

EARLY SUPPORT
WEALDSTONE HUB YOUTH OFFER

SUMMER ACTIVITIES 2023

follow us on insta [@wealdstone.youthhub](https://www.instagram.com/wealdstone.youthhub) - the best place
for keeping up to date with any changes and amazing
opportunities



INFO



Learn to Cook

- Every week will be a different theme, we have a Mexican, Asian, British, and Caribbean with the last session being a fun summer vibes session with snacks, finger food, and mocktails.
- Children will have fun learning how to make a range of healthy foods and experiment with unusual ingredients. All ingredients will be purchased by the Centre. Please advise staff of any dietary requirements/ allergies

Games in the park

- Games in the park is a fun sport session for all levels. With a variety of sports on offer from rounders to football. Winning may not be guaranteed but laughter and fun is.

Youth club hang out session

- A fun, chilled out environment with Play Station, pool, computer room, table tennis and fun games. A place where young people can hang out and find out what we have for the next 5 weeks.

Arts and craft

- Young people will be able to chill out and do some arts and craft which will involve cutting, drawing, colouring at plenty others.
- Young people will get the chance to be creative using arts and craft. This will be in line with the cooking theme of the day, which gives young people the chance to learn about different cultures arts and craft.

Street doctors

- This is a very informative session that gives young people basic training on how to deal with cuts, wounds, and the recovery position.

Trampolining (Meet and pick up at harrow leisure centre)

- This is a chance for young people to learn a skill and also exercise in the form of trampolining. This will be held at the leisure Centre and will be taught by a professional trampoline coach.

Prospect CV session and employability

- This will be an informative session for young people who wish to seek employment. Young people will have the chance to work on CV's, look at job descriptions, and some live jobs. This will give young people the chance to attain a summer job or be better prepared to find a job and find employment.



INFO



Film day

- What film are we watching Shhhhhh it is a secret. This is for film lovers, if you like to watch films, head down to the film club where young people get to watch films. This year the films will be in line with a cooking theme, widening our interest in films and watching films from different cultures or based on different cultures with some drinks, popcorn, sweets and snacks, (Film will be a 12 A)

Introduction to barbering (Meet and pick up at Wealdstone youth club)

- Young people will get the chance to learn about cutting male hair. This will involve the creative side and the business side.

LCK volunteering

- Young people will help people in the community by packing and sorting bags for London community Kitchen to give away food and household needs to those less fortunate. Those who attend will be listed for a trip as a reward

Cinema

- Young people will have the chance to visit the cinema and watch the latest movie

Summer social hang out

- Young people will have a space to hang out, play games and have a recap of the summer

History and sounds of music

- Young people will get the opportunity to learn about three of the history and sounds of 3 popular genres of music in the UK. The sounds that we will be listening to are UK Grime, Pop and Hip hop & RnB respectively

Hair Braiding

- Braiding is a skill that has multiple uses and is an excellent form of expression. Come and learn how to braid hair in a variety of braiding styles.



INFO



Contemporary dance

- This Contemporary Dance workshop will be energetic - exploring contact with others, floor/low level movements and traveling. Aimed at all varying levels of experience, the workshop will be well paced and build up to creating and sharing movement together. We will build connections and a sense of unity through dance.

Senior Youth Club

- A space for young people aged 16 + to engage in activities that increase their well-being and aspirations.

Activities include:

- Pool & Table tennis
- Discussion
- Xbox/ Playstation
- Film
- Music production

Gym/ Fitness

- The aim of this session is to promote and teach young people the benefits of living a healthy and positive lifestyle.

This session will help young people to:

- Improve fitness
- Increase Health education
- Improve self-esteem & confidence
- Reduce stress.

Emotional well being

Mental toughness is defined as:

The ability to deal effectively with stressors, pressure and challenge irrespective of the prevailing circumstances and environment

The four C's model:

The four C's model of the mental toughness Control, Commitment, Challenge, and Confidence – provides a way of successfully managing the rapid pace of change in our world and increases feelings of self-efficacy and pride in what can be achieved using a performance measure

HARROW EARLY SUPPORT YOUTH OFFER SUMMER TIMETABLE

WEEK 1: 24-27 JULY

MONDAY

24 July

YOUTH CLUB HANG OUT SESSION

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 11:00-1:00 PM

AGES: 9-15

PLEASE BOOK

TUESDAY

25 July

LEARN TO COOK: MEXICAN THEME

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 11:00-1:00 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

WEDNESDAY

26 July

LEARN TO HAIR BRAID

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 11:00-1:00 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

THURSDAY

27 July

GYM

LOCATION: HARROW
LEISURE CENTRE

TIME: 11:00-1:00 PM

1ST HOUR: AGES 9-15
2ND HOUR: AGES 16-19

PLEASE BOOK

PROSPECTS CV SESSION AND EMPLOYABILITY SESSION

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 1:30 - 3:30 PM

AGES: 16 -19/25 SEN

PLEASE BOOK

FILM CLUB

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 1:30-3:30 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

MENTAL TOUGHNESS

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 1:30-3:30 PM

AGES: 16 -19/25SEN

PLEASE BOOK



HARROW EARLY SUPPORT YOUTH OFFER SUMMER TIMETABLE

WEEK 2: 31 JULY - 3 AUGUST

MONDAY

31 July

YOUTH CLUB HANG OUT SESSION

LOCATION:
WEALDSTONE YOUTH CENTRE

TIME: 11:00-1:00 PM

AGES: 9-15

PLEASE BOOK

TUESDAY

1 August

LEARN TO COOK: ASIAN THEME

LOCATION:
WEALDSTONE YOUTH CENTRE

TIME: 11:00-1:00 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

WEDNESDAY

2 August

SENIORS YOUTH CLUB HANG OUT SESSION

LOCATION:
WEALDSTONE YOUTH CENTRE

TIME: 11:00-1:00 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

THURSDAY

3 August

GYM

LOCATION: HARROW
LEISURE CENTRE

TIME: 11:00-1:00 PM

1ST HOUR: AGES 9-15
2ND HOUR: AGES 16-19

PLEASE BOOK

FUN AND GAMES IN THE PARK

LOCATION:
BYRON PARK

TIME: 1:30 - 3:30 PM

AGES: 9-15

PLEASE BOOK

ART AND CRAFT: HENA THEME

LOCATION:
WEALDSTONE YOUTH CENTRE

TIME: 1:30-3:30 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

MENTAL TOUGHNESS

LOCATION:
WEALDSTONE YOUTH CENTRE

TIME: 1:30-3:30 PM

AGES: 9-15

PLEASE BOOK

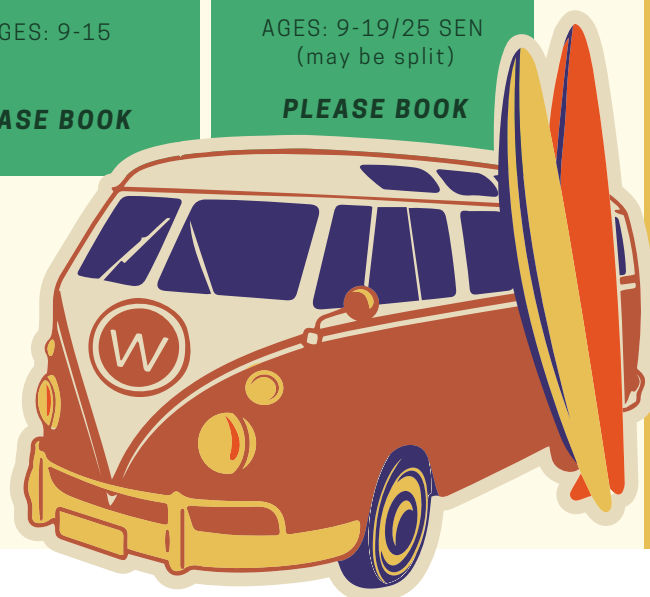
LEARN TO BARBER HAIR

LOCATION:
WEALDSTONE YOUTH CENTRE

TIME: 1:30-3:30 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK



HARROW EARLY SUPPORT YOUTH OFFER SUMMER TIMETABLE

WEEK 3: 7-10 AUGUST

MONDAY

7 August

YOUTH CLUB HANG OUT SESSION

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 11:00-1:00 PM

AGES: 9-15

PLEASE BOOK

TUESDAY

8 August

LEARN TO COOK: BRITISH THEME

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 11:00-1:00 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

WEDNESDAY

9 August

LEARN HOW TO HAIR BRAID

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 11:00-1:00 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

THURSDAY

10 August

GYM

LOCATION: HARROW
LEISURE CENTRE

TIME: 11:00-1:00 PM

1ST HOUR: AGES 9-15
2ND HOUR: AGES 16-19

PLEASE BOOK

FUN AND GAMES IN THE PARK

LOCATION:
BYRON PARK

TIME: 1:30 - 3:30 PM

AGES: 9-15

PLEASE BOOK

FILM CLUB: BRITISH BASED FILM

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 1:30-3:30 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

HISTORY AND SOUNDS OF UK GRIME

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 1:30-3:30 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

LEARN TO BARBER

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 1:30-3:30 PM

AGES: 9-14

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK



HARROW EARLY SUPPORT YOUTH OFFER SUMMER TIMETABLE

WEEK 4: 14-17 AUGUST

MONDAY

14 August

YOUTH CLUB HANG OUT SESSION

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 11:00-1:00 PM

AGES: 9-15

PLEASE BOOK

TUESDAY

15 August

LEARN TO COOK: CARNIVAL SPECIAL

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 11:00-1:00 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

WEDNESDAY

16 August

DRUGS & ALCOHOL: HOW MUCH DO YOU KNOW?

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 11:00-1:00 PM

AGES: 13-19

PLEASE BOOK

THURSDAY

17 August

GYM

LOCATION:
HARROW LEISURE
CENTRE

TIME: 11:00-1:00 PM

1ST HOUR: AGES 9-15
2ND HOUR: AGES 16-19

PLEASE BOOK

TRAMPOLINING

LOCATION:
HARROW LEISURE
CENTRE

TIME: 1:30 - 3:30 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

ARTS & CRAFTS: CARNIVAL THEME

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 1:30-3:30 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

HISTORY AND SOUNDS OF POP

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 1:30-3:30 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

STREET DOCTORS

LOCATION:
WEALDSTONE YOUTH
CENTRE

TIME: 1:30-3:30 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK



HARROW EARLY SUPPORT YOUTH OFFER

SUMMER TIMETABLE

WEEK 5: 21-25 AUGUST

MONDAY

21 August

YOUTH CLUB HANGOUT SESSION

LOCATION:
WEALDSTONE YOUTH CENTRE

TIME: 11:00-1:00 PM

AGES: 9-15

PLEASE BOOK

TUESDAY

22 August

SUMMER VIBES HANGOUT FOOD AND SNACKS

LOCATION:
WEALDSTONE YOUTH CENTRE

TIME: 11:00-1:00 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

WEDNESDAY

23 August

CONTEMPORARY DANCE

LOCATION:
WEALDSTONE YOUTH CENTRE

TIME: 11:00-1:00 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

THURSDAY

24 August

LONDON COMMUNITY KITCHEN (VOLUNTEERING)

TIME: 11:00-1:00 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

FUN AND GAMES IN THE PARK

LOCATION:
BYRON PARK

TIME: 1:30 - 3:30 PM

AGES: 9-15

PLEASE BOOK

CINEMA TRIP

TIME: 1:30-3:30 PM

AGES: 9-19/25 SEN
(may be split)

PLEASE BOOK

HISTORY AND SOUNDS OF HIP HOP AND RNB

LOCATION:
WEALDSTONE YOUTH CENTRE

TIME: 1:30-3:30 PM

AGES: 9-14

PLEASE BOOK

FUN AND GAMES IN THE PARK

LOCATION:
BYRON PARK

TIME: 1:30 - 3:30

AGES: 9-15

PLEASE BOOK

FRIDAY

25 August

BOAT TRIP IN LONDON!

Boat ride through Westminster to Greenwich.

AGES: 12 - 18

Limited spaces eligible for those who have come to some of our summer activities.

PLEASE ENQUIRE

IF YOU ARE FEELING UNSAFE OR ARE EXPERIENCING
DOMESTIC VIOLENCE, YOU CAN SEEK SUPPORT BY
CALLING:

THE GOLDEN NUMBER
020 8901 2690

THE DA HELPLINE
020 8907 8148

24HRS
0808 2000 247

STAY SAFE!

SAFEGUARDING IS **EVERYONE'S RESPONSIBILITY!**

IF YOU ARE CONCERNED ABOUT A CHILD OR YOUNG
PERSON'S SAFETY CALL

THE GOLDEN NUMBER

020 8901 2690

ON WEEKENDS OR AFTER 5PM CALL

020 8424 0999

CONTACT US

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Early Support
Small Steps - Lasting Change