



# SUMMER OF FUN 2022

CHILDREN AND FAMILY  
CENTRES, AND YOUNG PEOPLE  
SUMMER ACTIVITIES



# 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

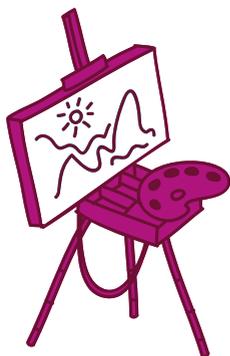
Children and Family Centres aim to improve outcomes for all children, young people and their families. They provide access to a range of universal and targeted services, support with any concerns and play a major part in early identification and early intervention.

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](mailto:PAE@towerhamlets.gov.uk)

**WEB:** [www.towerhamlets.gov.uk/parenteducation](http://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](mailto:shamina.khanum@towerhamlets.gov.uk)

**MOBILE:** 07904 586 632

### SOUTH EAST

Mohammed Ahad

**EMAIL:** [mohammed.ahadx@towerhamlets.gov.uk](mailto:mohammed.ahadx@towerhamlets.gov.uk)

**MOBILE:** 07716 700 383

### NORTH EAST

Suhel Ahmed

**EMAIL:** [suhel.ahmed@towerhamlets.gov.uk](mailto:suhel.ahmed@towerhamlets.gov.uk)

**MOBILE:** 07904 160 028

### SOUTH WEST

Rusunara Begum

**EMAIL:** [rusunara.begum@towerhamlets.gov.uk](mailto: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	FRIDAY	CENTRES
<p><b>9am-4.30pm</b> Health Visitor Clinic <b>U</b>☒ <b>Olga</b></p>	<p><b>9am-4.30pm</b> Health Visitor Clinic <b>U</b>☒ <b>Olga</b></p>	<p><b>Mile End</b> 9 Bede Square, Joseph Street, E3 4GY T: 020 7364 7557</p>
<p><b>9am-5pm</b> Health Visitor Clinic <b>U</b>☒ <b>Mile End, Overland, Marner</b></p>	<p><b>9am-5pm</b> Health Visitor Clinic <b>U</b>☒ <b>Mile End, Overland</b></p>	<p><b>Mile End Pavilion</b> 106 Locksley Street, E14 7EJ</p>
<p>Midwife Clinic – Community Midwife Team <b>U</b>☒ <b>Mile End, Overland</b></p>	<p>Parent and Child programme ☒ <b>Mile End</b></p>	<p><b>Overland</b> 60 Parnell Road, E3 2RU T: 020 7364 1925</p>
<p>Supporting Families Employment Advisors <b>U</b>☒ <b>Mile End</b></p>	<p><b>9am-12noon</b> Speech and Language Therapy ☺ <b>Mile End</b></p>	<p><b>Marner</b> Devas Street, E3 3LL T: 020 7364 3534</p>
<p>Parent and Child programme ☒ <b>Mile End</b></p>	<p><b>10-11.30am</b> Active Stay and Play for babies including starting solids <b>U</b> <i>Babies under 12 months</i> <b>Overland</b></p>	<p><b>Olga Centre</b> 25 Medway Road, E3 5DS T: 020 7364 3100</p>
<p><b>10-11.30am</b> Active Stay and Play <b>U</b> <b>Olga</b></p>	<p><b>12noon-3pm</b> Play in the park – Mile End Play Pavilion <b>U</b> <i>(0-15 years) Fun with Food</i> <b>Mile End</b></p>	<p><b>KEY</b></p> <ul style="list-style-type: none"> <li><b>U</b> Universal</li> <li>☺ By appointment only</li> <li>☒ Call to book</li> <li>📅 Term time only</li> <li>☒ By invite only</li> <li>👶 Crèche available</li> <li>👤 Virtual session</li> </ul>
<p><b>11am-3pm</b> Play in the Park – Mile End Play Pavilion <b>U</b> <i>(0-15 years)</i> <i>Nature walk 11am - 12.30pm and 1.30-3pm</i> <b>Mile End</b></p>	<p><b>12noon-4.30pm</b> Health Visitor Clinic <b>U</b>☒ <b>Marner</b></p>	
<p><b>2-3.30pm</b> Early Learning for 2 year olds School Readiness <b>U</b> <b>Marner</b></p>	<p><b>12.30-2pm</b> Baby Feeding Service drop-in <b>U</b> <i>Tel: 07785 925 981/ 020 3594 2591</i> <b>Overland</b></p>	
	<p><b>2-3.30pm</b> Play Plus ☒ <b>Marner</b></p>	

## 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*  
07961 609626

**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*  
020 3290 2013  
**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

Corrie.

**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**

Wadson 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
9am-5pm NHS Talking Therapies Employment Service <b>U</b> ☎ Around Poplar
Midwife Clinic – Gateway Midwife Team ☉ Chrisp Street
Speech and Language Therapy ☉ Isle of Dogs
10-11.30am Active Stay and Play <b>U</b> Chrisp Street
1.30-2.30pm Baby Massage <b>U</b> ☎ Around Poplar
1.30-3pm Early Learning for 2 year olds School Readiness <b>U</b> Around Poplar
Bookstart Stay and Play <b>U</b> Isle of Dogs

FRIDAY
9am-5pm Health Visitor Workshop <b>U</b> ☉ Around Poplar
10-11am Play Plus ☒ Isle of Dogs
10-11.30am Active Stay and Play <b>U</b> Around Poplar
1.30-2.30pm Baby Massage <b>U</b> ☎ <i>Babies under 6 months</i> Isle of Dogs, Chrisp Street
1.30-3pm Sensory Play for Babies including Starting Solids <b>U</b> <i>Babies under 12 months</i> Chrisp Street
1.30-3pm Communication Stay and Play <b>U</b> Isle of Dogs

CENTRES
<b>Around Poplar</b> 115 Three Colts Street, E14 8AP T: 020 7364 0540
<b>Chrisp Street</b> Kerbey Street, E14 6AW T: 020 7364 2856
<b>Isle of Dogs</b> Millwall Park, Stebondale St, E14 3BX T: 020 7364 1179

KEY
<b>U</b> Universal
☉ By appointment only
☎ Call to book
📅 Term time only
☒ By invite only
👶 Crèche available
👤 Virtual session



## 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

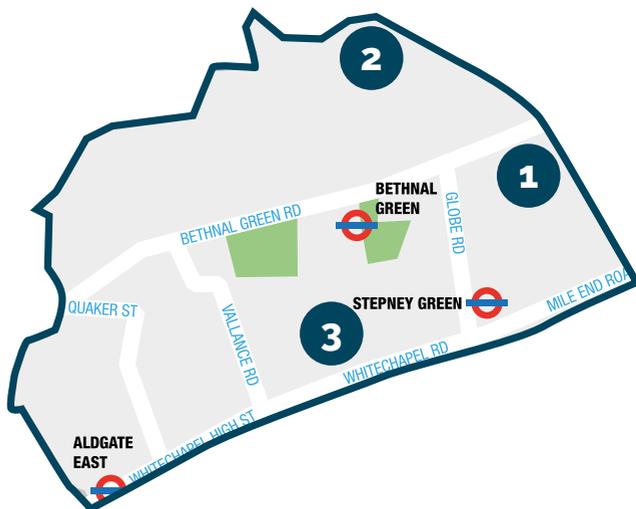
**Wapping One O'clock Club**

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





## 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](http://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](mailto:emdadur@streetsofgrowth.org)

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### 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

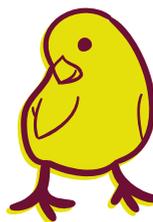
**DESCRIPTION:** Sewing and embroidery fabric printing, thaal making, mendhi and more.

**CONTACT:**

Eleanor Tull

T: 07388 996 824

E: [eleanor@streetsofgrowth.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:eleanor@streetsofgrowth.org)

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# 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:eleanor@streetsofgrowth.org)

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## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:info@sportingfoundation.com)

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

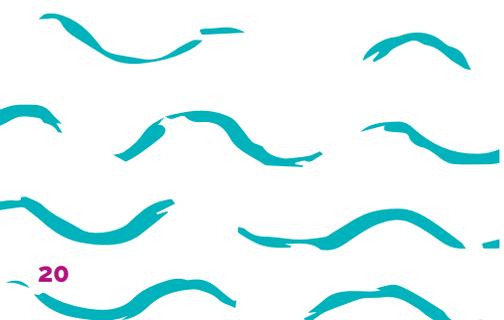
AGES: 11-19

**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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:sam.johnstone@towerproject.org.uk)

## 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](mailto: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

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### 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

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## 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](mailto: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](mailto:ilhamy@wit.org.uk)

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## 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](mailto:ilhamy@wit.org.uk)

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## 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](mailto:samantha.anderson@towerhamlets.gov.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](mailto: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](mailto:samantha.anderson@towerhamlets.gov.uk)

### Generic session

**AGES:** 8-12  
**15 August 2022**  
**12noon-4pm**

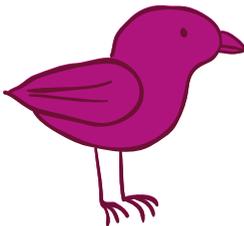
**AGES:** 13-18  
**16 August 2022**  
**12noon-4pm**

**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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:manik.miah@newark.org.uk)

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## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:manik.miah@newark.org.uk)

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## 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](mailto:manik.miah@newark.org.uk)

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# 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](mailto: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](mailto: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](mailto: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

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

**CONTACT:**

T: 07308 472 398

E: [manik.miah@newark.org.uk](mailto: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](mailto:manik.miah@newark.org.uk)

## 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](mailto: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](mailto: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](mailto:manik.miah@newark.org.uk)

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## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:abdul.hasnath@osmanitrust.org)

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## **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](mailto:abdul.hasnath@osmanitrust.org)

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## **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](mailto:abdul.hasnath@osmanitrust.org)

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## **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](mailto:abdul.hasnath@osmanitrust.org)

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## **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](mailto:abdul.hasnath@osmanitrust.org)

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## **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](mailto:abdul.hasnath@osmanitrust.org)

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## **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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:booking@wearespotlight.com)

**CONTACT:**

E: [elinor@wearespotlight.com](mailto: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](mailto:nazim@wearespotlight.com)

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## 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](mailto:shabul@wearespotlight.com)

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## 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](mailto:booking@wearespotlight.com)

**CONTACT:**

E: [poppy@wearespotlight.com](mailto:poppy@wearespotlight.com)

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## 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**

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Eastside Youth Centre, E3 2RS

**DESCRIPTION:** Drop-in football sessions for all abilities.

**CONTACT:**

E: [ade@wearespotlight.com](mailto: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](mailto:thom@wearespotlight.com)

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## 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](mailto:booking@wearespotlight.com)

**CONTACT:**

E: [garfield@wearespotlight.com](mailto: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](mailto:booking@wearespotlight.com)

**CONTACT:**

E: [garfield@wearespotlight.com](mailto:garfield@wearespotlight.com)

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## 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](mailto:booking@wearespotlight.com)

**CONTACT:**

E: [elinor@wearespotlight.com](mailto:elinor@wearespotlight.com)

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## 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](mailto:booking@wearespotlight.com)

**CONTACT:**

E: [mark@wearespotlight.com](mailto:mark@wearespotlight.com)

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## 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](mailto:booking@wearespotlight.com)

**CONTACT:**

E: [aaron@wearespotlight.com](mailto:aaron@wearespotlight.com)

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## 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](mailto:shabul@wearespotlight.com)

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## 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](mailto:thom@wearespotlight.com)

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## 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](mailto:booking@wearespotlight.com)

**CONTACT:**

E: [taku@wearespotlight.com](mailto: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](mailto:booking@wearespotlight.com)

CONTACT:

E: [taku@wearespotlight.com](mailto: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](mailto:booking@wearespotlight.com)

CONTACT:

E: [taku@wearespotlight.com](mailto: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](mailto:booking@wearespotlight.com)

CONTACT:

E: [taku@wearespotlight.com](mailto: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](mailto: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](mailto:shabul@wearespotlight.com)

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## 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](mailto:booking@wearespotlight.com)

CONTACT:

E: [elinor@wearespotlight.com](mailto: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](mailto:booking@wearespotlight.com)

CONTACT:

E: [harry@wearespotlight.com](mailto: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:

[booking@wearespotlight.com](mailto:booking@wearespotlight.com)

CONTACT:

E: [poppy@wearespotlight.com](mailto: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](mailto:booking@wearespotlight.com)

CONTACT:

E: [elinor@wearespotlight.com](mailto:elinor@wearespotlight.com)

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## 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](mailto:booking@wearespotlight.com)

CONTACT:

E: [elinor@wearespotlight.com](mailto:elinor@wearespotlight.com)

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## 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](mailto:booking@wearespotlight.com)

CONTACT:

E: [garfield@wearespotlight.com](mailto:garfield@wearespotlight.com)

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## 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](mailto:booking@wearespotlight.com)

CONTACT:

E: [harry@wearespotlight.com](mailto:harry@wearespotlight.com)

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## 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](mailto:booking@wearespotlight.com)

CONTACT:

E: [poppy@wearespotlight.com](mailto: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](mailto:poppy@wearespotlight.com)

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## USEFUL NUMBERS

- Healthy start  
[www.healthystart.nhs.uk](http://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**



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- > your child is in receipt of DLA.

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**020 7364 1553**

[www.towerhamlets.gov.uk/earlylearning](http://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](https://forms.towerhamlets.gov.uk/service/ehenquiries)



Call 020 7364 5006 (option 2)



Email [earlyhelp@towerhamlets.gov.uk](mailto:earlyhelp@towerhamlets.gov.uk)



Drop-in 9am-5pm to Children & Family Centres  
[www.towerhamlets.gov.uk/childrenandfamilycentres](https://www.towerhamlets.gov.uk/childrenandfamilycentres)

### **MASH**

If you are concerned about a child at risk of significant harm call **020 7364 5006 (option3)** or send a Multi-agency referral form to [mash@towerhamlets.gov.uk](mailto:mash@towerhamlets.gov.uk)