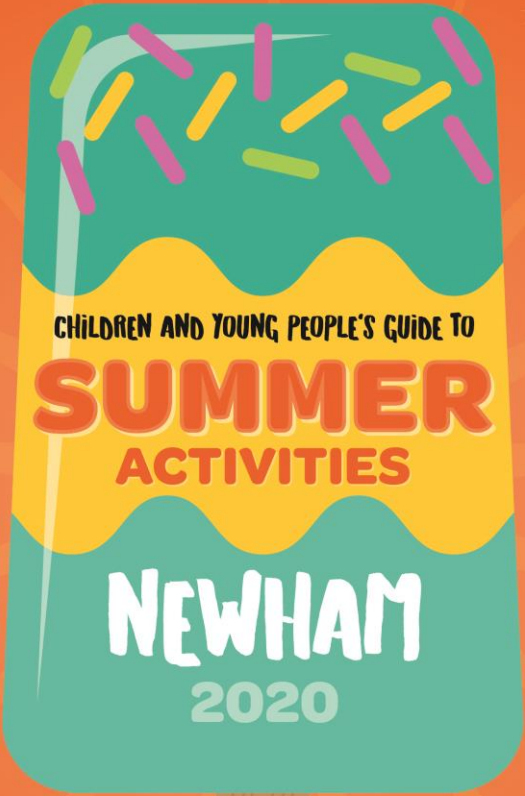


Newham London



Zoom into Summer:

Programme Introduction

Our summer festival this year is quite unique to other years so please do take a moment to look at some of the key messages below to help you: **Stay Connected, join in and have fun.**

Events will be both physical and online and will include: **Street dance, multi-sports, cross circular, discussions and debates, bike repair courses, games nights, self-development, music production, boxing, creative writing, arts activities, films, rowing, courses.... and lots, lots more.**

Please get in contact if your child has additional needs so we can do our best to accommodate their participation.

To find out more – go to:

<https://www.newham.gov.uk/children-families/activities-young-people-newham/1>

Booking Activities / Events

All events must be pre booked, so book your spot early, as spaces will be limited due to social distance regulations.

Please check the website prior to travelling to any event as activities may be subject to change.

Programme Updates

New activities will be confirmed throughout July and August and there may be changes to some of the existing activities. Always check the website for details before attending an event.

Contact Centre

Our contact centre will support your enquiries or direct you to activity and event organisers.

Phone: 020 8430 2000

Email: SummerActivities@newham.gov.uk

Health & Safety

Newham festival organisers and partners have given full consideration to the health and safety requirements for every activity and event. Keeping Newham children and young people safe remains our priority. This means that all events offered for children, young people and families to attend physically, will follow up to-date government Covid-19 guidance.

Activities Using Technology

This year there are a lot of activities that require the use of technology. We know, that not everyone has access to technology or the Internet. Please check the website (above) as we will be providing safe spaces with technology for you to join activities that require you to use: zoom or be online.

Foodmap Links

<https://www.newham.gov.uk/helpnewham>

CONTENTS

Headstart	page 4
Youth Offending Service	page 12
Strengthening Families and Children's' Centres	page 21
Youth Empowerment Service	page 24
Libraries	page 26
Parks	page 27
Summer Learning	page 28
Other Activities	page 29
Queen Elizabeth Park	page 32
Additional Information	page 32

HEADSTART

Did you know that adults with mental health problems could trace the start of their difficulties to childhood or adolescence? At HeadStart in Newham we offer mental health services to young people from 10 to 16 years through schools and the community. We believe good mental health can positively transform a young person and their family's lives. To find out more about us visit our website:

www.HeadstartNewham.co.uk

Mental health problems and developments don't stop when schools take holidays so we are very much apart of Newham's Summer Festival.

Monday 20 July to Sunday 26 July

Online: On the Move

Monday 20 July 4-5pm, 9-13 years, suited for beginners

Tuesday 21 July, 4-5pm, 9-13 year, most suited for beginners

Wednesday 22 July, 4-5pm, 13-16 years, most suited for beginners but gifted young dancers aged 9 to 13 years accepted

Learn dance routines, make friends and perfect your moves. Dance with us and feel like the best possible you!

To book: hello@eastlondondance.org or 020 8279 1050

Contact: charlene.davies@eastlondondance.org

Drama

Tuesday 21 July, 7-8pm, 10-16 years

Forest Gate 1 Woodford Road, Forest Gate, London, E7 0DH

Are you interested in Drama and Acting? This course will show you how to prepare for a career in this sector and offer you mentorship. Our RADA trained tutor will guide you through the process and show you how to use improvisation skills to boost your self-confidence, improve your creativity to help you feel motivated and re-energised.

To book: Ph: 020 3373 1018 or 07563 546 725. Digital Youth Zone Programme

<https://padlet.com/YESLBN/YESProgramme>

Contact trisha@rosettaarts.org

Online: Mindful Mosaic

Wednesday 22 July, 5-6pm, 10-16 years

Participants will learn about this ancient art form and how to create a traditional or contemporary mosaic using pre-cut ceramic pieces or glass tiles. Our tutor will demonstrate how to design a template, transpose it onto a mosaic panel, how to grout it correctly and polish your final design ready for display

To book: Phone: 020 3373 1018 or 07563 546 725 or go to: Digital Youth Zone

Programme <https://padlet.com/YESLBN/YESProgramme>

Online: Advance Your Dance

Thursday 23 July, 4-5pm, 13 + years

This session is for advanced level dance training for 13+ years and led by a leading dance artist. Suitable for young people with good experience in dance from intermediate to advanced level.

To book: hello@eastlondondance.org or 020 8279 1050

Contact: charlene.davies@eastlondondance.org

Online: Youth Panel

Friday 24 July, 4:00-5:30pm, 10-16 year olds

The Newham Youth Panel is in the driving seat of our Council. This is an opportunity for young people to be involved in decision making and getting their voices heard; work with us to shape our service, have a positive impact on your community, develop skills and wellbeing and form links and positive relationships with others. A welcome pack will be provided and includes a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

To book: <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

Contact: sarah.reeves@newham.gov.uk

Online: Your Time – Youth Befriending

Monday 20 July to Friday 24 July, 1-hour sessions in agreement with young people 10 to 18 years (up to 25 years SEND)

1 to 1 chat or catch-up sessions with a trusted professional where you can talk about things that matter to you during these uneasy times. It includes a welcome pack of a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

To book: Referral: [https://newham-self.achieveservice.com/service/COVID19 Youth Befriending Referrals](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals)

Contact: your.time@newham.gov.uk

Online: Online 1:1 Counselling

Monday 20 July to Friday 24 July, 10-16 years

Free, safe and anonymous support. Kooth is here to support you through anything, big or small. Get access to informative magazines, chat with the team and get 1:1 support, join conversations with their friendly community and start up a daily journal.

Contact: <https://www.kooth.com/signup>

Monday 27 July to Sunday 02 August

Online: On the Move

Monday 27 July 4-5pm, 9-13 years suited for beginners

Tuesday 28 July, 4-5pm, 9-13 year, most suited for beginners

Wednesday 29 July, 4-5pm, 13-16 years, most suited for beginners but gifted young dancers aged 9 to 13 years accepted

Learn dance routines, make friends and perfect your moves. Dance with us and feel like the best possible you!

To book: hello@eastlondondance.org or 020 8279 1050

Contact: charlene.davies@eastlondondance.org

Online: Advance Your Dance

Thursday 30 July, 4-5pm, 13 + years

This session is for advanced level dance training for 13+ years and led by a leading dance artist. Suitable for young people with good experience in dance from intermediate to advanced level.

To book: hello@eastlondondance.org or 020 8279 1050

Contact: charlene.davies@eastlondondance.org

Online: Your Time – Youth Befriending

Monday 27 July to Friday 31 July, 1-hour sessions in agreement with young person 10 to 18 years (up to 25 years SEND)

1 to 1 chat or catch-up sessions with a trusted professional where you can talk about things that matter to you during these uneasy times. It includes a welcome pack of a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

To book: Referral - [https://newham-self.achieveservice.com/service/COVID19 Youth Befriending Referrals](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals)

Contact: your.time@newham.gov.uk

Online: Counselling with Kooth

Monday 27 July to Friday 02 August, 10 – 16 years old

This is free safe and anonymous 1 to 1 counselling support or conversations with Kooth friendly community or an opportunity to start up a daily journal. Kooth supports young people through anything: big or small and provides informative magazines.

To book: <https://www.kooth.com/signup>

Contact: headstart.programmeteam@newham.gov.uk

Online: X7eaven with Vocal Explosion

Monday 27 July to Friday 31 July, 10-3pm, 10-16

Come and discover the wonders of your voice, learn to develop and mould your vocals or rap. Learn professional techniques resulting in small presentations to a live audience.

To book: newhamheadstart@cgl.org.uk

Online: Social Action Session

Date/Time TBC, **1-hour session, 10-16 year olds**

A fun zoom session to introduce young people to social action and social activism – learn how to have your voice heard. Please note that there are only 15 places available and booking is essential.

To book: <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>
or **Contact:** hiwot.ameneshoa@newham.gov.uk

Monday 03 August to Sunday 09 August

Online: On the move

Monday 03 August 4-5pm, 9-13 years suitable for beginners

Tuesday 04 August, 4-5pm, 9-13 year, most suited for beginners

Wednesday 05 August, 4-5pm, 13-16 years, most suited for beginners but gifted young dancers aged 9 to 13 years accepted

Learn dance routines, make friends and perfect your moves. Dance with us and feel like the best possible you!

To book: hello@eastlondondance.org or 020 8279 1050

Contact: charlene.davies@eastlondondance.org

Online: Dance Academy

Thursday 06 August, 4-5pm, 13+, most suited for intermediate to advanced level

This is advanced level dance training for 13+ years led by leading dance artists.

Suitable for young people with experience in dance.

To book: Hello@eastlondondance.org

Contact: charlene.davies@eastlondondance.org

Online: Youth Panel

Friday 07 August, 4:00-5:30pm, 10-16 year olds

The Newham Youth Panel is in the driving seat of our Council. This is an opportunity for young people to be involved in decision making and getting their voices heard; work with us to shape our service, have a positive impact on your community, develop skills and wellbeing and form links and positive relationships with others. A welcome pack will be provided and includes a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

To book: <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

Contact: sarah.reeves@newham.gov.uk

Online: Your Time – Youth Befriending

Monday 03 August– Friday 07 August, 1 hour sessions, 10 -18 (up to 25 SEND), to be arranged with the young person

These 1 to 1 regular weekly catch-ups are with a trusted professional, where you can talk about the things that matter to you during these uneasy times. A welcome pack includes a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

To book: Referral - [https://newham-self.achieveservice.com/service/COVID19 Youth Befriending Referrals](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals)

Contact: your.time@newham.gov.uk

Online: Counselling with Kooth

Monday 03 August to Friday 07 August, 10 – 16 years old

This is free, safe and anonymous 1 to 1 counselling support or conversations with Kooth friendly community or an opportunity to start up a daily journal. Kooth

supports young people through anything: big or small and provides informative magazines.

To book: <https://www.kooth.com/signup> or

Contact: headstart.programmeteam@newham.gov.uk

X7eaven with Moving Stage 1

Monday 3 August to Friday 7th August, 10-3pm, 10-16 years old

The Nexus Centre, 3 Snowberry Close, London E15 2AH

Involves various vocal training, recording and dance styles and the end result is to build a professional portfolio including photo shoot and CV.

To Book: newhamheadstart@cgl.org.uk

Online: Social Action Session

Date/Time TBC, **1-hour session, 10-16 year olds**

A fun zoom session to introduce young people to social action and social activism – learn how to have your voice heard. Please note that there are only 15 places available and booking is essential.

To book: <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>
or **Contact:** hiwot.ameneshoa@newham.gov.uk

Monday 10 August to Sunday 16 August

Online: On the move

Monday 10 August 4-5pm, 9-13 years for beginners

Tuesday 11 August, 4-5pm, 9-13 year, most suited for beginners

Wednesday 12 August, 4-5pm, 13-16 years, most suited for beginners but gifted young dancers aged 9 to 13 years accepted

Learn dance routines, make friends and perfect your moves. Dance with us and feel like the best possible you!

To book: hello@eastlondondance.org or 020 8279 1050

Contact: charlene.davies@eastlondondance.org

Online: Dance Academy

Thursday 13 August, 4-5pm, 13+, most suited for intermediate to advanced level

This is an advanced level dance training session for 13+ years, led by leading dance artists. Suitable for young people with experience in dance.

To book: Hello@eastlondondance.org

Contact: charlene.davies@eastlondondance.org

Online: Your Time – Youth Befriending

Monday 10 August– Friday 14 August, 1 hour sessions, 10 -18 (up to 25 SEND) to be arranged with the young person.

1 to 1 regular weekly catch-ups with a trusted professional, where you can talk about the things that matter to you during these uneasy times. A welcome pack includes a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

To book: Referral - [https://newham-self.achieveservice.com/service/COVID19 Youth Befriending Referrals](https://newham-self.achieveservice.com/service/COVID19%20Youth%20Befriending%20Referrals)
Contact: your.time@newham.gov.uk

Online: Counselling with Kooth

Monday to Friday, 10 – 16 years old (up to 17 birthday), when a young person logs on and resources on the site available at all times.

This is free, safe and anonymous 1 to 1 counselling support or conversations with Kooth friendly community or an opportunity to start up a daily journal. Kooth supports young people through anything: big or small and provides informative magazines.

To book: <https://www.kooth.com/signup> or

Make contact: headstart.programmeteam@newham.gov.uk

CGL with Out & About in Mudchute,

Monday 10 August to Friday 14th August, 10-3pm, 10-16 years old

Mudchute Park and Farm, Piers St, Isle of Dogs, London, E14 3HP, Isle of Dogs

Activity taster sessions including animal care, horticulture, forest school and horse riding.

To Book: newhamheadstart@cgl.org.uk

X7eaven -Moving Stage 2,

Monday 10 August to Friday 14th August, 10-3pm, 10-16 years old

The Nexus Centre, 3 Snowberry Close, London E15 2AH

Incorporates various styles of dance and vocal techniques and recording resulting in a professional music video shoot. Want to shoot your own music video and learn all the tricks of filming? Join us!

To Book: newhamheadstart@cgl.org.uk

Online: Social Action Session

Date/Time TBC, **1-hour session, 10-16 year olds**

A fun zoom session to introduce young people to social action and social activism – learn how to have your voice heard. Please note that there are only 15 places available and booking is essential.

To book: <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

Contact: hiwot.ameneshoa@newham.gov.uk

Monday 17 August to Sunday 23 August

Online: On the move

Monday 17 August 4-5pm, 9-13 years for beginners

Learn dance routines, make friends and perfect your moves. Dance with us and feel like the best possible you!

To book: hello@eastlondondance.org or 020 8279 1050

Contact: charlene.davies@eastlondondance.org

Online: Dance Academy

Thursday 20 August, 4-5pm, 13+, most suited for intermediate to advanced level
This is an advanced level dance training session for 13+ years, led by leading dance artists. Suitable for young people with experience in dance.

To book: Hello@eastlondondance.org

Contact: charlene.davies@eastlondondance.org

Online: Youth Panel

Friday 21 August, 4:00-5:30pm, 10-16 year olds

The Newham Youth Panel is in the driving seat of our Council. This is an opportunity for young people to be involved in decision making and getting their voices heard; work with us to shape our service, have a positive impact on your community, develop skills and wellbeing and form links and positive relationships with others. A welcome pack will be provided and includes a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

To book: <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

Contact: sarah.reeves@newham.gov.uk

Online: Your Time – Youth Befriending

Monday 17 August– Friday 21 August, 1 hour sessions, 10 -18 (up to 25 SEND), to be arranged with a young person

1 to 1 chat or catch-up sessions with a trusted professional where you can talk about things that matter to you during these uneasy times. It includes a welcome pack of a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

To book: Referral - [https://newham-self.achieveservice.com/service/COVID19 Youth Befriending Referrals](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals)

Contact: your.time@newham.gov.uk

Online: Counselling with Kooth

Monday to Friday, 10 – 16 years old (up to 17 birthday), when a young person logs on and resources on the site available at all times.

This is free, safe and anonymous 1 to 1 counselling support or conversations with Kooth friendly community or an opportunity to start up a daily journal. Kooth supports young people through anything: big or small and provides informative magazines.

To book: <https://www.kooth.com/signup> or

Contact: headstart.programmeteam@newham.gov.uk

Parkour Youth Camp

Monday 17 August to Friday 21st August, 10-3pm, 10-16 years old

East Ham War Memorial, Central Park, 82 High Street, London, E6 6DY

Parkour is fun, challenging and great for developing more confidence in using your body for movement. Whether you are into sports or not, Parkour is made up of lots of different movements and skills; we will show you how to swing, climb, jump, balance, vault and more.

To Book: newhamheadstart@cgl.org.uk

Online: MHG Music in Film and TV

Monday 17 – Friday 21 August, 10-3pm, 13-16 years old

Soundscapes and soundtracks, music videos for a maximum of 10 people.

To Book: newhamheadstart@cgl.org.uk

Online: Social Action Session 1

Date/Time TBC, **1-hour session, 10-16 year olds**

A fun zoom session to introduce young people to social action and social activism – learn how to have your voice heard. Please note that there are only 15 places available and booking is essential.

To book: <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

or **Contact:** hiwot.ameneshoa@newham.gov.uk

Monday 24 August to Sunday 30 August

Online: On the move

Monday 24 August 4-5pm, 9-13 years for beginners

Learn dance routines, make friends and perfect your moves. Dance with us and feel like the best possible you! Just sign-up to gain access to FREE weekly dance classes, activities, monthly group coaching sessions and the chance to win prizes.

To book: hello@eastlondondance.org or 020 8279 1050

Contact: charlene.davies@eastlondondance.org

Watercolour for Wellness part of Digital Youth Zone Programme

Tuesday 25 August, 7-8pm, 10-16 years

Forest Gate 1 Woodford Road, Forest Gate, London, E7 0DH

Watercolour painting is a great way to relax. In this session the tutor will show you a variety of techniques from traditional, alternative and experimental methods in use of watercolour painting to help you create unique art.

To book: 020 3373 1018 or 07563 546 725

<https://padlet.com/YESLBN/YESProgramme>

Contact: trisha@rosettaarts.org

Sketchbook Journaling

Wednesday 26 August, 5-6pm, 10-16 years

Little Ilford Centre 1a Rectory Road Manor Park London E12 6JB:

Leaners will be shown how to use sketchbooks and how it can play an essential part of the creative process. Your tutor will show you how to use a sketchbook to visualise your ideas, capture your thoughts and feelings, enhance your creativity and improve your artistic skills.

To book: 020 3373 1018 or 07563 546 725

<https://padlet.com/YESLBN/YESProgramme>

Contact: trisha@rosettaarts.org

Online: Your Time – Youth Befriending

Monday 24 August– Friday 28 August, 1 hour sessions, 10 -18 (up to 25 SEND) arranged with young person.

1 to 1 regular weekly catch-ups with a trusted professional, where you can talk about the things that matter to you during these uneasy times. A welcome pack includes a wellbeing journal to support you to learn fun skills to stay healthy and mentally well.

Contact: your.time@newham.gov.uk

Online: Counselling with Kooth

Monday to Friday, 10 – 16 years old (up to 17 birthday), when a young person logs on

This is free, safe and anonymous 1 to 1 counselling support or conversations with Kooth friendly community or an opportunity to start up a daily journal. Kooth supports young people through anything: big or small and provides informative magazines.

To book: <https://www.kooth.com/signup> or

Contact: headstart.programmeteam@newham.gov.uk

Online: MHG Music Outreach: Music Production

Monday 24 – Friday 28 August, 10-3pm, 13-16 years old

Work on creating your own music and recording it using state of the art tech. Level 2 (10 people max)

To Book: newhamheadstart@cgl.org.uk

Online: Social Action Session

Date/Time TBC, **1-hour session, 10-16 year olds**

A fun zoom session to introduce young people to social action and social activism – learn how to have your voice heard. Please note that there are only 15 places available and booking is essential.

To book: <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/> or **Contact:** hiwot.ameneshoa@newham.gov.uk

YOUTH OFFENDING SERVICES (YOS)

This summer there is a range of activities for young people apart of YOS. To book please use the internal summer offers referral process.

Monday 27 July to Sunday 02 August

Zoom: Self-Awareness

Monday 27 July, 12pm-1pm for 13-15 year olds, and 2pm-3pm, 16-17 years

This online self-awareness session, delivered by Smartchoices is designed to engage, relate and develop trust amongst young people. These sessions introduce the concept of self-awareness and enables young people to explore their identity and self-perception. Please note that there is a maximum of 14 places for young people with a maximum of 7 in each group on this course.

To book: Referral via YOS Case Manager

Zoom: Music Production

Monday 27 July and Tuesday 28 July, 4pm-5.30pm

Join our zoom music production session delivered by the Irene Taylor Trust to learn music production and creative writing via spoken word. Please note that there is a maximum of 7 places for young people on this course.

To book: Referral via YOS Case Manager

Real Talk

Wednesday 29 July, 11am- 1pm for 14- 17 years

YOS Offices, 192 Cumberland Road, E13 8LT

This session is an opportunity for 'real talk' and will involve young people coming together to discuss and debate relevant current affairs which link into the theme of Be the Change including politics and topical news reports which deal with equality and empowerment. Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Bike Repairing

Wednesday 29 July, 3pm-4pm, 11-17 years

YOS Offices, 192 Cumberland Road, E13 8LT

This enjoyable session is run by Streetwise Kids and aims to help young people learn new skills in how to mend bicycles. Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Zoom: Participation and Engagement

Wednesday 29th July 11am- 12pm, 14- 18 years

This is the YOS co-production session and an opportunity for young people to have their say on topical issues that affect them including structural barriers and on the YOS service and how they feel they could be best served.

To book: Referral via YOS Case Manager

Zoom: Victim Support

Wednesday 29th July 4pm- 5pm, 14- 18 years

This session is an opportunity to explore harm and the impact it has on a young person, their family and community, and learning more about Victim Support and the various ways they can support young people known to the YOS.

To book: Referral via YOS Case Manager

Restorative Justice Awareness

Wednesday 29 July 11am- 1pm for 13- 15 year olds

Thursday 30 July, 11am- 1pm for 16- 18 year olds

YOS Offices, 192 Cumberland Road, E13 8LT

These sessions are an opportunity to learn about what Restorative Justice is, thinking about the key principles of who is harmed through offending, the voice of the

harmed and the concept of empathy. Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Zoom: Identity Workshop

Thursday 30 July 11am- 12pm, 16- 18 years

This is a bespoke session considering culture and identity for YOS BAME cohort thinking about black history, empowerment and how young people can “Be the Change”.

To book: Referral via YOS Case Manager

Girls group

Thursday 30th July 2pm- 4pm, 14- 18 years, Female Only

YOS Offices, 192 Cumberland Road, E13 8LT

This is a bespoke group for the females who find themselves in the criminal justice system, thinking about issues around sexual exploitation, consent, empowerment and mindfulness including thinking about health and body image in a safe space

To book: Referral via YOS Case Manager

Zoom: Workplace Employability One to One

Thursday 30th July, 1pm- 4pm, 16+ years

This is an opportunity to have a virtual one to one slot with a Workplace NEET advisor who will assist with the registration process, and discuss a bespoke ETE plan and current opportunities

To book: Referral via YOS Case Manager

Zoom: Cook Off

Friday 31st July 12pm- 1pm, 16- 18 year olds

This session is an opportunity to share and show your cooking skills. It is a competition for young people to showcase their abilities in the kitchen.

To book: Referral via YOS Case Manager

Monday 03 August to Sunday 09 August

Zoom: Self Development

Monday 03 August, 12pm-1pm for 13-15 years, and 2pm-3pm, 16-17 year olds

This online self-development session, delivered by Smartchoices is designed to help you understand how others see you. It’s all about perceptions and the stories our actions tell, how we think others see us and how others actually see us. Please note that there is a maximum of 14 places for young people on this course with 5-7 in each group.

To book: Referral via YOS Case Manager

Zoom: Music Production

Monday 03 August and Tuesday 04 August, 4pm-5.30pm

Join our zoom music production session delivered by the Irene Taylor Trust to learn music production, skills and creative writing. Please note that there is a maximum of 7 places for young people on this course.

To book: Referral via YOS Case Manager

Zoom: First Aid Skills

Tuesday 04 August, 2pm-3pm, 16- 18 year

This online course run by the Street Doctors focuses on practical skills including basic first aid, what to do with knife wounds, deal with shock and CPR while teaching young people the medical effects of knife wounds on the body

To book: Referral via YOS Case Manager

Real Talk

Tuesday 04 August, 11am- 1pm, 14- 18 years

YOS Offices, 192 Cumberland Road, E13 8LT

This session is an opportunity for 'real talk' and will involve young people coming together to discuss and debate relevant current affairs which link into the theme of Be the Change including politics and topical news reports which deal with equality and empowerment. Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Bike Repairing

Wednesday 05 August, 3-4pm, 11-17 years

YOS Offices, 192 Cumberland Road, E13 8LT

This enjoyable session is run by Streetwise Kids and aims to help young people learn new skills in how to mend bicycles. Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Personal Safety

Wednesday 05 August, 11am – 1pm, 11-17 years

YOS Offices, 192 Cumberland Road, E13 8LT

This course run by Safer Schools Police will help you know how to keep personally safe when you are out and about and how to empower yourself and your community to keep safe.

Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Zoom: Participation and Engagement

Wednesday 05 August 11am- 12pm, 14- 18 years

This is the YOS co-production session and an opportunity for young people to have their say on topical issues which affect them including structural barriers and on the YOS service and how they feel they could be best served

To book: Referral via YOS Case Manager

Break the Cycle

Thursday 06 August 11am- 1pm, 14- 18 years

YOS Offices, 192 Cumberland Road, E13 8LT

This is a course focussing on thinking and behaviour based on the cognitive behavioural model looking at breaking the negative mindset that leads to re-offending utilising aspiration and self-determination. Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Zoom: Identity Workshop

Thursday 06 August 11am- 12pm, 16- 18 years

This is a bespoke session considering culture and identity for YOS BAME cohort thinking about black history, empowerment and how young people can “Be the Change”

Please note that there is a maximum of 7 places for young people on this course.

To book: Referral via YOS Case Manager

Girls group

Thursday 06 August 2pm- 4pm, 14- 18 years Female Only

YOS Offices, 192 Cumberland Road, E13 8LT

This is a bespoke group for the females who find themselves in the criminal justice system, thinking about issues around sexual exploitation, consent, empowerment and mindfulness including thinking about health and body image in a safe space.

Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Zoom: Workplace Employability One to One

Thursday 06 August, 1pm- 4pm, 16+ years

This is an opportunity to have a virtual one to one slot with a Workplace NEET advisor who will assist with the registration process, and discuss a bespoke ETE plan and current opportunities.

To book: Referral via YOS Case Manager

Zoom: Cook Off

Friday 07 August, 12pm- 1pm, Ages 16- 18 years

This session is an opportunity to share and show your cooking skills. It is a competition for young people to showcase their abilities in the kitchen. Please note that there is a maximum of 7 places for young people on this course.

To book: Referral via YOS Case Manager

10th August to 16th August

Zoom: Self Development

Monday 10 August, 12pm-1pm for 13-15 years, and 2pm-3pm, 16-17 years

This online self-development session, delivered by Smartchoices is designed to help you understand how others see you. It’s all about perceptions and the stories our actions tell, how we think others see us and how others actually see us. Please note that there is a maximum of 14 young people with 5-7 in each group on this course.

To book: Referral via YOS Case Manager

Zoom: Music Production

Monday 10 August and Tuesday 11 August, 4pm-5.30pm

Join our zoom music production session delivered by the Irene Taylor Trust to learn music production, skills and creative writing. Please note that there is a maximum of 7 young people on this course.

To book: Referral via YOS Case Manager

Online: Employability Workshop

Monday 10 August, 11am-12pm, 16+ years

This session run by West Ham will aim to support young people understand the steps to employment including job searching, CV and letter writing and preparation.

Please note that there is a maximum of 7 young people on this course.

To book: Referral via YOS Case Manager

Conflict Resolution & Leadership Skills

Tuesday 11 August to Thursday 13 August, 11am-2pm, 14-18 years

YOS Offices, 192 Cumberland Road, E13 8LT

These sessions run by LEAP are a 3-day programme focussing on leadership and how to manage conflict effectively.

Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Bike Repairing

Wednesday 12 August, 3pm-4pm, 11-17 years

YOS Offices, 192 Cumberland Road, E13 8LT

This enjoyable session is run by Streetwise Kids and aims to help young people learn new skills in how to mend bicycles. Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Zoom: Mask making Workshop

Wednesday 12 August 2pm- 3pm 16- 18 years

This session is run by Caramel Rock to provide a workshop on how to make face coverings at home to remain safe in this current climate. Please note that there is a maximum of 7 places for young people on this course.

To book: Referral via YOS Case Manager

Break the Cycle

Thursday 13 August 11am- 1pm, 14- 18 years

YOS Offices, 192 Cumberland Road, E13 8LT

This is a course focussing on thinking and behaviour based on the cognitive behavioural model looking at breaking the negative mindset that leads to re-offending utilising aspiration and self-determination. Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Zoom: Workplace Employability One to One

Thursday 13 August, 1pm- 4pm, 16+ years

This is an opportunity to have a virtual one to one slot with a Workplace NEET advisor who will assist with the registration process, and discuss a bespoke ETE plan and current opportunities.

To book: Referral via YOS Case Manager

Zoom: Reparation

Friday 14 August 11am- 12pm, 14- 18 years

This session will be a group that focuses on a chosen project pertaining to the theme of *Be the Change* where young people will be expected to take part in an activity that will “give back to the community”. Please note that there is a maximum of 7 places for young people on this course.

To book: Referral via YOS Case Manager

Monday 17 August to Sunday 23 August

Zoom: Barriers to Growth

Monday 17 August, 12pm-1pm for 13-15 year olds, and 2pm-3pm, 15-18 years

This online self-development session, delivered by Smartchoices is designed to explore and identify the internal and external barriers to change and growth; self-confidence, self-doubt, self-value, self-image; peer pressure, environment, social / familial connections, healthy / unhealthy relationships. Please note that there is a maximum of 14 young people with 5-7 in each group on this course.

To book: Referral via YOS Case Manager

Zoom: Real Talk

Tuesday 18 August 2pm- 3pm 16- 18 years

This session is an opportunity for ‘real talk’ and will involve young people coming together to discuss and debate relevant current affairs which link into the theme of *Be the Change* including politics and topical news reports which deal with equality and empowerment. Please note that there is a maximum of 7 places for young people on this course.

To book: Referral via YOS Case Manager

Participation & Engagement

Tuesday 18 August 11am- 12pm, 14- 18 years

YOS Offices, 192 Cumberland Road, E13 8LT

This is the YOS co-production session and an opportunity for young people to have their say on topical issues which affect them including structural barriers and on the YOS service and how they feel they could be best served

To book: Referral via YOS Case Manager

Rights & Responsibilities

Wednesday 19 August, 11am-1pm, 11 – 17 years

YOS Offices, 192 Cumberland Road, E13 8LT

This session facilitated by the Police to assist young people's understanding around their rights when it comes to stop and search and other processes and how to be empowered. Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Bike Repairing

Wednesday 19 August, 3pm-4pm, 11-17 years

YOS Offices, 192 Cumberland Road, E13 8LT

This enjoyable session is run by Streetwise Kids and aims to help young people learn new skills in how to mend bicycles. Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Young People Health & Wellbeing

Thursday 20 August, 2pm- 4pm, 13- 15 years

YOS Offices, 192 Cumberland Road, E13 8LT

This enjoyable session is run by School Health and aims to educate young people on staying healthy including looking at nutrition and self-care. Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Zoom: Workplace Employability One to One

Thursday 20 August, 1pm- 4pm, 16+ years

This is an opportunity to have a virtual one to one slot with a Workplace NEET advisor who will assist with the registration process, and discuss a bespoke ETE plan and current opportunities

To book: Referral via YOS Case Manager

Zoom: Identity Workshop

Thursday 20 August 11am- 12pm, 16- 18 years

This is a bespoke session considering culture and identity for YOS BAME cohort thinking about black history, empowerment and how young people can "Be the Change"

Please note that there is a maximum of 7 places for young people on this course.

To book: Referral via YOS Case Manager

Zoom: Break the Cycle

Friday 21 August 11am- 1pm, 14- 18 years

YOS Offices, 192 Cumberland Road, E13 8LT

This is a course focussing on thinking and behaviour based on the cognitive behavioural model looking at breaking the negative mindset that leads to re-offending utilising aspiration and self-determination. Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Monday 24 August to 30 August

Online: Employability Workshop

Monday 24 August, 11am-12pm, 11-17 years

This session run by West Ham will aim to support young people to understand the steps to employment including job searching, CV and letter writing and preparation. Please note that there is a maximum of 7 young people on this course.

To book: Referral via YOS Case Manager

Zoom: Problem Solving, Reflection & Goal Setting

Monday 24 August, 12pm-1pm for 13-15 year olds, and 2pm-3pm, 15-18 years

This online self-development session, delivered by Smartchoices is designed to reflect on the programme to date and make a plan going forward in the theme of *Being the Change*. Please note that there is a maximum of 14 young people with 5-7 in each group on this course.

To book: Referral via YOS Case Manager

Zoom: Young People Health & Wellbeing

Monday 24 August 4pm- 5pm, 16- 18 years

This enjoyable session is run by School Health and aims to educate young people on staying healthy including looking at nutrition and self-care. Please note that there is a maximum of 7 places for young people on this course.

To book: Referral via YOS Case Manager

Zoom: Lift as We Climb

Tuesday 25 August 16- 18 years

This session is a talk on Leadership, excellence and the keys to breaking barriers to achieve success. Please note that there is a maximum of 7 places for young people on this course.

To book: Referral via YOS Case Manager

Bike Repairing

Wednesday 26 August, 3pm-4pm, 11-17 years

YOS Offices, 192 Cumberland Road, E13 8LT

This enjoyable session is run by Streetwise Kids and aims to help young people learn new skills in how to mend bicycles. Please note that there is a maximum of 4 places for young people on this course.

To book: Referral via YOS Case Manager

Zoom: Participation & Engagement

Wednesday 27 August 11am- 12pm, 14- 18 years

YOS Offices, 192 Cumberland Road, E13 8LT

This is the YOS co-production session and an opportunity for young people to have their say on topical issues which affect them including structural barriers and on the YOS service and how they feel they could be best served

To book: Referral via YOS Case Manager

Zoom: Workplace Employability One to One

Thursday 27 August, 1pm- 4pm, 16+ years

This is an opportunity to have a virtual one to one slot with a Workplace NEET advisor who will assist with the registration process, and discuss a bespoke ETE plan and current opportunities

To book: Referral via YOS Case Manager

Zoom: Identity Workshop

Thursday 27 August 11am- 12pm, 16- 18 years

This is a bespoke session considering culture and identity for YOS BAME cohort thinking about black history, empowerment and how young people can “Be the Change”

Please note that there is a maximum of 7 places for young people on this course.

To book: Referral via YOS Case Manager

Zoom: Summer Programme Focus Group

Thursday 27 August, 11am-12pm, 11-17 years

Zoom and YOS Offices, 192 Cumberland Road, E13 8LT

This session run by YOS will aim to gain feedback from young people about the summer programme: what events young people attended, what worked well and what would be even better for next year. Please note that there is a maximum of 7 places for young people on this course via Zoom and 4 at the YOS office.

To book: Referral via YOS Case Manager

Zoom: Summer Celebration

Thursday 27 August 2pm-3pm, 11-17 years

Friday 30 August 1pm—2pm, 11-17 years

Zoom and YOS Offices, 192 Cumberland Road, E13 8LT

This session run by YOS will aim to recognise and celebrate young people’s achievements throughout the summer programme. Please note that there is a maximum of 7 places for young people on this course via Zoom and 4 at the YOS office

To book: Referral via YOS Case Manager

Strengthening Families and Childrens’ Centres

Families Time London Taxi Tours

22nd July – 31 August

You will have your own dedicated driver who will take you on a magical mystery tour around London, visiting some of the capitals famous sights including, Tower Bridge, Buckingham Palace, Trafalgar Square or the London Eye. The tour includes a free picnic lunch and just to add to the fun you can play the “London Taxi Bingo” and see if you can find all the sights along the way.

This is open to 4 four families a day

To book please Email: strengthening.families@newham.gov.uk

Parent Befriending Service

A bespoke parent befriending service for parents/carers of children and young people aged 0-16 years who needs a space to talk and think through the ways that they are coping in the circumstances and practical suggestions to manage challenges such as their young person's behaviour, anxiety and worries, family relationships challenges and a young person's screen time.

- Befrienders are either trained children centre staff or Newham Parent Peer Facilitators
- 30-60 minute sessions per week
- 1-8 week with a clear transition process put in place for when the contract ends
- Group sessions will be developed where this would be helped and appropriate
- Virtual coffee mornings: Early years / Primary / Secondary
- Signposting and referrals to other support and services as and when appropriate

If you have any questions about the children's centre offer or the family support work please make contact via email: BSILFamilySupport@newham.gov.uk.

Family Money Matters – (family finance, housing and returning to work/training)

FREE one to one advice and guidance to all via phone or on-line in partnership with Newham WorkPlace, MoneyWorks and voluntary sector Organisations including Community Links

1. Advice and assistance on housing, homelessness, evictions, welfare benefits, tax credits and universal credit, immigration and employment law

2. Financial support to a access affordable credit, money and debt management and emergency support including access to food bank vouchers, supermarket and energy vouchers

3. Employment/training support includes

- improving your CV
- identifying job/career options
- advising on jobs to best suit your skills
- good quality apprenticeships for all ages
- bespoke training to enhance your existing skills including accredited qualifications
- preparing you for attending assessment centres and interviews
- Advice on childcare options
- specialist teams such as Young People's Team (16 – 24 years old), Apprenticeships Team (all ages), Supported Employment Team (disabilities or long-term health conditions) and **construction team, to support the requirements of our residents.**

Family Relationship Matters

It is normal for parents to argue (whether they are together or not). Things that affect you as an adult can include; Job loss, births, deaths, illness or separation. These courses/session give to the tools to manage conflict effectively.

Reducing Parental Conflict Training offer 2020

Date	Module	Time	
17/07/2020			
20/07/2020	Module 3	9.30am – 3.5hrs	Virtual
20/07/2020	Module 3	1.30pm – 3.5hrs	Virtual
31/07/2020	Module 2	09.30 – 3.5hrs	Virtual
31/07/2020	Module 2	1.30pm – 3.5hrs	Virtual
TBC – August 2020	Module 3	09.30 – 3.5hrs	Virtual
TBC – August 2020	Module 3	01.30 – 3.5hrs	Virtual
TBC – August 2020	Module 2	09.30 – 3.5 hrs	Virtual
TBC – August 2020	Module 2	01.30 – 3.5hrs	Virtual

To book email: strengthening.families@newham.gov.uk

Carpenter Docklands Settlements Summer Scheme

Tuesdays, Wednesdays and Thursdays, 9am-3pm, 4-11 years
98 Gibbins Road, Stratford E15 2HU

£15.00 per day includes a hot meal, fruit, snacks and drinks.

Childcare vouchers can be used.

Booking essential as there are only 40 places each day

The summer scheme is only open at the Stratford centre but transport will be offered to those needing to drop their children at other centres.

The holiday programme encouraging children to make new friends, learn and develop through play and fun activities.

Bookings: Families need to register first and then they can use the online booking: <https://carpenter-and-dockland-centre.childcare-online-booking.co.uk/>

If your child does not attend one of the feeder schools please choose Carpenter School.

Contact: Samantha Tel: 020 8534 4121

Samantha.white@docklandsettlements.org.uk

Holiday PlayScheme – Ofsted Registered

Little Manor Play Project

Monday 27 July – Wednesday 02 September

Operating Mondays to Thursdays, 8am – 6pm

- 8am – 9am Breakfast Club
- 9am – 6pm Holiday Playscheme
- 2pm – 6pm Activity Session

The Froud Community Centre, 1 Toronto Avenue, E12 5JF

Activities include, arts & crafts, cooking, sports, games, challenges, and local trips to outdoor spaces. (We will not be using public transport, but we may occasionally use a private minibus/coach)

Children receive a lunch and morning & afternoon snack.

Daily rates

- Breakfast Club: 1st child £2; Sibling £2
- Holiday Playscheme: 1st child £16; Sibling £11

Register: play@aston-mansfield.org.uk

Contact: 020 3355 3978

The Manor Youth Project for Young People in Years 7-9

Transitional Youth Programme

Monday 27th July – Wednesday 2nd September

Tuesdays and Wednesdays

- 8am – 9am Breakfast Club
- 9am – 10am Volunteering contribution
- 10am – 6pm Transitional Youth

A combination of developmental workshops and off-site activities for young people with lunch and snacks provided.

- Breakfast Club: 1st child £2; Sibling £2
- Activity Session: 1st child £10; Sibling £8
- Transitional Youth: 1st child £5; Sibling £5

Register: play@aston-mansfield.org.uk

Contact: 020 3355 3978

YOUTH EMPOWERMENT SERVICES

Throughout the summer there will be a range of Youth Zone centre-based activities, outdoor activities and online activities. Activities will be updated on the website over the coming month, so stay in touch to zoom in or join into our summer fun.

Forest Gate Youth Zone

Beckton Globe Youth Zone

Little Ilford Youth Zone

Shipman Youth Zone

- **Zoom / Online / Centred-based / Outdoor Activities**, Tuesdays to Fridays, Various Times – see [padlet](https://padlet.com/YESLBN/YESProgramme) (https://padlet.com/YESLBN/YESProgramme) for session details. This is updated every week, 9-19 years (up to 25 if SEND).

OTHER EVENTS

Monday 20 July to Sunday 30 August

Online: The People Speak Session

Monday 27 July, 4-5.30pm, 9-19 years (up to 25 years if SEND)

This is an online pop-up talk show, with youth voice sessions, political pizza making and more.

Book via Participation Team

Online: Mentoring

Tuesday 28 July, 2-4pm, 13-16 years

Book through School 21

Music Production Workshop

Tuesday 28 July, 4-7pm, 9-19 years

Stratford Park

There are only 10 places available, so booking is essential - this is only open to young people we are engaging with through the Detached Sessions (closed group).

Book via Detached Team.

Bicycle Workshop

Wednesday 29 July, 4-7pm, 9-19 years,

This workshop will be run in partnership with BikeWorks – come and learn how to fix a bike. There are only 10 places available, so booking is essential

Book via Detached Team. - This is only open to young people we are engaging with through the Detached Sessions (closed group).

Basketball

Thursday 30 July 4-7pm, 9-19 years

Come and learn or join into basketball games and skills. Please note that there is a capacity of 10 people per time.

Booking not required - this is only open to young people we are engaging with through the Detached Sessions (closed group).

Online: Children in Care Council

Thursday 30th July 3-4pm, 9-19 years (up to 25 years if SEND)

A range of online social sessions for young people living in care are planned throughout the summer – please check the Youth Empowerment Service padlet for more information. This is also an opportunity for young people to talk about issues that they are facing and work together to highlight these.

Book via Participation Team

Volunteering in the Hub

Thursday 30 July, 10am-4pm, 9-19 years (up to 25 years if SEND)

Young people have the opportunity to volunteer supporting the relief effort being undertaken in two of Newham's Hubs. It's a great for young people to get involved in their communities while learning new skills and meeting new people. This event is

being run in association with the Hubs at St Mark's Industrial Estate and Stratford Old Town Hall.

Book via Participation Team

Multi-sports

Friday 31 July 4-7pm, 9-19 years

Come and learn or join into a range of sports activities. Keep active, fit and make friends. Please note that there is a capacity of 10 people per time.

Booking not required - this is only open to young people we are engaging with through the Detached Sessions (closed group).

Detached Sessions

Tuesday 28 July / Wednesday 29 July / Thursday 30 July / Friday 31 July

6-9pm, 9-19 years

Stratford at various locations

The detached team will be available to meet young people at varied locations around Stratford.

Book via Detached Team. - This is only open to young people we are engaging with through the Detached Sessions (closed group).

Keeping it Wild

Monday 20th July to Friday 7th August, 10am-3pm, 9-19 years, (up to 25 years if SEND)

Freemasons Road Area

This is a three weeklong environmental Social Action Project which is being delivered in Custom House.

Book via Participation Team

EET Programme

Saturday 01 August, 2-5pm, 16-19 years

Westfield Shopping Centre

Come join an informative and educational employability programme to help steer you towards your next role. Booking is essential as there are only six places available

Book via Detached Team -this is only open to young people we are engaging with through the Detached Sessions (closed group).

LIBRARIES

- **Stratford:** 3 The Grove, E15 1EL Ph: 020 3373 0826
- **Plaistow:** North Street Plaistow, E13 9HL Ph: 020 3373 0859
- **Manor Park:** 685-693 Romford Road, E12 5AD Ph: 020 3373 0858
- **Green Street:** 337-341 Green Street, Upton Park, E13 9AR Ph: 020 3373 0857
- **Forest Gate:** 2-6 Woodgrange Road, Forest Gate, E7 0QH Ph: 020 3373 0856
- **East Ham:** 328 Barking Road, E6 2RT Ph: 020 3373 0827
- **Canning Town:** 18 Rathbone Market, Barking Rd, E16 1EH Ph: 020 3373 0854
- **Custom House:** Prince Regent Lane, E16 3JJ, Ph: 020 3373 0855

- **Beckton Globe:** 1 Kingsford Way, E6 5JQ Ph: 020 3373 0853
- **North Woolwich:** 5 Pier Parade, Pier Road, E16 2LJ, Ph: 020 3373 0843

Access to Libraries

There will be limited library opening times from 13 July

Monday- Friday: 10am-12pm and 2-4pm, All ages.

Adults as well as children and young people will be able to reserve books online for pick up in their local branch. Each library will have bags of pre-selected books by age range, genre and recommended reads for people to borrow with a library card.

People can ring libraries to book a collection slot or reserve books online. There will be drop-in availability but some libraries may have less capacity due to space and staffing.

Library Cards

Everyone including children needs a valid/current library card to take out books, resources or use the computers. To find out more or obtain a library card, go to:

library.activities@newham.gov.uk or call your local library. Cards can be collected at your local library branch.

Computer Use

People can ring libraries to book a collection slot or to book a computer. There will be drop-in availability but some libraries may have less capacity due to space and staffing. Members of the public will need a library card to use the computer.

E-Books, E-Audio, Online Resources and Courses

All summer, all ages

Use your valid/current library card to use resources or sign up to a library activity.

Summer Reading Challenge

All summer long, 4 – 11 years

Join the summer reading challenge by setting your reading target and unlock your virtual rewards. Children have the opportunity to review books and take part in games, quizzes and more. Children who can't access the digital challenge will be able to collect physical resources including a reading record collector pack and rewards for reading including stickers and prizes.

PARKS

Whether you want to relax, play or enjoy a day out with friends or family, you will find a park in Newham to suit your needs. All events have a capacity of five (5) people only, unless specified and places will be confirmed on a first-booked basis. Due to Covid-19, all events offered must be pre-booked.

Please get in contact if your child has additional needs so we can do our best to accommodate the participation.

All Events: Monday to Friday 27 July – 28 August, Various Times

To book: Eventbrite

Contact: sports@activenewham.org.uk

Stratford

- Cross-curricular: Thursdays, 11.30am-12.30pm, 5-7 years
- Cross-curricular: Thursdays, 12.30pm-1.30pm, 7-11 years

Queen Elizabeth Olympic Park

- Multi-sports: Fridays, 12pm-4pm, 8-18 years
- Cross-curricular: Fridays, 12pm-1pm, 5-7 years
- Cross-curricular: Fridays, 1pm-2pm, 7-11 years

Central Park

- Multi-sports: Wednesdays, 11.30am-3.30pm, 8-18 years
- Cross-curricular: Wednesdays, 11:30am-12:30pm, 5-7 years
- Cross-curricular: Wednesdays, 12:30pm-1:30pm, 7-11 years

New Beckton

- Multi-sports: Wednesdays-Thursdays, 12pm-4pm, 8-18 years
- Cross-curricular: Wednesdays, 2pm-3pm, 5-7 years
- Cross-curricular KS2: Wednesdays, 3pm-4pm, 7-11 years
- Boxing: Wednesdays, 12.30pm-1.30pm, 8-18 years

Canning Town Rec

- Multi-sports: Mondays, Tuesdays & Fridays, 12-4pm, 8-18 years
- Cross-curricular: Mondays, 11:30am-12:30pm, 5-7 years
- Cross-curricular: Mondays, 12:30pm-1:30pm, 7-11 years
- Street Dance: Tuesdays 2pm-3pm, 8-18 years

Plasht Park

- Multi-sports: Mondays - Fridays, 12pm-4pm, 8-18 years
- Boxing: Monday, 12.30pm-1.30pm, 8-18 years
- Cross-curricular: Tuesdays, 11:30am-12:30pm, 5-7 years
- Cross-curricular: Tuesdays, 12:30pm-1:30pm, 7-11 years
- Dance: Fridays, 2pm-3pm, 8-19 years

Plaistow Park

- Multi-sports: Wednesdays & Thursdays, 12-4pm, 8-18 years
- Street dance: Wednesdays, 2pm-3pm, 8-18 years
- Boxing: Wednesdays, 12.30pm-1.30pm, 8-18 years
- Cross-Curricular: Thursdays, 2pm-3pm, 5-7 years
- Cross-curricular: Thursdays, 3pm-4pm, 7-11 years

Priory Park

- Dance: Mondays, 2pm-3pm, 8-18 years
- Multi-sports: Mondays, Tuesdays & Fridays, 12pm-4pm, 8-18 years

- Cross-Curricular: Tuesdays, 2pm-3pm, 5-7 years
- Cross-curricular: Tuesdays, 3pm-4pm, 7-11 years
- Boxing: Fridays, 12.30pm-1.30pm, 8-18 years

Kier Hardie

- Multi Sports: Mondays - Fridays, 12pm-4pm, 8-18 years
- Cross-curricular: Mondays, 2pm-3pm, 5-7 years
- Cross-curricular: Mondays, 3pm-4pm, 7-11 years
- Boxing: Tuesdays, 12.30pm-1.30pm, 8-18 years
- Street dance: Thursdays, 2pm-3pm, 8-18 years

Victory Park

- Parkour: Mondays, 1pm-3pm, 8-18 years

SUMMER LEARNING

Online: East Summer School - FREE

Courses in Creative Arts, Theatre, Engineering, Architecture, Dance and MORE

Monday 27 July – Monday 17 August

Students aged 12-17 years

This year the Summer School experience will be returning online with unique virtual workshops, webinars and learning experiences to all whom sign-up. Summer School courses are being delivered by world-leading organisations, such as the BBC, London College of Fashion and UCL who will be moving to east London as part of East Bank. As well as working alongside institutions that are already here, such as Staffordshire University London, Studio Wayne McGregor, The Yard Theatre and many more.

To book pupils can sign up to the programme by going to:

www.QueenElizabethOlympicPark.co.uk/Summerschool

Contact SummerSchool@Londonlegacy.co.uk to help with all enquires.

Arise and Glow Summer School

Math and English for Primary, Secondary & GCSE students, 4 – 16 years

Intensive 11+ Preparation including mock tests and feedback

03 – 31 August, Mondays to Thursdays, 11am-3pm

To book or make contact/book: Simeon: 020 7018 1697 or 0795651 5252

Shpresa Summer Programme - Services for Albanian Speakers

Wednesday, Saturdays and Sundays - English Classes

Every Weekday - **Virtual** Youth Clubs, 6-9pm

Weekly - Inspiration Talk

Shpresa promotes the participation and contribution of the Albanian-speaking community in the UK as well as enable its users to play a positive and active role in the Big Society.

To find out more visit: www.shpresaprogramme.com

Contact: Ph:02075111586 Email:shpresaprogramme@yahoo.co.uk

Virtual: Academy Achievers STEAM Summer Camp

Monday 27 July to Friday 21 August, 10-11.30am and 1-2.30pm, 6-10 years
Free learning activities include: science, technology, arts, engineering and mathematics.

Contact: admin@academyachievers.co.uk

Phone: 0333 742 7555 or 07852 621 283

OTHER ACTIVITIES

Short Breaks at Arc in the Park

Saturdays, 4 Sessions: 10-11.30am, 11.40am-1.10pm, 1.20-2.50pm, 3-4.30pm

Bethell Avenue, E16 4JT

No cost, available to families on a first-booked basis, free parking nearby.

To book call Arc in the Park: Ph: 020 7511 4253

London Borough of Newham have teamed up with Ambition, Aspire, Achieve to offer families most in need of a short break, the opportunity to attend Arc in the Park. It is for families of a child or children with SEND who do not have access to an outdoor space. A family group from the same household will be able to attend a 1½-hour session on Saturdays. Arc in the Park is a self-contained and fully fenced indoor/outdoor activity centre based in. Families will need to enter the Arc via the pedestrian gate next to the fenced games area.

Outdoor activities include: giant Connect 4, mini trampolines, hoppers, table tennis, Frisbees, variety of bats and balls, skipping ropes, den building materials, large climbing frame, Multi-use games area. Indoors activities include: Lego/Duplo, stickle bricks, cars and roadway mat, wooden train set, Jenga, musical instruments, basic arts/crafts materials, table football.

Families will need to bring refreshments with them, as no food or drinks are available

Online Pop-Up Newham CAMHS

Every 2nd and Last Saturday of the Month, 40-minute consultations

To book: <https://www.eventbrite.co.uk/e/online-pop-up-camhs-newham-registration-102088330946>

When you have signed up a link will be sent to you to join a video call with a friendly mental health clinician.

For on the spot support, help and consultation for young people and families who live in Newham or have a Newham GP. Sessions aim to promote emotional wellbeing and positive mental health in children, young people and families. Great for young people or families who are perhaps struggling a bit and require early advice, support or intervention and excellent for running ideas past ie where families might be concerned about the development or wellbeing of their young people.

Online: Therapeutic Workshops

Newham CAMHS offers online therapeutic workshops for young people and parents/carers who live in Newham and would like advice and support to improve their mental health and wellbeing.

To book: <https://tinyurl.com/yxzmha8q> or Google Newham CAMHS Workshops
Workshop Topics include:

- **Mindfulness and self-care:** For children, young people and their parents/carers on self-care and an introduction to mindfulness.
- **Parenting and self-care:** For parents/carers on managing the anxieties and stresses commonly experienced in parenting.
- **Managing worry:** For primary school children and their parents/carers on worry and how to manage our worries.
- **Coping with anxiety:** For secondary school young people and their parents/carers on anxiety and how to cope with experiences of anxiety.
- **Managing my mood:** For young people and their parents/carers that explores mood and specifically how to manage low mood.
- **Managing anger:** For children, young people and their parents/carers that explores what anger is and how to manage anger in ourselves and others.
- **Relationship tips:** For young people and their parents/carers on different types of relationships and how to handle relationship difficulties.
- **Bullying:** For children, young people and their parents/carers focused on understanding bullying and how to support those affected by it.
- **Sleep:** For children, young people, and their parents/carers on understanding sleep and finding ways to get a good nights sleep.
- **Coping with exam stress:** For children, young people and their families on practical strategies for coping with exam stress.

Virtual: Story Time and Singalong

Wednesday 29 July until Wednesday 26 August (Every Wednesday)
10.30am-11.30am, for Parents/Carers and their babies/children 0-3 years

To book: go to: www.newham.gov.uk/childrenshealth or

Contact: 020 3373 9983 for further information

Ascension Community Trust Summer Scheme

Weekdays Monday 27 July to Friday 28 August, 11am-3pm, 6-11 years

Ascension Church Centre, Baxter Road, London, E16 3HJ

Join in to various activities including: crafts, games and sports. Lunch is included

Cost: £10 per child for the whole week

Book online: www.ascensioncommunitytrust.org or by phone 020 7511 1232

or by email admin@ascension.org.uk

Each child can only sign up to one week of the 5 weeks available due to limited spaces available. There is a maximum of 14 children per week.

Queen Elizabeth Olympic Park

The Park remains open to visitors, with the parklands and canal paths still accessible to all, seven days a week. Over the summer come and enjoy the space to exercise and socialise with friends and family. **For up to date information about the facilities and venues on the Park, please visit: www.queenelizabetholympicpark.co.uk.**

- Most venues and attractions across the Park remain closed with some partially open, such as Lee Valley Hockey and Tennis Centre.
- A lot of the restaurants and cafés on and around the Park are open for takeaway only, with some beginning to offer an eat-in service.
- Toilets are open 11am – 6pm and are located at The Podium near the ArcelorMittal Orbit. There is an increased cleaning regime in place to ensure visitors are as safe as possible.
- The Pleasure Gardens play areas in the south of the Park are open
- The outdoor gyms at the Park have reopened.

Fun Fair

Monday 17 July – Sunday 31 August, **Friday – Monday only, 1pm – 10pm**

Whether it be the dodgems, rollercoasters or a carousel, George Irvin's Ultimate funfair will have something for everyone to enjoy as it arrives in the north of the Park for summer! Please note there is an entrance charge of £1 per person, although it is free for under 3s. The rides operate on a token system, which are available to purchase at the funfair for £1.20 per token or 10 for £10. NHS workers can receive 50% off tokens every Friday! Strict social distancing measures will be in place for visitors' safety.

Additional Information

Temporary extension of free school meals eligibility for groups with no recourse to public funds

Government guidance has been updated with new income thresholds:

<https://www.gov.uk/government/publications/covid-19-free-school-meals-guidance/guidance-for-the-temporary-extension-of-free-school-meals-eligibility-to-nrpf-groups>

The extension of free school meal eligibility to these groups will continue while the coronavirus (COVID-19) outbreak impacts upon schools, including for the duration of the summer holidays.

Application deadline for the Covid Summer Food Fund

Schools can order the summer vouchers for newly eligible children up to the end of term: Vouchers should be ordered at least one week prior to the end of term. However, if a school receives a claim for an eligible child after this date but before their school term ends, it will be possible for the school to place an exceptional order for that child using the Edenred system.

See the [Covid Summer Food Fund](#) guidance for more information.

There is also some guidance on what constitutes within or outside London.

For further information Telephone [020 8430 2000](tel:02084302000) or visit www.newham.gov.uk