



Young  
Westminster  
Foundation

# What's on for young people in Westminster this summer?

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JULY-AUGUST 2020

# WELCOME!



Phil Barron

CEO Young  
Westminster  
Foundation

Summer 2020 felt a long way off when we went into lockdown in mid-March. The change of seasons has felt very different to previous years. The Covid-19 crisis has had a major impact on all our lives and organisations. Young lives have been disrupted at crucial stages of education and transition. In response, youth organisations in Westminster have proved agile and resilient, adapting to new ways of working and social distancing.

Part of our work at YWF is listening to our community and undertaking research into the needs and experiences of young people to inform our work. We have held regular locality-based cluster meetings with Westminster youth workers in addition to hosting bi-weekly focus groups with a cross-section of Members as part of our needs analysis project.

The research we've undertaken over recent weeks has re-emphasised the role of Westminster's youth workers and organisations in providing vital life-lines for young people and their families. The safe spaces, inspirational activities and trusted support provided by YWF Members will be more critical this summer than ever before.

We will continue to collaborate with partners across the borough, including working with Everyone Active to maximise outdoor activities and street play. St Andrew's Youth Club will be making use of a closure of Old Pye Street for one week and Avenues Youth Project will be using Droop St. YWF is continuing to seek further investment and funding to expand provision and opportunities for Westminster's young people.

This document provides a snapshot of the offer for children and young people in Westminster this summer. From online basketball to cookery to adventure playgrounds there are opportunities available across the borough. Please do share with your networks and young people. We recognise that it has been a struggle to work through government guidance to re-open and that plans are still emerging and changing. Therefore we will update the document weekly. So do watch out for updates and extra opportunities throughout the summer.

Take care and let's hope for some sunshine!

Phil



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[www.ywfoundation.com](http://www.ywfoundation.com)



[@ywestfound](https://twitter.com/ywestfound)



[@youngwestminsterfoundation](https://www.instagram.com/youngwestminsterfoundation)



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# BOROUGH WIDE & ONLINE



# PEABODY MASTERCLASSES



*Peabody are delivering five masterclasses  
for young people aged 16-24 years old:*

## Youth Public Speaking Workshop

Tuesday 14 July at 17:00

## Youth Mental Health and Wellbeing Workshop

Thursday 16th July at 17:00

## Fundraising Workshop

Tuesday 21st July at 17:00

## Digital Storytelling

Saturday 25th July at 14:00



To register:

[www.eventbrite.co.uk/o/festival-of-opportunities-2020-30574155368](http://www.eventbrite.co.uk/o/festival-of-opportunities-2020-30574155368)

GET IN TOUCH: [www.peabody.org.uk](http://www.peabody.org.uk)

# PEABODY YOUNG LEADER PROGRAMME

*Young Leaders is a £500 micro-grant programme designed to support young people to build their skills, confidence and knowledge while making a difference in their local community.*



Open to young people aged 11 – 25 who live in London or the South East.

The programme offers £500 to be used by young people to deliver their project in addition to unlimited support for them to develop their project and complete a Level 1 Young Leader qualification.

All young people are welcomed to take part!

More info and how to apply at <https://www.peabodyyoungleaders.com>

**GET IN TOUCH: [young.people@Peabody.org.uk](mailto:young.people@Peabody.org.uk)**



# POSITIVE VIEW

## *'LOCKDOWN: TAKING A POSITIVE VIEW'*

### THE BRIEF

The criteria for entry is: to be aged 16-25; to be living in the UK; and to have a great idea for up to five pictures that really sum up what life's like for them during these challenging Covid-19 times.

First Prize of £1,000

Second Prize of £500

Third Prize of £250.



**COMPETITION ENDS ON 31ST AUGUST**

More info at: [www.positiveview.org.uk](http://www.positiveview.org.uk)

GET IN TOUCH: [lucia@positiveview.org.uk](mailto:lucia@positiveview.org.uk)

# ST VINCENT'S FAMILY PROJECT

*SVFP are providing therapeutic relief for young families in Westminster through online creative arts therapy.*

This will be done through arts, drama and play so families can have fun whilst safely exploring the feelings they have, as well as understanding each other's feelings.

Sessions with a qualified, experienced therapist this can help families manage their pressures more positively and help them deal with the ongoing changes and uncertainties caused by the pandemic.



GET IN TOUCH: [info@svfp.org.uk](mailto:info@svfp.org.uk) or call 07936359117



# EDUTAIN



*Edutain is an inclusive sport & arts based holiday programme for young people aged 8 – 13yrs (Edutain) and 8-16 yrs (Edutain+).*

## EDUTAIN (mainstream provision)

@Edward Wilson Primary School, W2 5TL

Dates: Monday 27th July to Friday 21st August (excluding weekends)

Times: 10am – 3pm Age: 8-13 years

Cost: £1 per day (excluding Edward Wilson tutor students)

Contact: Ryan Denys

- [ryan.denys@sportwestminster.org](mailto:ryan.denys@sportwestminster.org)

@Pimlico Academy, SW1V 3AT

Dates: Monday 17th August to Friday 28th August (excluding weekends)

Times: 10am – 3pm

Age: 8-13 years

Cost: £1 per day

Contact: Ryan Denys

- [ryan.denys@sportwestminster.org](mailto:ryan.denys@sportwestminster.org)

## EDUTAIN + (disability provision)

@Edward Wilson Primary School, W2 5TL

Dates: Tuesday 28th July to Thursday 20th August (excluding Monday, Fridays and weekends)

Times: 10am – 3pm

Age: 8-16 years (no 1 to 1's)

Cost: £1 per day

Contact: Leonard Lionel

- [leonard.lionel@sportwestminster.org](mailto:leonard.lionel@sportwestminster.org)

**40 places are available on each programme and will be assigned on a 'needs by' basis to members of the community.**

**GET IN TOUCH: [ryan.denys@sportwestminster.org](mailto:ryan.denys@sportwestminster.org)**

# CITY LIONS DIGITAL FESTIVAL



City of Westminster

*Join City Lions on a 3-day virtual adventure where you will meet and learn from some of Westminster's most exciting creatives!*



**Music masterclass and performance from Leo Duncan**



**Visual effects with Framestore**

Insight into film editing & visual effects



**Think like a designer!**

Think like a designer with product design professional Rob Sloan!



**Fashion design masterclass with Fashion Bytes**



**Women & girls in tech with Softcat**

Women & girls in tech - Accelerate your...



**Being a tour guide with Wonders of London**

Explore storytelling and being a tour...

Each day will run from 1pm to 5pm including several breaks.

More info and Register at [www.eventbrite.co.uk/e/city-lions-virtual-summer-holiday-programme-registration-111786209562](http://www.eventbrite.co.uk/e/city-lions-virtual-summer-holiday-programme-registration-111786209562)

**GET IN TOUCH: [citylions@westminster.gov.uk](mailto:citylions@westminster.gov.uk)**

# TRI-BOROUGH MUSIC HUB



*The tri-borough Music Summer Programme offers over 70 workshops and courses ranging from storytelling and music for 0-5s, to music tech courses for teens, family singing in Arabic, to Jazz events and ‘wellbeing drumming’. It’s open to children, young people and their families who live or go to school within Westminster, Kensington & Chelsea and Hammersmith & Fulham.*

**Dates: Monday 27 July – Saturday 8 August**

**Cost: FREE**

More info at [www.triboroughmusichub.org/](http://www.triboroughmusichub.org/)

**GET IN TOUCH: [info@triboroughmusichub.org](mailto:info@triboroughmusichub.org)**

# WESTMINSTER BEFRIEND A FAMILY



*It's been a tough time, but you don't have to go it alone. This summer, why not work with a mentor and get set for September and beyond?*

*Westminster Befriend a Family can match you with someone offering confidential, personalised support, every week, for at least six months. Whether you want to boost your performance at school, prepare for job interviews, get inspiration and encouragement in pursuing your dreams or just have someone you can let off steam with, a mentor can help you get on track.*

Get in touch to find out more: call 0207 828 2765, text 07459 548172, insta @befriendafamily, email [admin@befriendafamily.co.uk](mailto:admin@befriendafamily.co.uk) online [www.befriendafamily.co.uk](http://www.befriendafamily.co.uk)

# MORLEY COLLEGE LONDON

*Enrol onto a study programme which will equip you with an essential mix of skills that will prepare you for employment or university.*



The poster is for the 2020 Summer Enrichment Programme for 16-18 year olds. It features a blue background with white and orange text. At the top, it lists the locations: Chelsea Centre and North Kensington Centre, both part of Morley College London. A large orange location pin graphic on the right contains the text 'FREE COURSES FOR 16-18 YEAR OLDS'. The main title is '2020 SUMMER ENRICHMENT PROGRAMME for 16-18 year olds'. Below this, four courses are listed: Growing Resilience Gardening Project, Smartphone Photography Class, Film & Documentary Club, and Cookery Group. Each course has a brief description. At the bottom, it says 'RECOGNISE SPECIALISE REALISE at MORLEY COLLEGE LONDON'.

**2020 SUMMER ENRICHMENT PROGRAMME**  
for 16-18 year olds

**GROWING RESILIENCE GARDENING PROJECT**  
With Taysan Hayden-Smith, a founding Director of Grow2Know  
Learn about the transformative power of gardening on your health and wellbeing. The space you will work in is based around our Grenfell Tower memorial cherry tree, and you will learn new skills whilst contributing to the development of the ground into a space you can enjoy and be proud of as a Morley Student.

**SMARTPHONE PHOTOGRAPHY CLASS**  
You will learn a variety of photographic skills and techniques using the camera and some free apps on your smartphone. Practice shot size and scale, composition, the rule of thirds, perspective, use of colour and basic editing.  
If some of those words don't mean much to you then that's fine! This course will show you how to take your photos to the next level and share them with each other on our Insta.

**FILM & DOCUMENTARY CLUB**  
We will watch some freely available films together, consider various aspects of their story, characters or locations and then share our thoughts. With each film discussion points will be suggested, and you can send in a short video review for the Insta feed or put it in writing onto the course page.

**COOKERY GROUP**  
This class will give you some simple and healthy recipes each week to try and make and they will be student focused — using mainly readily available and cheap to buy ingredients. A range of recipes will be suggested to cover different dietary requirements and you can share photos of your final creations!  
All you need to do is **START HERE** to **REALISE YOUR FUTURE**.  
If you are interested in taking part, please contact  
[Hannah.jones@morleycollege.ac.uk](mailto:Hannah.jones@morleycollege.ac.uk)

**RECOGNISE SPECIALISE REALISE** at **MORLEY COLLEGE LONDON**

More info at <https://www.morleycollege.ac.uk/16-18>



# DREAMARTS

*DreamArts Carers Express have been meeting up online every fortnight to socialise, have fun, and create! The workshops are centred around artists that use art as activism for social change, and we are encouraging participants to take inspiration to create their own work. Workshops have included looking at artists George the Poet, and British-Nigerian Drag Queen, Son of TuTu to explore new ways of using art as a form of activism.*



HAVE FUN, CREATE, SOCIALISE

## CARERS EXPRESS

DreamArts Carers Express brings together young people in Westminster who provide emotional and/or practical support for a loved one.

### CARERS EXPRESS SUMMER PROGRAMME

Get involved in our summer programme of online bi-weekly workshops from June-August, using creative activities as activism for social change.

Ages 11-17  
Sessions will take place on:  
ZOOM ([www.zoom.us](http://www.zoom.us))  
Thursdays  
5-7pm

To get involved and find out more, contact [catherine@dreamarts.org.uk](mailto:catherine@dreamarts.org.uk)

07395284927

GET IN TOUCH: [catherine@dreamarts.org.uk](mailto:catherine@dreamarts.org.uk)



# THE PHOTOGRAPHERS' GALLERY

*The Photographers Gallery are running thier 'Develop: Creative Careers Through Photography' programme online this summer*

Develop: Creative Careers through Photography – is an ongoing series of talks, events and workshops for 14-24 year olds at The Photographers' Gallery. Due to COVID-19, TPG are bringing the content to you via Develop at Home.

17 Jul - How to Collaborate Online as a Creative

21 Jul - Online Talk: Using Social Media

13 Aug - Develop Check In - an online networking and review session for creatives



Passionate about writing? TPG also have a paid opportunity for young people to write a piece for the website. Find out more on

<https://thephotographersgallery.org.uk/viewpoints/a-young-person-recommends>

More info at [www.thephotographersgallery.org.uk/whats-on/events/develop-events-listing](http://www.thephotographersgallery.org.uk/whats-on/events/develop-events-listing)

GET IN TOUCH: [jolie.hockings@tpg.org.uk](mailto:jolie.hockings@tpg.org.uk)

# DIGIWORKS

*Digiworks provides inspiring prospects to young people in Westminster aged 18 – 25, by teaching an array of new digital skills.*

Digiworks covers topics such as starting a YouTube channel, optimising online content and analysing digital metrics. Participants will also be able to learn about digital fabrication technologies including 3D printing and vinyl cutting. Young people will be able to participate in sessions and learn about different topics that will help to create their own project using the technologies they are most interested in.

BOOST YOUR EMPLOYABILITY WITH  
NEW SKILLS

GET HOOKED UP WITH CAREER  
OPPORTUNITIES



GET IN TOUCH: [hello@draggoneneggsdigital.org](mailto:hello@draggoneneggsdigital.org)

# MASTERING MY FUTURE



**inspire!**  
Helping young people  
to believe and achieve.

*2-3 Degrees are running an exciting programme to provide information and opportunities about employment but also to inspire and motivate young people in Westminster with the confidence and self-esteem to improve their employability opportunities. Inspire are facilitating virtual work experience through August for participants.*



**MASTERING My FUTURE**

**WHAT IS MMF?**  
MMF is an exciting employment programme. The aim of the programme is to improve the confidence & self-esteem of 14-25 year olds in Westminster & provide information & opportunities about employment.

**WHO IS IT FOR?**  
This is for young people aged 14-25, living in the borough of Westminster and surrounding boroughs.

**WHAT WILL THEY GAIN FROM THIS EXPERIENCE?**  
Throughout your time with us, we will introduce you to different businesses across a range of industries such as Media, Banking, Finance, Tech, and many more. Meet some leading entrepreneurs, and hear real-life examples of what work and life is like.

**WHEN/WHERE IS IT TAKING PLACE?**  
From Monday August 10th - Friday August 21st via Zoom.

**2-3 DEGREES**



**Free workshops, with your future in mind...**

**MASTERING My FUTURE**

**SIGN UP FOR FREE**

**Opportunities Include:**

- How To Start A Podcast
- Get Into The Media Industry
- Make The Most Of University
- The Art Of Networking
- How To Manage Your Money
- Get On The Property Ladder

**FROM AUGUST 10TH, 2020 VIA ZOOM**

**2-3 DEGREES**  **Young Westminster Foundation**  **Register On Eventbrite**

**GET IN TOUCH: [Info@2-3degrees.com](mailto:Info@2-3degrees.com)**

# HEALTHWATCH WESTMINSTER



## ...IS SUPPORTING YOUNG PEOPLE'S WELLBEING

In our [mental health survey](#), you told us that you need **more specific advice** about online mental health support, so our young volunteers have reviewed some of them for you...



### OUR REVIEWS OF ONLINE SUPPORT

#### 1) YOUNG MINDS

★★★★

"This site is easy to use and great for instant advice on a range of issues e.g. bullying, body image and worries about school, including exam stress. There is not too much text, just very clear guidance."

#### 2) THE MIX

★★★★

"I'm a big fan of this site because it has two great functions: advice and information, but also message boards so you can connect with other young people. It feels like a genuine support service with a lot of options. There's so much advice from young people who have been through some tough times. Crucially, the site is easy to use and explores complex topics like dealing with COVID-19."

#### 4) KOOTH

★★★★

"Kooth is an excellent site that I would definitely recommend! It allows you to completely anonymously talk to both peers and professionals, providing one to one support when it is most needed. It also provides 'mini-games' suggesting coping mechanisms and the option to track your mood each day, meaning even if you're not ready to share your feelings you can still benefit from the website."

#### Community Support

- Join a youth/sports club: Greenhouse Sports, Pro Touch SA, St Andrew's
- For family activities, email [lina@pdt.org.uk](mailto:lina@pdt.org.uk)
- [Mosaic BME women's support](#): 07419992292
- [CNWL One Community Radio show](#)

#### MORE MENTAL HEALTH SUPPORT



#### URGENT MENTAL HEALTH SUPPORT

- [Single Point of Access \(SPA\)](#): 0800 0234 650. 24/7 guidance and advice if you're experiencing a mental health crisis
- Risk to life: Call 999
- [Young Minds](#): 85258. Text 'YM' for free, 24/7 crisis support (under 19)
- [Shout Crisis](#): 85258 (Text 'SHOUT' for free)

We exist to make sure young people have the right mental health support and that your voices are heard

 @yhwwestminster  07734962257

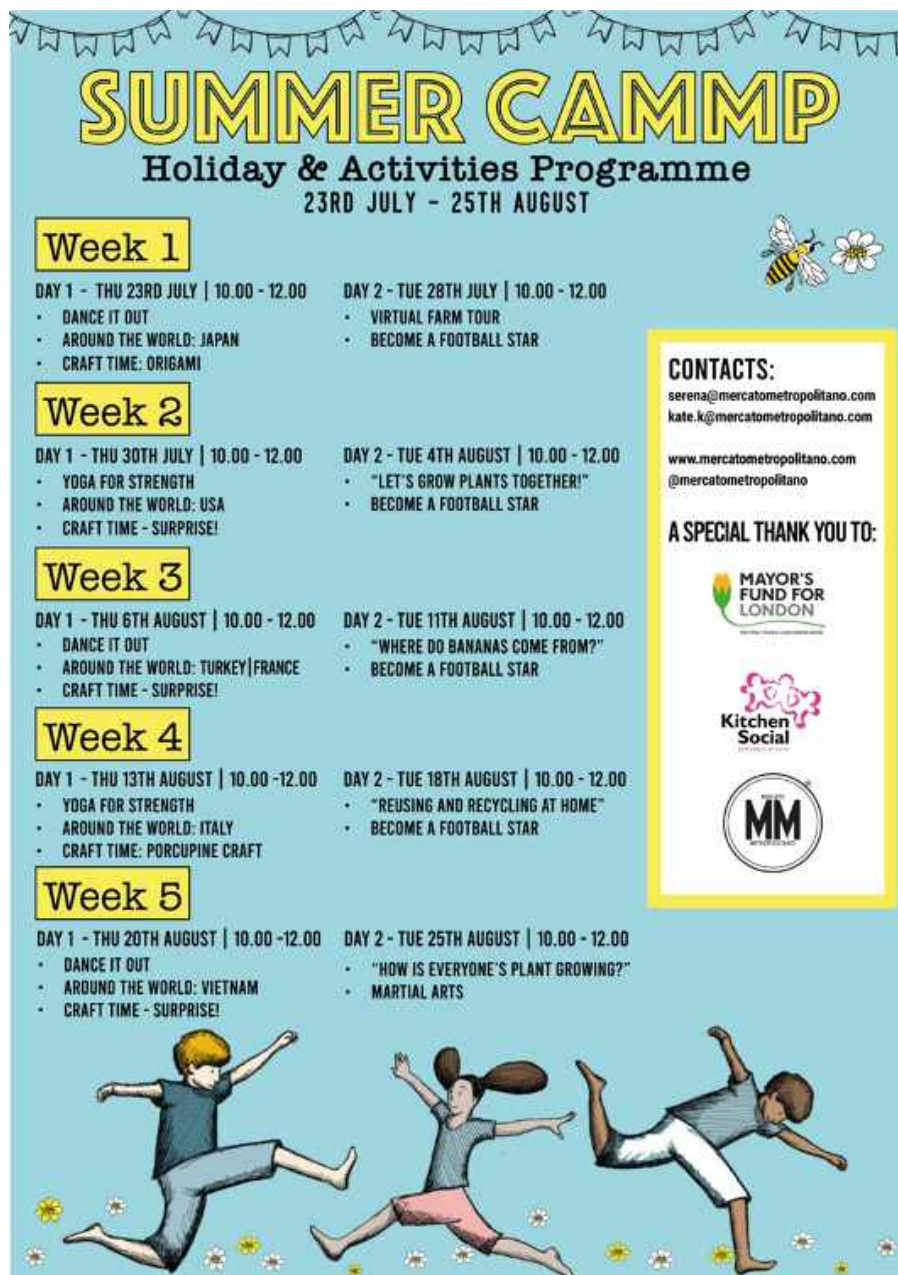
GET IN TOUCH: 07734962257



# MERCATO MAYFAIR

*Free virtual summer camp for children from July 23 to August 26, two days per week with a variety of activities.*

*Mercato Mayfair, is a cultural hub and sustainable community market in the regenerated St Mark's on North Audley Street, North Mayfair.*



**SUMMER CAMMP**  
Holiday & Activities Programme  
23RD JULY - 25TH AUGUST

**Week 1**

DAY 1 - THU 23RD JULY | 10.00 - 12.00

- DANCE IT OUT
- AROUND THE WORLD: JAPAN
- CRAFT TIME: ORIGAMI

DAY 2 - TUE 28TH JULY | 10.00 - 12.00

- VIRTUAL FARM TOUR
- BECOME A FOOTBALL STAR

**Week 2**

DAY 1 - THU 30TH JULY | 10.00 - 12.00

- YOGA FOR STRENGTH
- AROUND THE WORLD: USA
- CRAFT TIME - SURPRISE!

DAY 2 - TUE 4TH AUGUST | 10.00 - 12.00

- "LET'S GROW PLANTS TOGETHER!"
- BECOME A FOOTBALL STAR

**Week 3**

DAY 1 - THU 6TH AUGUST | 10.00 - 12.00

- DANCE IT OUT
- AROUND THE WORLD: TURKEY|FRANCE
- CRAFT TIME - SURPRISE!

DAY 2 - TUE 11TH AUGUST | 10.00 - 12.00

- "WHERE DO BANANAS COME FROM?"
- BECOME A FOOTBALL STAR

**Week 4**

DAY 1 - THU 13TH AUGUST | 10.00 - 12.00

- YOGA FOR STRENGTH
- AROUND THE WORLD: ITALY
- CRAFT TIME: PORCUPINE CRAFT

DAY 2 - TUE 18TH AUGUST | 10.00 - 12.00

- "REUSING AND RECYCLING AT HOME"
- BECOME A FOOTBALL STAR

**Week 5**

DAY 1 - THU 20TH AUGUST | 10.00 - 12.00

- DANCE IT OUT
- AROUND THE WORLD: VIETNAM
- CRAFT TIME - SURPRISE!


DAY 2 - TUE 25TH AUGUST | 10.00 - 12.00

- "HOW IS EVERYONE'S PLANT GROWING?"
- MARTIAL ARTS

**CONTACTS:**  
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kate.k@mercatoemetropolitano.com  
  
www.mercatoemetropolitano.com  
@mercatoemetropolitano

**A SPECIAL THANK YOU TO:**

- MAYOR'S FUND FOR LONDON
- Kitchen Social
- MM



GET IN TOUCH: [serena@mercatoemetropolitano.com](mailto:serena@mercatoemetropolitano.com)

# LONDON BASKETBALL ASSOCIATION

*Esports Tournament - WNBA2K. Starting 20th July*  
*1-2-1 coaching sessions -small group sessions*  
*Virtual basketball sessions - running 3 days a week*  
*throughout the summer*



MORE INFO & REGITSER HERE: <https://bit.ly/2Oy4PAv>



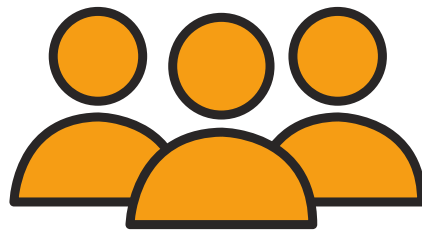
GET IN TOUCH: [info@thelba.co.uk](mailto:info@thelba.co.uk)



# FUTURE MEN- THE VENTORING PROJECT



*The Ventoring Project is targeted at young men who are involved in anti-social behaviour and/or at risk of being involved in criminal activity aged 13 to 25 years old.*



This targeted group of young men often find themselves disengaged from mainstream youth or employment services.

The Ventoring Project Specialises in in-depth appropriate support and mentoring. This is carried out on a 1:1 basis with young men to help them look at their lives, their behaviour, career development and future goals. Currently, we are slowly moving back to face to face work safely.

**GET IN TOUCH: [P.Campbell@futuremen.org](mailto:P.Campbell@futuremen.org)**

# KIDSCAPE RISE TRANSITIONS



*RISE focuses on building children's resilience and readiness regarding transition from Y6 to Y7, while also exploring the impact of lockdown on this transition.*

The workshop content looks at areas including building and maintaining positive relationships, dealing with peer pressure, and managing bullying situations.

Kidscape's RISE Y6>>Y7 Transition workshops will be taking place over Zoom on the following dates:

Wednesday 29th July 10:00-11:30

Monday 3rd August 11:00-12:30

Thursday 13th August 14:00-15:30

Tuesday 18th August 10:00-11:30

Wednesday 26th August 14:00-15:30

Tuesday 1st September 10:00-11:30



More info at: <https://www.kidscape.org.uk/kidscape-programmes/rise-transition-support/>

**GET IN TOUCH: [tom@kidscape.org.uk](mailto:tom@kidscape.org.uk)**

# CAXTON YOUTH ORGANISATION



*Caxton offers a number of facilities and services, tailored to improving the lives of young people with disabilities.*

## July

Usual online sessions, 5-7pm on **Monday, Wednesday and Fridays**, as well as detached 1:1 Youth work

## August

### **Mondays**

Zoom online sessions with over 18s, 4-6pm

Dance session on Zoom, open to all ages, 6-7pm (Available to book online)

### **Tuesdays (4th, 11th August)**

Picnic in the park from 11-5pm (maximum 12 people)

### **Wednesdays**

Zoom online sessions for Wednesday group, 4-6pm

Art with Jill on Zoom, 6-7pm

### **Thursdays (13th, 20th, 27th)**

Games and sports (10am-4pm, maximum 12 people)

### **Fridays**

Martial Arts on Zoom, open to all ages, 4-5pm (Available to book online)

Zoom online sessions with the under 18s

5:15-7pm

**This service is not open access and therefore young people need to be referred before they can access the sessions.**

**GET IN TOUCH: [rose@caxtonyouth.org](mailto:rose@caxtonyouth.org)**

# MENTAL HEALTH SUPPORT

## Knowing your mental health

City of Westminster

**Mental health is just like physical health, everybody has it, and it's important to take care of it.**

**Growing up isn't always easy. Children and young people face a lot of challenges and it can be difficult to cope with everything life throws at you.**

Feeling down some of the time is normal, but if you want to talk to someone about your thoughts or feelings, there are plenty of routes you can take. This guide aims to help you find the support and advice for whatever it is you're going through.

**The facts**  
One in 10 young people experience mental health difficulties, that's three in every classroom. When someone faces struggles with their mental health, it's no fault of their own. Mental health issues do not discriminate and can affect anybody no matter what their life is like.

If you or somebody you know wants to talk about any thoughts or feelings you don't understand, there is always someone who will listen.

It's so important that we feel able to discuss our issues, and there's absolutely no shame in doing so.

**Contact key:**  
 Call Website Text Email Chatline  
 Face to Face Write a letter

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**Childline** is a free and confidential helpline that anyone under 19 can contact to talk about any issues or worries they have, big or small. 24 hours

0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

**Also contact via:**

**Kooth** is an online platform, where young people aged 11-25 can safely access free, anonymous support from trained counsellors, and from a community of peers. 24 hours

[www.kooth.com](http://www.kooth.com)

**Also contact via:**

**Shout** is a free and anonymous texting service for young people going through a personal crisis. It can provide immediate help, anytime, anywhere. 24 hours

SHOUT to 85258 [www.giveusas shout.org](http://www.giveusas shout.org)

**The Mix** has a free, confidential phone line, webchat and crisis text line, to help refer young people to the best possible help, whatever problem they are facing. Limited hours

0808 808 4994 THEMIX to 85258

[www.themix.org.uk/get-support](http://www.themix.org.uk/get-support)

**Also contact via:**

**Samaritans** is a free, confidential helpline that offers a safe space to talk about anything. They won't judge, or tell you what to do, they just listen. Limited hours

116 123 [www.samaritans.org](http://www.samaritans.org)

**Also contact via:** + +

**Papyrus** is a charity that helps young people experiencing thoughts of suicide. Trained advisors can confidentially help you stay alive and safe, or support someone else to do so. Limited hours

0800 068 41 41 07860 039967

[www.papyrus-uk.org/get-in-touch](http://www.papyrus-uk.org/get-in-touch)

**Also contact via:** +

**On My Mind** offers free online resources to empower young people aged 10-25 to make informed decisions about their mental health. They provide information on your rights, self-care, how to help a friend, and jargon busting. 24 hours

[www.annafreud.org/on-my-mind](http://www.annafreud.org/on-my-mind)

**Mind** is a charity who campaign to raise awareness around mental health support and to improve services. They provide information to anyone having a difficult time, to help them find support. Limited hours

0300 123 3393 86463

[www.mind.org.uk](http://www.mind.org.uk)

**Also contact via:** + +

**SANELine** offers confidential one-to-one support for those aged over 16, for when your own mental health, or that of someone you know, is affecting you. Limited hours

0300 304 7000 [www.sane.org.uk](http://www.sane.org.uk)

**CAMHS** are the NHS services that help young people struggling with their mental health. Your GP or a school professional can refer you for a face-to-face appointment.

[Search NHS CAMHS](#)

**Also contact via:**



# MIND



**Mental Health Support Team (MHST)**  
**provision during COVID-19**



## Westminster MHST

Westminster MHST is delivered by Mind in Brent, Wandsworth and Westminster (BWW Mind).

We are currently implementing precautionary measures in response to COVID-19 to ensure we are safeguarding service users and staff and limiting the spread of the virus.

Our staff are working remotely following the government guidelines, therefore our support is provided via the video platform (ZOOM) or alternatively via telephone.

We have a specific service offer available for primary and secondary schools. We also offer additional and more bespoke support to schools depending on their needs. Our current provision is listed below.

Primary Schools
<b>Core work</b> <ul style="list-style-type: none"> <li>1:1 work with parents &amp; carers providing guided self-help to support challenging behaviour or anxiety – 6-8 sessions delivered via ZOOM or via telephone</li> <li>Psycho-educational groups on anxiety, low mood and transition</li> </ul>
<b>Whole School Approach &amp; Staff Wellbeing offering</b> <ul style="list-style-type: none"> <li>Psychoeducational group workshops for staff members focusing on mental health and advice on self-care during the pandemic as well as transition back to school</li> <li>Emotional wellbeing and mental health (EWMH) support for staff members</li> <li>Psychoeducational group workshops for parents &amp; carers around mental-health awareness, anxiety, low mood, challenging behaviour and transition back to school</li> <li>Psychoeducational 1:1 workshops for parents &amp; carers around mental-health awareness, anxiety, low mood and challenging behaviour</li> <li>Psychoeducational group workshops for children around mental health awareness, anxiety, low mood, transition to secondary school and post pandemic transition back to school</li> </ul>
<b>Bespoke / additional support</b> <ul style="list-style-type: none"> <li>Infeline is available for school staff and parents to discuss EWMH concerns and signposting support (Mon-Fri, 9-5)</li> <li>Wellbeing resources and monthly newsletter for children, parents &amp; carers</li> <li>EWMH presentations at assemblies and PSHE sessions for children</li> </ul>

Secondary Schools & colleges
<b>Core work</b> <ul style="list-style-type: none"> <li>1:1 work with young people up to and including the age of 18 providing guided self-help CBT interventions to support low mood and anxiety – 6-8 sessions delivered via ZOOM or via telephone</li> <li>Psycho-educational groups on anxiety, low mood and transition</li> </ul>
<b>Whole School Approach &amp; Staff Wellbeing offering</b> <ul style="list-style-type: none"> <li>Psychoeducational group workshops for staff members focusing on mental health, self-care during the pandemic and transition back to school</li> <li>Emotional wellbeing and mental health (EWMH) support for staff members</li> <li>Psychoeducational group workshops for parents &amp; carers around mental-health awareness, anxiety, low mood, challenging behaviour and transition back to school</li> <li>Psychoeducational 1:1 workshops for parents &amp; carers providing knowledge around mental health awareness, anxiety, low mood and challenging behaviours</li> <li>Psychoeducational workshops for young people around mental health awareness, anxiety, low mood and transition back to school</li> </ul>
<b>Bespoke / additional support</b> <ul style="list-style-type: none"> <li>Infeline is available for school staff and parents to discuss EWMH concerns and signposting support (Mon-Fri, 9-5)</li> <li>Wellbeing resources and monthly newsletter for children, parents &amp; carers</li> <li>EWMH presentations at assemblies and PSHE sessions for young people</li> </ul>

<b>Additional support to the Westminster team</b> Psychoeducational workshops for Make it Happen group (parent forum for parents of children with special educational needs and disabilities (SEND) and all other schools)
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Westminster MHST Schools	
All Souls' CE Primary School	St Vincent de Paul RC School
Barrow Hill Junior School	St Vincent's RC Primary School
Burdett-Coutts & Townshend Foundation CE Primary School	Westminster Cathedral RC School
Christ Church Bentinck CE Primary School	Ark Allwood Primary Academy (Free School)
Essendine Primary School	Churchill Gardens Primary Academy
George Eliot Primary School	Gateway Academy
Hampden Gurney CE Primary School	Pinico Primary Free School
Our Lady of Dolours RC Primary School	Maryebone Boys' School (Free School)
Robinsfield Infant School	Pinico Academy (Secondary)
Soho Parish CE Primary School	St George's Catholic School
St Edward's Catholic Primary School	St Marylebone CE School
St Gabriel's CE Primary School	The Grey Coat Hospital
St Joseph's RC Primary School	Westminster City School
St Mary's Bryanston Square CE School	King Solomon Academy
St Mary Magdalene's CE Primary School	Beachcroft AP Academy
St Matthew's CE Primary School	St Clement Dames C of E Primary
St Saviour's CE Primary School	St James & St John's CE

<b>Contact:</b> Children Young People's Services Administrator Maryam Hesi <a href="mailto:MHesi@bwwmind.org.uk">MHesi@bwwmind.org.uk</a>
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# OCTAVIA

The annual Base summer programme runs from Wednesday 29th July to Thursday 27th August, and contains a variety of free activities and projects for young people aged 10 - 21 years old.



**Next in Mind**  
Mental Health & Well-being  
Film-making Project from Home  
Ages 11 - 19  
Aug 3rd to 7th

Join us in creating a short film using Zoom about the mental health and wellbeing of young people as they return to school after lockdown.

**NHS West London**  
Contact: 07955 492 365  
or: base@octaviafoundation.org.uk

**LBQ Foundation**



**Gen Pals**

ARE YOU AGED 10-13 AND INTERESTED IN TAKING PART IN AN EXCITING, INNOVATIVE PEN PAL PROJECT?

**Starting on the 29th of July**

Swapping letters with the older people in our residential schemes and taking part in activities including:  
creative writing, stop motion animation, filmmaking, visual arts and music.

**Every Wednesday at 4pm**

limited spaces available  
to register, contact us via: E-mail: conor.lynch@octaviafoundation.org.uk  
Phone: 07955 492 365  
Instagram: @octavia  
Website: http://octaviafoundation.org.uk

**OCTAVIA** **LBQ Foundation**



**Base Summer 2020 Programme**  
Register via: [bit.ly/basesummer2020signup](http://bit.ly/basesummer2020signup)  
All activities & projects are free to attend, but registration is required.  
Creative arts & digital media based youth club for young people aged 10-21 (Up to 25 with additional needs)  
[www.bit.ly/basetheatre](http://www.bit.ly/basetheatre) | [www.instagram.com/voicerecorder](http://www.instagram.com/voicerecorder) | [www.octaviafoundation.org.uk](http://www.octaviafoundation.org.uk)

Mondays:	Tuesdays:	Wednesdays:	Thursdays:	Fridays:
<b>27/07:</b> Mentorship	<b>28/07:</b> Art Session	<b>29/07:</b> Gen Pal Intergenerational Project Week 1 (10:30-12:00) 10:30	<b>30/07:</b> Online Music Production Crash Course Day 1 (10:30-12:00) 10:30	<b>31/07:</b> Online Music Production Crash Course Day 2 (10:30-12:00) 10:30
<b>03/08:</b> Next in Mind Stemming Project: Day 1 (10:30-12:00) 10:30	<b>04/08:</b> Next in Mind Stemming Project: Day 2 (10:30-12:00) 10:30	<b>05/08:</b> Next in Mind Stemming Project: Day 3 (10:30-12:00) 10:30	<b>06/08:</b> Next in Mind Stemming Project: Day 4 (10:30-12:00) 10:30	<b>07/08:</b> Next in Mind Stemming Project: Day 5 (10:30-12:00) 10:30
<b>10/08:</b> Podcast production Project: Day 1 (10:30-12:00) 10:30	<b>11/08:</b> Podcast production Project: Day 2 (10:30-12:00) 10:30	<b>12/08:</b> Podcast production Project: Day 3 (10:30-12:00) 10:30	<b>13/08:</b> Podcast production Project: Day 4 (10:30-12:00) 10:30	<b>14/08:</b> Podcast production Project: Day 5 (10:30-12:00) 10:30
<b>17/08:</b> The Birth Of Cool Documentary Project: Day 1 (10:30-12:00) 10:30	<b>18/08:</b> The Birth Of Cool Documentary Project: Day 2 (10:30-12:00) 10:30	<b>19/08:</b> The Birth Of Cool Documentary Project: Day 3 (10:30-12:00) 10:30	<b>20/08:</b> The Birth Of Cool Documentary Project: Day 4 (10:30-12:00) 10:30	<b>21/08:</b> The Birth Of Cool Documentary Project: Day 5 (10:30-12:00) 10:30
<b>24/08:</b> Base Summer Quiz Championships: Day 1 (10:30-12:00) 10:30	<b>25/08:</b> Base Summer Quiz Championships: Day 2 (10:30-12:00) 10:30	<b>26/08:</b> Base Summer Quiz Championships: Day 3 (10:30-12:00) 10:30	<b>27/08:</b> Base Summer Quiz Championships: Day 4 (10:30-12:00) 10:30	<b>02/09: (Wednesday)</b> Gen Pal Intergenerational Project: Final week (10:30-12:00) 10:30

**Forthcoming Holiday Programme Dates**  
October Half Term: 20th - 24th Oct  
Twelve days for free membership (covered by attend) or 11 days more (not covered by attend) the above activities and projects are free to attend, but registration is required.  
Contact: conor.lynch@octaviafoundation.org.uk  
Phone: 07955 492 365  
Website: [octaviafoundation.org.uk](http://octaviafoundation.org.uk)

**in partnership with:**  
**LBQ Foundation** **NHS West London**

Register at: <http://bit.ly/basesummer2020signup>

GET IN TOUCH: [conor.lynch@octaviafoundation.org.uk](mailto:conor.lynch@octaviafoundation.org.uk)





# NORTH-EAST WESTMINSTER



# FOURTH FEATHERS YOUTH & COMMUNITY CENTRE



THE FEATHERS ASSOCIATION

Monday 20 <sup>th</sup> July 2.15pm until 4.45pm	Tuesday 21 <sup>st</sup> July 2.15pm until 4.45pm	Wednesday 22 <sup>nd</sup> July 2.15pm until 4.45pm	Thursday 23 <sup>rd</sup> July 2.15pm until 4.45pm	Friday 24 <sup>th</sup> July 2.15pm until 4.45pm
Fourth Feathers Youth Club Tennis & Arts & Crafts Decorating Mugs & Cups in the garden	Lisson Green Pitch Volleyball & Badminton & Arts & Crafts Kite Making	Lisson Green Pitch Tennis & Arts & Crafts Decorating masks  Changing Lives Documentary Filmmaking Workshops @Fourth Feathers	Fourth Feathers Youth Club Sports & Arts & Crafts in the garden Making Sun Catchers  Changing Lives Documentary Filmmaking Workshops @Fourth Feathers	Lisson Green Football Pitch Basketball & Arts & Crafts Kandinsky's Circles  Changing Lives Documentary Filmmaking Workshops @Fourth Feathers
CLOSED From 4.45pm until 6.00pm	CLOSED From 4.45pm until 6.30pm	CLOSED From 4.45pm until 6.30pm	CLOSED From 4.45pm until 6.15pm	CLOSED From 4.45pm until 6.30pm
From 6.00pm until 8.00pm  Girls Only Session	From 6.30 until 8.30pm  Youth Club Session	From 6.30 until 8.30pm Youth Club Session Outdoor Games Music Workshop From 6.45 until 8.30pm Filmmaking from 6.00 - 8.00pm	From 6.15 until 7.45 Junior Club <u>Under 12's only</u>	From 6.30pm until 8.30pm Youth Club Session From 6.30 until 8.45pm Lisson Green Pitch Football Coaching

Monday 27 <sup>th</sup> July From 2.15 until 4.45pm	Tuesday 28 <sup>th</sup> July From 11.00 until 5.00pm	Wednesday 29 <sup>th</sup> July From 2.15 until 4.45pm	Thursday 30 <sup>th</sup> July From 2.15 until 4.45pm	Friday 31 <sup>st</sup> July From 2.15 until 4.45pm
Lisson Green Astro Turf Basketball & Badminton & Outdoor Games	Off Site Visit to The Floating Class Room Leaving Fourth Feathers @11.00am	Off Site Visit to The Floating Class Room On Site & Tennis	Tennis & Canvas painting in the Garden	Lisson Green Pitch Badminton & Arts & Crafts Decorate Tote Bags
CLOSED 4.45pm until 6.30pm	CLOSED From 5.00 until 6.30pm	CLOSED From 4.45 until 6.00pm	CLOSED From 4.45 until 5.45pm	CLOSED From 4.45 until 6.30pm
From 6.30pm until 8.00pm  Girls Only Session	From 6.30 until 8.30pm  Youth Club Session	From 6.00 until 8.30pm Youth Club Session Outdoor Games Music Workshop From 6.45 until 8.30pm	From 5.45pm until 7.45pm Junior Club <u>Under 12's only</u>	From 6.30 until 8.30pm Youth Club Session 6.30 until 8.30pm Football Coaching @ Lisson Green Pitch 6.30 until 8.30pm

GET IN TOUCH: [www.fourthfeathers.co.uk](http://www.fourthfeathers.co.uk)

# MARYLEBONE BANGLADESH SOCIETY



Date	Time	Activity
29/07/2020	2:30pm-5:30pm	Soccer Tennis in the park
31/07/2020	7-9pm	Football in the community (each wk)
03/08/2020	6-9pm	Eid Al Adha dinner/celebration
05/08/2020	2:30pm-5:30pm	(G) Regent park (picnic/competition)
07/08/2020	tbc	(G) Vue Cinema
08/08/2020	11-2pm	Exercise and fitness circuit training
11/08/2020	2:30pm-5:30pm	(G) Hyde park (Rounders)
12/08/2020	11-5pm	London Zoo
12/08/2020	2:30pm-5:30pm	(G) Regent Park (Arts and Craft workshop)
14/08/2020	2:30pm-5:30pm	Picnic in the park
17/08/2020	10-1pm	Brazilian Jiu Jitsu and Muay Thai Boxing challenge (Each week)
18/08/2020	6-9pm	Table Tennis/Pool competition
19/08/2020	2:30pm-5:30pm	(G) Broadley Street Gardens (Origami workshop)
20/08/2020	2:30pm-5:30pm	(G) Lisson green (drawing competition)
22/08/2020	11-2pm	<u>Pre season</u> exercise primrose hill
24/08/2020	tbc	Thorpe Park
26/08/2020	2:30pm-5:30pm	Electric scooter awareness training
27/08/2020	11-2pm	Outdoor gym workout
29/08/2020	5-8	Vue Cinema
31/08/2020	2:30pm-5:30pm	(G) Hyde park (Ball games)
2/09/2020	2:30pm-5:30pm	End of summer holiday family BBQ

**Key (G) = Girls**

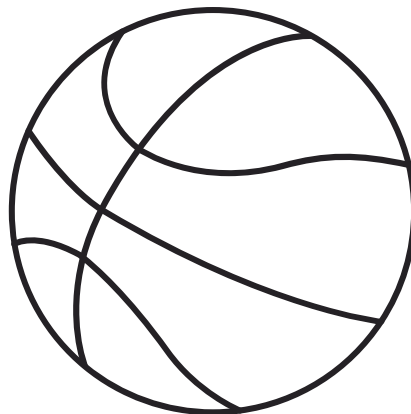
GET IN TOUCH: [mbsyouthclub@googlemail.com](mailto:mbsyouthclub@googlemail.com)

# LONDON TIGERS



*Multi sports, football and fitness from 5pm to 8pm  
Mon to Friday at Lisson Green pitches*

*27th July to end of August*



GET IN TOUCH: [Mesba@londontigers.org](mailto:Mesba@londontigers.org)

# PRO TOUCH SA

*Pro Touch SA are running an exciting summer programme from July-August 2020*

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUN
TIME	10.30 am – 12.00	12 noon – 12.45pm	12 noon – 12.45pm	12 noon – 12.45pm	10.30 am – 12.00 4.30 – 5.30 pm	1.30 -3.00 pm
LOCATION	Paddington Rec. Sports Pitches W9	ZOOM & FACEBOOK	ZOOM & FACEBOOK	ZOOM & FACEBOOK	Paddington Rec. Sports Pitches W9 Lisson Green Sports Pitch NW8	Lisson Green Sports Pitch NW8
AGES	6 – 16 Ages	6 - 16 Ages	6 – 11 Ages	6 - 16 Ages	6 – 16 Ages	6 - 16 Ages
Proposed activities.	Football/Sport Fitness Speed Agility Coordination and Balance Core exercises and drills	Football/Sport Fitness Speed Agility Coordination and Balance Core exercises and drills	Football/Sport Fitness Speed Agility Coordination and Balance Core exercises and drills	Football/Sport Fitness Speed Agility Coordination and Balance Core exercises and drills	Football/Sport Fitness Speed Agility Coordination and Balance Core exercises and drills	Football/Sport Fitness Speed Agility Coordination and Balance Core exercises and drills



Sign Up: <http://www.protouchsa.co.uk/signup>

GET IN TOUCH: [info@protouchsa.co.uk](mailto:info@protouchsa.co.uk)



# CHURCH STREET TRANSITIONS PROGRAMME

*Fun and creative project for Year 6 leavers living in Church Street to support them in their transition to secondary school*



Activities include football, basketball, cooking, scuba diving, sightseeing and more!

**GET IN TOUCH: [w.johnson@futuremen.org](mailto:w.johnson@futuremen.org) or call  
07984048046**



# ADVENTURE PLAY HUB

*Exciting outdoor and indoor activities for young people aged 5-12*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	<b>Open:</b> Free outdoor Play, wordsearches etc or Arts & Crafts table	<b>Open:</b> Free outdoor Play, wordsearches etc or Arts & Crafts table	<b>Open:</b> Free outdoor Play, wordsearches etc or Arts & Crafts table	<b>Open:</b> Free outdoor Play, wordsearches etc or Arts & Crafts table	<b>Open:</b> Free outdoor Play, wordsearches etc or Arts & Crafts table
9:30 am					
10:30 am	Outdoor games/sports. Free Play, relay races.	Painting nature or making seed bombs for the birds, bake and scatter around the playground.	Outdoor games/sports. Free Play, relay races.	Free outdoor Play or Making miniature cities and decorating for the allotment and playground i.e bunting	Outdoor games/sports. Free Play, relay races. Prize for winning team.
11:30 am	Plant broad beans and carrots in veg patch. Herbs (rosemary, thyme, mint etc) in the other half, write labels to stick into soil.	Table games tournament i.e. get kids to choose 5 games from shelf.	Either: Making leaf petal paper or weave a simple Kente basket	Bingo!	Yoga - reflecting on the week
12:30 pm	End of session, 30 mins to clean	End of session, 30 mins to clean	End of session, 30 mins to clean	End of session, 30 mins to clean	End of session, 30 mins to clean

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30 pm	Free outdoor Play. Arts & Crafts table	Free outdoor Play. Arts & Crafts table	Free outdoor Play. Arts & Crafts table	Free outdoor Play. Arts & Crafts table	Free outdoor Play. Arts & Crafts table
2:30 pm					
3:30 pm	Outdoor games/sports. Free Play, relay races.	Den building competition, who can use the most recycling	Outdoor games/sports. Free Play, relay races.	Make lavender bags, perfume, glitter body powder or bath bombs	Outdoor games/sports. Free Play, relay races. Prize for winning team.
4:30 pm	Make bee wraps to use instead of cling film for your sandwiches	Table games tournament i.e. get kids to choose 5 games from shelf.	Plant/flower or insect painting using watercolours	(If it's sunny) Water pistol team game OR musical chairs	Map your neighbourhood (create an aerial view map of where you live or APH)
5:00 pm	End of session, 30 mins to clean	End of session, 30 mins to clean	End of session, 30 mins to clean	End of session, 30 mins to clean	End of session, 30 mins to clean

GET IN TOUCH: [hello@adventureplayhub.org](mailto:hello@adventureplayhub.org) or  
call 020 7586 1884

# BLOOMSBURY FOOTBALL CLUB



*Bloomsbury FC are running holiday courses young people aged 5-14 years old:*

**WHERE: Acland Burghley, NW5**

**WHAT:** Exploring the state of the art facilities that the school has to offer.  
**WHO:** This course is open to all children aged 7-14 and will have a maximum capacity of 60 children per day.

**WHERE: Castlehaven, NW1**

**WHAT:** All-day football course here from 10am-3pm every weekday.  
**WHO:** This course will be open to all children aged 7-11 and will have a max capacity of 48 players per day split into 4 groups of 12 children.

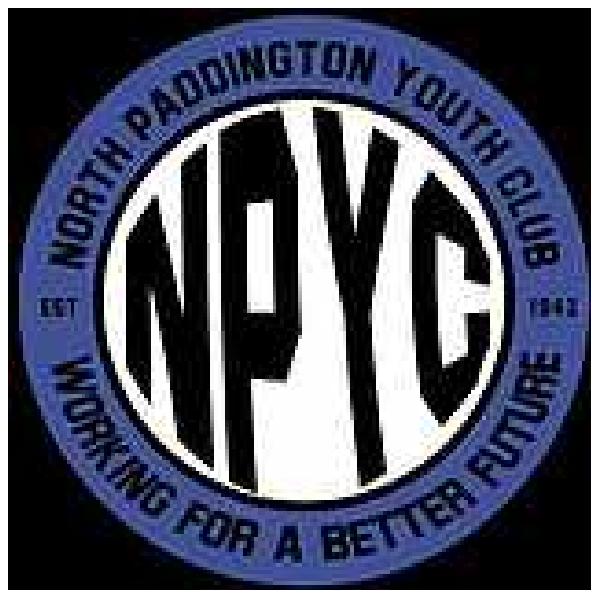
**WHERE: King's Cross Academy, N1C**

**WHAT:** Multi-sport and multi-activity course running with 4 bubbles of 11 children per bubble with each group moving around the school taking part in a range of sports and other activities  
**WHO:** This course is open to all boys and girls aged 6-10.

For more info and to register:  
<https://bloomsburyfootball.com/holiday-football-courses>

**GET IN TOUCH:** [charlie@bloomsburyfootball.com](mailto:charlie@bloomsburyfootball.com)

# NORTH PADDINGTON YOUTH CLUB



*8-week summer programme*

*Monday 6th July- 31st August*

*6 days a week, including weekends*

*Includes 3 offsite trips a week and 2 residential trips over the 8-week programme to the Isle of Wight and Alton Towers. All trips are £2, which includes food. Residential trips are £5 a day.*

*Weeks 1-3 are full. Weeks 4-8 are still being finalised so be on the lookout!*

**REGISTERED MEMBERS ONLY**

**GET IN TOUCH: [rrenney1@yahoo.co.uk](mailto:rrenney1@yahoo.co.uk)**

# LISSON GREEN SPORTS PITCHES

## SUMMER

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27 <sup>th</sup> July	FF 2.15-4.45pm LT 5pm – 8pm	LT 5pm – 8pm	MBS 4.30-5.45m LT 6pm – 8pm	LT 5pm – 8pm	GS 9am-1pm FF 2.15-4.15pm PT 4.30-5.30pm MBS with FF 6.30-9pm		PT 1.30-3pm
3 <sup>rd</sup> August	FM 11-2.15pm LT 5pm – 8pm	FF 2.15-4.45pm LT 5pm – 8pm	MBS 4.30-5.45m LT 6pm – 8pm	LT 5pm – 8pm	GS 9am-1pm FF 2.15-4.15pm PT 4.30-5.30pm MBS with FF 6.30-9pm		PT 1.30-3pm
10 <sup>th</sup> August	FF 2.15-4.45pm LT 5pm – 8pm	FF 2.15-4.45pm LT 5pm – 8pm	FF 2.15-4.15pm MBS 4.30-5.45m LT 6pm – 8pm	LT 5pm – 8pm	GS 9am-1pm FF 2.15-4.15pm PT 4.30-5.30pm MBS with FF 6.30-9pm		PT 1.30-3pm
17 <sup>th</sup> August	LT 5pm – 8pm	LT 5pm – 8pm	FF 2.15-4.15pm MBS 4.30-5.45m LT 6pm – 8pm	LT 5pm – 8pm	GS 9am-1pm PT 4.30-5.30pm MBS with FF 6.30-9pm		PT 1.30-3pm
24 <sup>th</sup> August	LT 5pm – 8pm	LT 5pm – 8pm	FF 2.15-4.15pm MBS 4.30-5.45m LT 6pm – 8pm	LT 5pm – 8pm	PT 4.30-5.30pm MBS with FF 6.30-9pm		PT 1.30-3pm
31 <sup>st</sup> August	LT 5pm – 8pm	LT 5pm – 8pm	MBS 4.30-5.45m LT 6pm – 8pm	LT 5pm – 8pm	GS 9am-1pm PT 4.30-5.30pm MBS with FF 6.30-9pm		PT 1.30-3pm

LT = London Tigers; FF = Fourth Feathers Youth Club, PT = Pro Touch; MBS = Marylebone Bangladeshi Society Youth Club; FM = Future Men GS = Greenhouse Sports

Please note: the above are organised sessions for local providers, providing activities programmes for local children and young people. Please contact these organisations if you wish to join their session and respect their priority for using the pitch in these times.

**GET IN TOUCH: Contact organisations directly**





# NORTH-WEST WESTMINSTER



# AVENUES YOUTH PROJECT

*Avenues are running a summer camp for juniors (8-12 years old) and seniors (13-18 years old).*

## *Activities include:*

Children and young people will be attending camps and will need to register in advance for a period of 1 week per activity.

Football



Cooking



Dance



Recording studio



Find out more at [www.avenues.org.uk/whats-on/](http://www.avenues.org.uk/whats-on/)

GET IN TOUCH: [info@avenues.org.uk](mailto:info@avenues.org.uk)

# THE AMBERLEY



*The Amberley provides a space for young people aged 8-19 to take part in activities such as music production, sport and games, as well as development programmes such as healthy relationships, inclusion and diversity training. Bridging the gap between formal and non-formal education, The Amberley helps young people learn about themselves, and others around them to create positive outcomes for their futures.*

Amberley	Monday	Tuesday	Wednesday	Thursday	Friday
16:00-16:30 (Brief)	Lending Library	Community Outreach Programme (Youth Engagement Team)	Future Communities – Social Action Volunteer support	Community Outreach Programme Family use the Hub space*	Family use the Hub space
16:30-19:30 (Session)	Games On Skates (Roller skating project)	Family use the Hub space	Bike Workshop (Youth Engagement Team)	Careers Information and Guidance	Lending Library
19:30-20:00 (Brief)	Daily Virtual Programme (Youth counselling sessions)	Lending Library	Lending Library	Lending Library	Outdoor Sports Programme (Stay Healthy/Alert Theme)
(Total 4 hours)		Outdoor Sports Programme (Stay Healthy/Alert Theme)	Work Out in the Gym?? (Government depending)	Outdoor Sports Programme (Stay Healthy/Alert Theme)	Music Studio – creative writing (Youth Led)
		Music Studio – creative writing (Youth Led)	Daily Virtual Programme Online PS4 Tournament	DJ Workshop (Youth Led)	Daily Virtual Programme Education Online
		Daily Virtual Programme Future Youth Consultation		Music Studio – creative writing (Youth Led)	
				Daily Virtual Programme	

GET IN TOUCH: [i.williams@futuremen.org](mailto:i.williams@futuremen.org)

# GRAND JUNCTION

*Grand Junction, in partnership with Shubbak Festival, presents CONNECTIONS.*



This project is for young people age 16-25 in the Westminster area who have some dance/sport experience.

Find out more at  
<https://grandjunction.org.uk/events/connections-dance-project/>

GET IN TOUCH: [joanne@grandjunction.org.uk](mailto:joanne@grandjunction.org.uk)



# QPG COMMUNITY & SPORTS HUB



*QPG Hub will be running a series of cookery clubs throughout August*

*QPG Football Academy will be hosting a number of 5 a side football tournaments during the summer holidays.*

**GET IN TOUCH: [info@qpghub.com](mailto:info@qpghub.com)**

# QUEEN'S PARK COMMUNITY COUNCIL

*QPCC are running 2 weeks of jam packed activities for 14-16 year olds in W9/W10.*

MISSION:  07511 590 997

## The Queen's Park Reality Show

Social Media - Content Creation 

Log in to something different this Summer  
<https://qprealityshow.eventbrite.co.uk> \*\*\*\*

- Filming a docu//drama
- Covid-19 Secure 10.08.2020
- Outdoors 21.08.2020
- Spoken word//Music
- Graffiti
- Street First Aid
- Survival Skills
- Skateboard//paddleboard//canoe//options
- Open air cinema
- Event production



**D.O.B.**  
**2004-2006**

 **FREE**  

Respect Facilitators and Mentors STRICT SOCIAL DISTANCING AT ALL TIMES

**QPCC SUMMER FILM PROJECT**

Sign up at: [qprealityshow.eventbrite.co.uk](https://qprealityshow.eventbrite.co.uk)

GET IN TOUCH: 07511590997

# PADDINGTON ARTS



**Paddington Arts is a Youth Arts organisation committed to developing talent and creativity in the community. They are running dance/drama classes for young people aged 6-10 years old on Tuesdays from 4.30 – 5.30pm**



**GET IN TOUCH: 07984 960695**



# SOUTH WESTMINSTER





# ICONIC STEPS

*Iconic Steps are running three filmmaking courses from 3rd to 21st August for young people between 16-25.*



## The Documentary course

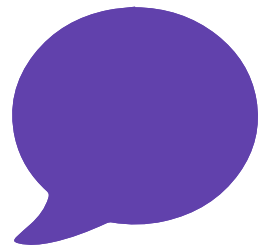
WHEN: 3-7 August

WHAT: Allows young people to explore issues that are important to them and learn how to work with and interview influential people within the field they choose to explore.

## Commercial Production course

WHEN: 17-21 August

WHAT: Young people learn how to create a compelling advert for real companies, such as Oxfam and MenCap and gain an understanding of how to pitch their ideas and follow a company brief.



## The Music Video course

WHEN: 10-14 August

WHAT: Young people will learn how to make a music video for a music artist who provide a track and give a brief to the students on how they envision the video to look like.

Find out more at: <https://iconicsteps.co.uk/academy/>

GET IN TOUCH: [academy@iconicsteps.co.uk](mailto:academy@iconicsteps.co.uk)

# ST ANDREW'S YOUTH CLUB



*St Andrew's Club Summer Project is running from Mon 20th July – Fri 14th Aug 2020 for young people between the ages of 5-18 years old.*

INFORMATION	
SESSION 1	SESSION 2
1pm – 3pm	3.30pm – 5.30pm
8yrs – 12yrs	13yrs +
ALL SESSIONS MUST BE PREBOOKED, TO BOOK PLEASE CALL 07494584034	



## St Andrew's Club Summer Project Senior Club programme

DAILY CLASSICS
TABLE TENNIS
POOL
GAMES CORNER
ARTS AND CRAFTS
SOCIAL AREA
PS4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> MON 20 <sup>TH</sup> JULY TO FRI 24 <sup>TH</sup> JULY	<b>SESSION 1</b> • BLING A WATER BOTTLE • WEEKLY WHATS UP?	<b>SESSION 1</b> • GARDENING CLUB • TABLE TENNIS TOURNAMENT	<b>SESSION 1</b> • STREET PLAY • COOKERY CLUB	<b>SESSION 1</b> • SLIME SESSIONS • PIMP YOUR POPCORN	<b>SESSION 1</b> SURPRISE DAY!
	<b>SESSION 2</b> • BLING A WATER BOTTLE • WEEKLY WHATS UP?	<b>SESSION 2</b> • GARDENING CLUB • TABLE TENNIS TOURNAMENT	<b>SESSION 2</b> • STREET PLAY • COOKERY CLUB	<b>SESSION 2</b> • SLIME SESSIONS • PIMP YOUR POPCORN	<b>SESSION 2</b> SURPRISE DAY!
<b>WEEK 2</b> MON 27 <sup>TH</sup> JULY TO FRI 31 <sup>ST</sup> JULY	<b>SESSION 1</b> • WEEKLY WHATS UP? • SPORTS WEEK!	<b>SESSION 1</b> • FRAME YOUR NAME • SPORTS WEEK	<b>SESSION 1</b> • STREET PLAY • COOKERY CLUB	<b>SESSION 1</b> • GARDENING CLUB • SPORTS WEEK!	<b>SESSION 1</b> SURPRISE DAY!
	<b>SESSION 2</b> • WEEKLY WHATS UP? • SPORTS WEEK!	<b>SESSION 2</b> • FRAME YOUR NAME • SPORTS WEEK	<b>SESSION 2</b> • STREET PLAY • COOKERY CLUB	<b>SESSION 2</b> • GARDENING CLUB • SPORTS WEEK!	<b>SESSION 2</b> SURPRISE DAY!

More info at [www.standrewsclub.com/index.php/covid-19/summer-programme](http://www.standrewsclub.com/index.php/covid-19/summer-programme)

GET IN TOUCH: [sarah@standrewsclub.com](mailto:sarah@standrewsclub.com) or call 07494584034

# PIMLICO FOUNDATION

**FREE CHURCHES TOGETHER HOLIDAY LUNCH CLUB FREE**



**Weekly Locations**

**Week 1:** 27th-31st July - St James the Less - Thorndike Street, SW1V 2PS  
**Week 2:** 3rd-7th August - Heavens Gates - St Gabriels Halls - SW1V 3AA  
**Week 3:** 10th-17th August - Emmanuel Church - Marsham Street, SW1P 3DW

**Times - 1:00-3:30pm - Activity Club: Age 8-11yrs**

**Email: churchadmin@sjtl.org  
Mobile: 07840811818**

**Activities spaces are limited, as we need to observe Social Distancing Guidelines, places are FREE!!! Sign up online NOW**

      **Heaven's Gate Mission**  
an outreach program of St Gabriel's Church, Portland

**FREE HOLIDAY LUNCH CLUB CHURCHES TOGETHER FREE**



**Packing Summer Camp LUNCHES**

**GET IN TOUCH: churchadmin@sjtl.org or call 07840811818**

# LONDON SPORTS TRUST

*London Sports Trust and EDUTAIN are running a multi-sports camp in Pimlico from the 17th-28th of August for young people between the ages of 8-14.*

**SUMMER CAMP**

**PIMLICO ACADEMY**

**£1 PER DAY**

**EDUTAIN**

**A S.A.F.E. CAMP IN WESTMINSTER**

**ATHLETICS, FOOTBALL, MULTISPORTS, AND LOADS MORE!**

17th-21st August  
24-28th August  
10am-2.30pm  
8-13 years old  
@Pimlico Academy  
Lupus St, Pimlico SW1V  
3AT

limited spaces available, to book, email your consent form to [Leonard.lionel@sportwestminster.org](mailto:Leonard.lionel@sportwestminster.org)  
Consent forms are found on our

For more info contact  
02087351589



**GET IN TOUCH: Call 02087351598**



# CHURCHILL GARDENS



*Churchill Gardens provides a space for young people aged 8-19 to take part in activities such as music production, sport and games, as well as development programmes such as healthy relationships, inclusion and diversity training. Bridging the gap between formal and non-formal education, Churchill Gardens helps young people learn about themselves, and others around them to create positive outcomes for their futures.*

Churchill Gardens	Monday	Tuesday	Wednesday	Thursday	Friday
Times					
16:00-16:30 (Brief)	Community Outreach Programme	Community Outreach Programme	Future Communities – Social Action Volunteer support	Community Outreach Young Families use the Hub space (Youth Engagement Team)	Community Outreach Programme
16:30-19:30 (Session)					
19:30-20:00 (Brief)	Careers Information and Guidance (Online)	Lending Library	Lending Library	Lending Library	Daily Virtual Programme
(Total 4 hours)	Lending Library	Stay Healthy/Alert Outdoor Sports Programme	Stay Healthy/Alert Outdoor Sports Programme	Stay Healthy/Alert Outdoor Sports Programme	Boxing Pad Training (Youth Engagement Team)
	Daily Virtual Programme (Youth counselling sessions)	Music Studio & creative writing	Music Studio & creative writing	Girls Football session	Daily Virtual Programme Education Online
		Daily Virtual Programme Future Youth Consultation	Daily Virtual Programme PS4 Tournament (Online)	Daily Virtual Programme	
		Photography Project			

GET IN TOUCH: [i.williams@futuremen.org](mailto:i.williams@futuremen.org)

# SOUTH WESTMINSTER TRANSITIONS PROGRAMME

*Fun and creative project for Year 6 leavers living in South Westminster to support them in their transition to secondary school*



Activities include celebration projects in Three South Westminster Primaries - Westminster Cathedral RC Primary, St Gabriels, and Millbank Primary - in addition to running transition skills/reflective skills sessions over several days at Pimlico Academy's transition week.

**GET IN TOUCH: [james@dreamarts.org.uk](mailto:james@dreamarts.org.uk)**