: Go Ape

AGES: 11-19

15 August 2022

1-4pm

DESCRIPTION: Challenge yourself to climb and walk at various heights. Meet at Minerva, using public transport for travel. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Workshop: Easy nutritious meals

AGES: 13-17

19 August 2022

5-8pm

DESCRIPTION: Delicious and simple dishes

that can be done at home in under 20 minutes whilst keeping to your budget.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Boxing taster session

AGES: 11-17

22 August 2022

5-8pm

DESCRIPTION: Non-contact based boxing coaching and fitness session for beginners. Delivered by a qualified trainer.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

London Youth/Street Games Summer Celebration Event

AGES: 11-19

25 August 2022

10am-6pm

DESCRIPTION: A range of engaging and interactive workshops/taster sessions in sports, arts and personal development opportunities. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Excursion: Go Karting – girls only

AGES: 11-19

27 August 2022

12noon-4pm

DESCRIPTION: Come and have fun at this Go Karting session for girls only. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

OSMANI CENTRE UNDERWOOD ROAD

All activities take place at
Osmani Centre, 58 Underwood Road, E1
5AW unless otherwise stated.

Girl's Youth Residential

AGES: 11-19

22 - 24 July 2022

DESCRIPTION: Weekend youth residential
for the Youth Space members of Osmani
Centre. Booking required

CONTACT:

T: 020 7247 8080

E: alema.akthar@osmanitrust.org

Boy's Youth Residential

AGES: 11-19

29 - 31 July 2022

DESCRIPTION: Weekend youth residential
for the Youth Space members of Osmani
Centre. Booking required

CONTACT:

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Registration and Induction for the Summer KICK back scheme 2022

AGES: 11-19

25 July 2022

5-8pm

DESCRIPTION: A range of taster sports and
games sessions through the evening.
Register young people for the upcoming
excursions and training.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Registration and Induction for the Summer KICK back scheme 2022 – girls only

AGES: 11-19

26 July 2022

4-7pm

DESCRIPTION: A range of taster sports and
games sessions simultaneously through
the evening.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Indoor sports session

AGES: 14-16

Mondays

1 - 22 August 2022

6.30-8.30pm

DESCRIPTION: Team sports and games
sessions chosen by young people on the
day.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Boxing taster session

AGES: 11-19

Fridays

5 - 26 August 2022

6.30-7.30pm

DESCRIPTION: Non-contact based boxing
coaching and fitness session for
beginners. Delivered by qualified trainer.
Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Amaal Girls: Cardrome Driving School – girls only

AGES: 12-15

Mondays

6 August 2022

12noon-4pm

DESCRIPTION: 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. Meet at Osmani Centre, using public transport for travel. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

ASDAN: Leadership course

AGES: 14-16

Mondays

8 - 22 August 2022

12noon-4pm

DESCRIPTION: Work closely with other trainees to put together a community event over 4 sessions. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Indoor badminton competition – girls only

AGES: 11-19

Fridays

9 August 2022

6-8pm

DESCRIPTION: Pair up with a friend and enter our badminton competition. Winners prizes and refreshments will be provided. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Excursion: Go Karting

AGES: 12-19

18 August 2022

5-9pm

DESCRIPTION: Are you the next Lewis Hamilton? Come and have fun at this Go Karting session. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Reliance workshop: Managing challenging situations

AGES: 11-19

19 August 2022

5-6pm

DESCRIPTION: The course will focus on managing everyday conflict, social media and youth violence. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Youth BBQ and outdoor sports

AGES: 11-19

19 August 2022

5-8pm

Chicksand Estate and Sunken Pitch, London E1 5LH

DESCRIPTION: Fun evening of sports, games and flaming burgers.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Excursion: Ice skating – girls only

AGES: 11-19

20 August 2022

1-4pm

DESCRIPTION: Ice skating is a fun form of intense cardiovascular exercise, which improves balance and builds muscle in your legs and core. Booking required.

**CONTACT:**

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

Excursion: Top Golf

AGES: 11-19

25 August 2022

5-9pm

DESCRIPTION: A driving range is perfect for beginners to learn how to hit a golf ball. Take as long as you like without the pressure of other golfers. Meet at the Osmani Centre, using public transport for travel. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

London Youth/Street Games Summer Celebration Event

AGES: 11-19

25 August 2022

10am-6pm

DESCRIPTION: A range of engaging and interactive workshops/taster sessions in sports, arts and personal development. Booking required.

CONTACT:

Abdul Hasnath

T: 020 7247 8080

E: abdul.hasnath@osmanitrust.org

SPOTLIGHT

After Hours: Eat Club

AGES: 11-19

Mondays

11 July - 22 August 2022

5-7pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Join Head Chef Ben and the Spotlight team as we cook together exploring dishes and ingredients from around the world.

CONTACT:

E: thom@wearespotlight.com

Spotlight Fit Club

AGES: 11-19

Mondays

11 July - 22 August 2022

4-6pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Work out and get fit and have fun.

CONTACT:

E: ade@wearespotlight.com

Candoco taster

AGES: 11-25 SEND

18 July 2022

5-7pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Session to explore dance for disabled and neurodiverse young people.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: elinor@wearespotlight.com

Chill out and games

AGES: 11-19

11 July - 22 August 2022

Mondays 4-8pm

Wednesdays and Fridays 3.30-6.30pm

St Pauls Way Centre, E3 4AJ

DESCRIPTION: Chill out, play games and see a youth worker.

CONTACT:

E: nazim@wearespotlight.com

Chill out and games

AGES: 11-19

Mondays 4-8pm

Wednesdays and Fridays 3-7pm

11 July - 22 August 2022

Linc Centre, 70 Fern St, E3 3PR

DESCRIPTION: Chill out, play games and see a youth worker.

CONTACT:

E: shabul@wearespotlight.com

Creative Masterclass

AGES: 11-19

Tuesdays and Thursdays

25 July - 25 August 2022

1-5pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Join artists from Bow Arts and Spotlight to explore all things visual arts, crafts, creating and making. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: poppy@wearespotlight.com

Football

AGES: 11-19

Mondays

25 July - 22 August 2022

5-7pm

Linc Centre, 70 Fern St, E3 3PR

Thursdays

28 July - 25 August 2022

5-7pm

Eastside Youth Centre, E3 2RS

DESCRIPTION: Drop-in football sessions for all abilities.

CONTACT:

E: ade@wearespotlight.com

Lunch club

AGES: 11-19

Mondays

25 July - 22 August 2022

12noon-2pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Drop-in session, free food and good vibes.

CONTACT:

E: thom@wearespotlight.com

Music She Makes Younger

AGES: 11-14

Tuesdays

26 July - 23 August 2022

1-3pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Female only music session in Spotlight Studio. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: garfield@wearespotlight.com

Music She Makes Older

AGES: 15-19

Tuesdays

26 July - 23 August 2022

3-5pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Female only music session in Spotlight Studio. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: garfield@wearespotlight.com

YOUNG PEOPLE ACTIVITIES

Theatre Makers

AGES: 11-19

Tuesdays and Wednesdays

26 July - 24 August 2022

3-5pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Join our theatre directors for masterclasses in all things theatre, behind the scenes and more. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: elinor@wearespotlight.com

Mixed boxing

AGES: 11-19

Tuesdays, Wednesdays and Thursdays

26 July - 25 August 2022

4.30-6pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Mixed boxing session, all abilities welcome. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: mark@wearespotlight.com

In Third Person

AGES: 11-19

Tuesdays

26 July - 23 August 2022

Phoenix Heights Community Centre,
E14 9AR

Thursdays 2-7pm

28 July - 25 August 2022

Eastside Youth Centre, E3 2RS

DESCRIPTION: Photography, podcasting and music all in one. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: aaron@wearespotlight.com

Chill out and games

AGES: 11-19

26 July - 23 August 2022

Tuesdays 4-8pm

Thursdays and Fridays 3-7pm

Eastside Youth Centre, E3 2RS

DESCRIPTION: Chill out, play games and see a youth worker.

CONTACT:

E: shabul@wearespotlight.com

After Hours: Spotlight

AGES: 11-19

Tuesdays, Wednesdays and Thursdays

26 July - 23 August 2022

5-7pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Chill out, play game and enjoy the summer.

CONTACT:

E: thom@wearespotlight.com

Press Play Younger

AGES: 11-14

Wednesdays

27 July - 24 August 2022

1-3pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Come along to our session about music making. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: taku@wearespotlight.com

Press Play Older

AGES: 15-19

Wednesdays

27 July - 24 August 2022

3-5pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: If you want to learn more about making music, this session is for you! Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: taku@wearespotlight.com

DJ Clash Younger

AGES: 11-14

Thursdays

28 July - 25 August 2022

1-3pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Music session for aspiring DJs, MC's and young people. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: taku@wearespotlight.com

DJ Clash Older

AGES: 15-19

Thursdays

28 July - 25 August 2022

3-5pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Music session for aspiring DJs, MC's and young people. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: taku@wearespotlight.com

Mic Check

AGES: 11-19

Fridays

29 July - 19 August 2022

5-7pm

Eastside Youth Centre, E3 2RS

DESCRIPTION: Come along and perform in front of your friends and family.

CONTACT:

E: garfield@wearespotlight.com

Studio time

AGES: 11-19

Fridays

29 July - 22 August 2022

3-5pm

Eastside Youth Centre, E3 2RS

DESCRIPTION: Drop-in studio time.

CONTACT:

E: shabul@wearespotlight.com

Candoco Dance Week

AGES: 11-25 with SEND

1 - 5 August 2022

1-4pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Week long dance session for all including disabled and neurodivergent young people. No experience necessary. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: elinor@wearespotlight.com

Community Heroes: Frankenstein Furniture

AGES: 11-19

1 - 5 August 2022

1-5pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Get involved, help the community and upcycle furniture. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: harry@wearespotlight.com

Game Hack Club

AGES: 11-14

4 - 5 August 2022

1-5pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Make your own board game with game designer Matteo Menapace. Booking required.

TO BOOK:

YOUNG PEOPLE ACTIVITIES

booking@wearespotlight.com

CONTACT:

E: poppy@wearespotlight.com

Music She Makes Intensive

AGES: 11-19

8 - 12 August 2022

1-5pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Make a play in a week!

Perform at the end of the week for friends and family and gain an Arts Award qualification. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: elinor@wearespotlight.com

One Youth Dance summer school

AGES: 13-19

15 - 19 August 2022

11am-4pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Join One Youth Dance for their annual summer school – learn choreography to perform at the end of the week. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: elinor@wearespotlight.com

EP in a week

AGES: 11-19

15 - 19 August 2022

1-5pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: A week-long bootcamp to write, record and produce an EP. Gain an Arts Award too. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: garfield@wearespotlight.com

Sensory Soundscape

AGES: 13-25 with SEND

15 - 19 August 2022

1-4pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Fun, interactive session designed for neurodivergent and disabled young people. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: harry@wearespotlight.com

Fashion Upcycling

AGES: 11-19

15 - 19 August 2022

1-5pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: Join artist Cassie Quinn to upcycle pre-loved garments into something new to wear. Booking required.

TO BOOK:

booking@wearespotlight.com

CONTACT:

E: poppy@wearespotlight.com

End of summer show

AGES: 11-19

26 August 2022

5-7pm

30 Hay Currie Street, E14 6GN

DESCRIPTION: On the last day of summer holidays, come down to Spotlight for performances, food and summer fun.

CONTACT:

E: poppy@wearespotlight.com

USEFUL NUMBERS

- Healthy start
www.healthystart.nhs.uk
- Health Visitor clinics
020 4551 1414
At times, our phone lines can be very busy. Please bear with us and your call will be answered. If you are calling us for advice because your child is unwell, please contact your GP or NHS111. Always call 999 in an emergency.
- Tax Credit Helpline
0345 300 3900
- Hestia Women's Refuge Services for South Asian Women only
020 7517 1420
- Breastfeeding Network Support
0300 100 0210
- Find a Doctor/Dentist
020 7364 5016
- Mind in Tower Hamlets/Newham
020 7510 1081
- Local Offer
020 7364 6495
- Tower Hamlets Domestic Violence Team
0800 279 5434
- Midwifery Team
020 3594 2546/41



15 hours free
early learning

for two
year
olds

Development for
children and opportunities
for parents



Your child can
take up their free place
from the term after they
turn two

Eligibility

You can usually qualify if:

- > you are in receipt of Universal Credit.
- > your child is under the care of the council.
- > your child is in receipt of DLA.

Visit your local children's centre to find out more

☎ 020 7364 1553

🌐 www.towerhamlets.gov.uk/earlylearning

How to access Early Help Services

For families and professionals

Early Help is delivered through a partnership in Tower Hamlets – this includes amongst others Health, Education, and the Voluntary sector.



Contact the Early Help Hub:



Online enquiry form
forms.towerhamlets.gov.uk/service/ehenquiries



Call 020 7364 5006 (option 2)



Email earlyhelp@towerhamlets.gov.uk



Drop-in 9am-5pm to Children & Family Centres
www.towerhamlets.gov.uk/childrenandfamilycentres

MASH

If you are concerned about a child at risk of significant harm call
020 7364 5006 (option 3)
or send a Multi-agency referral form to
mash@towerhamlets.gov.uk