



Youth Services

# HEATHAM HOUSE

AN AMAZING YOUTH CENTRE  
IN THE HEART OF TWICKENHAM



achieving  
for children



**HEATHAM HOUSE**



**RECORDING STUDIO AND  
REHEARSAL ROOM**



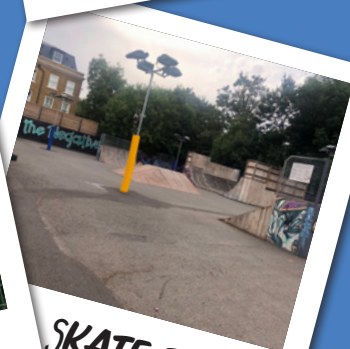
**FOOTBALL PITCH**



**POOL AND TABLE TENNIS**



**BASKETBALL**



**SKATE PARK**



**TRIPS: ARCHERY**



**ACTIVITY: PHOTOGRAPHY**

# MONDAY

## **3.30PM TO 5.30PM: SENIORS SESSION** **(\*11 TO 16 YEARS OLD)**

Activities include football, basketball, skate park, cooking, pool, table tennis, art, DofE skill and physical sections, chill-out and more.

## **5PM TO 6.30PM: STREET DANCE 1** **(8 TO 12 YEARS OLD)**

Learn to street dance with sessions for both primary and secondary school aged young people with our talented and creative instructor. Beginners welcome. Contact us to register your interest and book onto future sessions.

## **5.30PM TO 7.30PM: SENIORS SESSION PLUS** **(\*11 TO 19 YEARS OLD)**

Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, DofE skill and physical sections, chill-out and more.

\*All sessions are for young people aged 11 and in secondary school to 19 years old, unless otherwise stated

# TUESDAY

## **12PM TO 2PM: COLLEGE DROP-IN**

Drop in session for young people attending college or sixth forms. Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, chill out, sexual health information and more.

## **3.30PM TO 5.30PM: TRANSITIONS SESSION (SCHOOL YEARS 5 TO 7)**

Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, chill-out and more.

## **5PM TO 6PM: SURVIVORS TAE-KWON DO (9 TO 19 YEARS OLD)**

Kick your way to success with these fun Olympic sport sessions. NOTE: There is a cost for this session, but is free for AfC referrals.

# WEDNESDAY

## **3.30PM TO 5.30PM: VOX** **(\*11 TO 16 YEARS OLD)**

One-to-one sessions for individuals with additional needs, who require support in music production, songwriting, composition, mindfulness and well-being. Referral only - Please contact [dwayne.leid@achievingforchildren.org.uk](mailto:dwayne.leid@achievingforchildren.org.uk) for more information.

## **3.30PM TO 5.30PM: SENIORS SESSION** **(\*11 TO 16 YEARS OLD)**

Activities include football, basketball, skate park, cooking, pool, table tennis, art, DofE skill and physical sections, chill-out and more.

## **5.30PM TO 7.30PM: SENIORS SESSION PLUS** **(\*11 TO 19 YEARS OLD)**

Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, DofE skill and physical sections, chill-out and more.

# THURSDAY

## **3.30PM TO 5.30PM: FOCUS (11 TO 16 YEARS OLD)**

Youth club with a different focus and theme each term with some of your favourite activities such as pool, table tennis, gaming and more. Themes are picked with young people based on their interests such as music tuition, arts, barber workshops, hair and beauty and more. Talk to staff about what theme you would like next term. We will announce themes for each term on instagram so keep your eyes peeled.

## **4PM TO 6PM: C-CARD DROP-IN (13 TO 19 YEARS OLD)**

Sexual health advice and guidance drop in where young people can pop in and speak to a member of staff and sign up to the C-Card scheme. We advise you book in with staff beforehand however we welcome walk ins

## **6.30PM TO 8.30PM: LIGHTHOUSE PROJECT (12 TO 24 YEARS OLD)**

Closed group youth club for young people with ASC and/or ADHD. Different activities each week.

Contact [meg.scott@achievingforchildren.org.uk](mailto:meg.scott@achievingforchildren.org.uk) for referral form and more information.



# FRIDAY

## **12PM TO 2PM: COLLEGE DROP-IN**

Drop in session for young people attending college or sixth forms. Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, chill out, sexual health information and more.

## **3.30PM TO 5.30PM: JUNIORS SESSION (SCHOOL YEARS 5 AND 6)**

Activities include football, basketball, music, skate park, cooking, pool, table tennis, art, chill-out and more.

## **5PM TO 6PM: SURVIVORS TAE-KWON DO (9 TO 19 YEARS OLD)**

Kick your way to success with these fun Olympic sport sessions. NOTE: There is a cost for this session but is free for AfC referrals.

## **WEEKLY: NO STRAIGHT ANSWER (\*11 TO 19 YEARS OLD)**

Drop in session for young people who identify as LGBTQ+. Activities include music, cooking, pool, table-tennis, art, chill out, sexual health information and more.

For more information including time of the session please email: [alex.quennell@achievingforchildren.org.uk](mailto:alex.quennell@achievingforchildren.org.uk)

# IMPORTANT INFORMATION

All sessions and activities are **completely free** unless otherwise stated.

We are constantly running new activities within the youth sessions and evolving our youth programme.

To stay up-to-date with everything that is happening at Heatham House follow us on our social media channels and check [www.kr.afcinfo.org.uk](http://www.kr.afcinfo.org.uk)



If you would like more information about Heatham House and its youth sessions and activities, please contact:

**Dempsie Earles, Youth Service Manager**

T: 020 8288 0950

E: [dempsie.earles@achievingforchildren.org.uk](mailto:dempsie.earles@achievingforchildren.org.uk)

Heatham House Youth Centre, Whitton Road,  
Twickenham TW1 1BH

## HOW TO FIND US

