



# Voluntary Sector Services for Schools

A directory of voluntary sector services for children, young people and their families in Tower Hamlets

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The voluntary sector in Tower Hamlets provides a wide variety of services for children, young people and their families. This directory brings together information on services that are available to schools and settings, and opportunities to work in partnership.

Organisations working with children and young people are expected to have their own child protection, health and safety, safer recruitment, data protection and confidentiality policies and procedures. It is good practice to record that all parties are aware of responsibilities to ensure all children and young people are safe.

LBTH's Safeguarding Children in Extended School Activities guidance will be invaluable in ensuring each partner has discussed and has a record of where responsibility lies for safeguarding. You can also expect an organisation to provide references on request.

This directory has been compiled by Volunteer Centre Tower Hamlets on behalf of members of the Voluntary Sector Children and Youth Forum (VSCYF).

The Voluntary Sector Children and Youth Forum acts as a meeting point where staff from voluntary sector organisations providing services to children and young people can come together and exchange views and ideas. The Forum also functions as an opportunity for Tower Hamlets Council representatives to attend and present information relating to the latest funding developments and other initiatives, and to engage in dialogue with voluntary sector agencies.

Tower Hamlets Council funds the Forum. This funding pays for a VSCYF Coordinator, whose job it is to organise the Forum and represent Forum members.

If you would like to know more about the Forum please contact Alex Nelson, VSCYF Coordinator, on 020 7377 0956, or by email [alex@vcth.org.uk](mailto:alex@vcth.org.uk)

Many thanks to the organisations that provided pictures for this directory; Half Moon Young People's Theatre on pg. 4, 13 and cover, Bow Arts Trust on pg. 8, Artburst on pg. 11, 43, Toyhouse Libraries on pg. 15 and cover, Volunteer Reading Help on pg. 17, MindBuilders on pg. 22, Quaker Social Action on pg. 25 and cover, 26, Volunteer Centre Tower Hamlets on pg. 32, PATH on pg. 36, 42.

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# Raising confidence and aspiration



**By** Limehouse Project  
**Cost** £8,000 p.a.  
**Contact** Hassan Hoque  
**E.**  
h.hoque@limehouseproject.org  
.uk  
**T.** 020 7538 0075

## Alumni

The Alumni Service will establish a structured Alumni Society for the school, recruiting and training Alumni to engage with current students as individual mentors and workshop leaders. The Limehouse Project will establish and monitor a website and utilise Facebook and other communication tools to encourage interaction between Alumni and current students. CRB checks will be carried out for all individuals joining the Alumni Society.

Members of the Alumni Society will deliver career based workshops within the school and address school assemblies. Mentoring and one to one support will be facilitated through a supervised web environment. The Alumni Service can begin at any time and will run beyond the funding period. The Alumni Society will increase the social and cultural capital of students attending the school, encouraging them to think widely about opportunities available to them and provide positive role models.

**By** Streets of Growth  
**Cost** £8,000 (VAT included) for a class of 35 students. Cost includes tutors, accreditation, materials, and equipment.

Rates are negotiable and Streets of Growth will work with the needs and budget of each school.

Prices for After School and Parental engagement activities can be negotiated. Free introduction session.

**Contact** Lucky Nessa  
**E.** lucky@streetsofgrowth.org  
**T.** 07960 332879

## ARTXCITE Social Enterprise

ARTXCITE Enterprise is an apprenticeship programme. Young people and parents are partnered with professional artists, to create market and sell art products that range across painting/murals, screen-printing, fashion, graphic design. Selling takes place at different retail sites including Spitalfields Market.

Accredited qualifications offered;

- Level 1 BTEC Award in Business Enterprise,
- Silver /Bronze Arts Awards,
- AQA, ASDAN Level 1 awards.

Parents and young people will learn core skills like business planning, product costing and market research, team and project management, employment skills, presentation and customer service. ARTEXCITE can deliver accredited programmes for KS3/KS4, accredited parental/community engagement sessions and after school activities.

## Aspire

Aspire aims to improve the social wellbeing of young people by helping them develop self confidence, communication skills and positive relationships with peers and adults. The project engages Year 9 pupils who are 'overlooked' at school, and are 'excluded within education not from education'. Aspire helps them enjoy, achieve and take part in varied activities, while creating opportunities to make a positive contribution in and out of school.

Over the course of the academic year Aspire runs a holistic program of activities focusing on communication skills, arts and the environment; encouraging young people to try new things, raising confidence and aspiration through participation. Young people can also take part in the graduate scheme, which seeks to enhance young people's interaction with the community through volunteering and their own mini projects. Aspire brings together groups from 8 schools across the borough at no cost to participants and schools.

**By** Toynbee Hall  
**Cost** Free  
**Contact** Maria Stephens  
**E.** maria.stephens@toynbeehall.org.uk  
**T.** 020 7392 2957

## Change Leaders Network – Youth Mentoring and Leadership Coaching

Change Leaders Programme enables young leaders to express with confidence the change they would like to see. This is achieved by personal coaching and mentoring, group training workshops (AQA, ASDAN Level 1 community leadership, conflict resolution and mediation skills) and after school activities.

The aim is to support young people to move away from negative behaviours to develop positive leadership skills. It works with a trained team of youth transition coaches and young mentors. Core skills include emotional awareness, breaking negative patterns and attitudes, delivery skills for a community safety activity and communication skills, problem solving and decision making. Workshop programmes for KS3/KS4, personal youth coaching and mentoring for referred students, parental/community engagement sessions and after school activities are also available.

**By** Streets of Growth  
**Cost** After School programme is currently a FREE service for schools based in LAP 5, 6, 7 and 8.

All other costs are negotiable dependent on the needs and budget of the schools.

There is a set fee for all accredited courses provided to cover registration and IV assessment.

**Contact** Koyes Ali  
**E.** koyes@streetsofgrowth.org  
**T.** 07866 760271

## Fairbridge Flexi

Fairbridge offers young people aged 13-25 a flexible learning and development programme, combining one to one support, activities to develop key personal and social skills, a range of foundation learning accredited courses and high-impact outdoor activities.

On joining Fairbridge Flexi, young people will have an induction and a needs assessment and will work with their key-worker to choose the sessions and courses and to set goals. The monthly programme includes a wide variety of courses and activities running 1-3 days per week around core skills and learning, many Foundation Learning accredited.

Beneficiaries can also participate in challenging outdoor activities aimed at increasing their self-worth and confidence. Parallel to these sessions, young people will have sustained access to one to one goal setting and support to help them effectively re-engage with education, employment or training.

**By** Fairbridge  
**Cost** £1,000  
**Contact** Chris Murray or Adelaide Adade  
**E.** Chris.Murray@fairbridge.org.uk or Adelaide.Adade@fairbridge.org.uk  
**T.** 0208 912 0292/  
 0208 912 0305

**By** The Gap Project

**Cost** The subsidised cost of this service is £95 per young person

**Contact** Mark Hutchings

**E.** youth@bgmchurch.plus.com

**T.** 020 7729 4286

### **Mentoring Project**

The Gap Project offers mentoring to young people who require weekly additional support, 1-2 hours per week. Mentoring can take place in school or at a mutually convenient location for a period of up to a year. Young people referred will work on an action plan to ascertain the form of support required. This may involve working on particular issues to help them move forward, such as anger management or a role as a young carer, or on mini projects and challenges to build confidence. Mentoring is tailored to the needs of the young person.

**By** Kazzum

**Cost** £1,000 + VAT

**Contact** Daryl Beeton

**E.** info@kazzum.org

**T.** 020 7749 1123

### **'Paper People'**

Paper People is a visual performance for children and young people inspired by the London 2012 Games. Two newspaper vendors tell stories as they cut and manipulate their papers into a variety of characters and landscapes. The performance creates an opportunity for interaction between disabled artists and young people, inspiring not only the young people's interest in the arts but to inspire young people to view disability and diversity in a new light.

The cultural themes of the Olympics are central to the performance, focussing on the smaller tales within the large cultural sphere of London 2012. This provides an excellent opportunity for a primary school to encourage children to think about the Olympics and how they can be a part of this opportunity. Paper People is ideal for pupils studying Citizenship as it explores issues of identity and diversity on an interactive level looking beyond the myths and stereotypes that surround disability.

**By** The Gap Project

**Cost** Subsidised cost of £125 per young person

**Contact** Hilary Cole/Andrew Williams

**E.** hilary@bgmchurch.plus.com

**T.** 020 7729 4286

### **Personal Development (The Develop Course)**

The Develop Course runs for a minimum of 16 weeks. It focuses on young people's personal development in communication, information technology, emotional intelligence, group work and completing an arts activity. The course covers topics such as heroes and role models, identity, community, dreams and goals for the future.

Young people will have an opportunity to be trained in their chosen art form ranging from lyric writing, rapping, music production, design and photography. There will be opportunities to record in the mini studio and perform at the end of year celebration of achievement. There is an opportunity to gain a Level 1 Bronze Arts Award (Trinity & Guildhall).

**RECYCLE: Youth led Bike Recycle Social Enterprise**

RECYCLE trains young people in bike mechanics, cycle safety and cycle events. Young people are partnered with bike mechanic tutors, business coaches to develop leadership/entrepreneurial skills and learn to restore bikes, bike maintenance, coordinating cycle activities, marketing and selling restored bikes.

RECYCLE delivers accredited qualifications in Level 1 BTEC Award in Business Enterprise, Silver/Bronze Arts Awards, AQA, ASDAN Level 1 Bike Mechanics/cycle safety and progression onto Level 2 City & Guilds Bike Mechanic apprenticeship. Young people will learn core skills like business planning, product costing and market research, team and project management, employment skills, presentation and customer service. RECYCLE can deliver accredited programmes for KS3/KS4, accredited parental/community engagement sessions and after school activities.

**By** Streets of Growth  
**Cost** Level 1 Business Programme for KS4/KS3: £8,000 (inclusive of VAT) for a class of 35 students. Rates are negotiable and needs will be considered.

After School Introduction Bike Maintenance Programme (4 sessions) is free, Jan-May11.

Parental engagement activities can be negotiated with free introduction session.

**Contact** Diane Peters  
**E.** Diane@streetsofgrowth.org  
**T.** 07866 760271

**Volunteering for students**

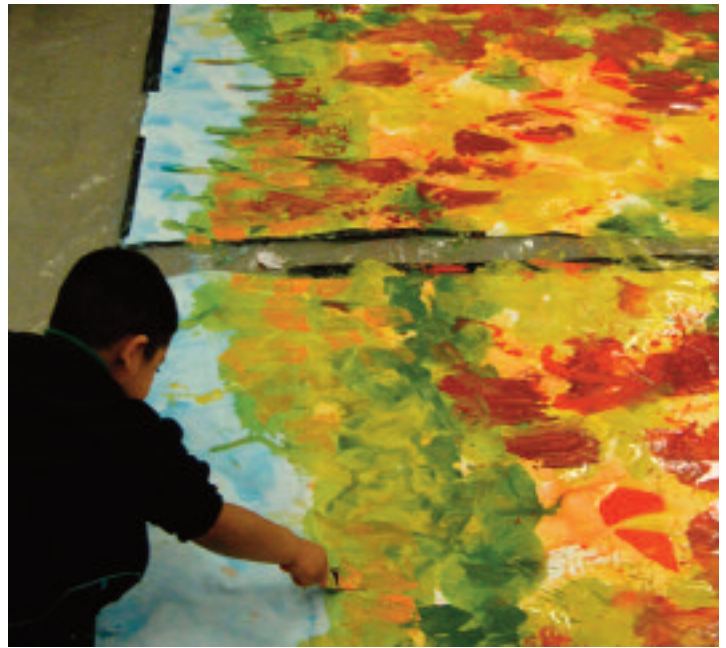
Volunteer Centre Tower Hamlets offers a range of bespoke packages, and has several years' experience of providing a borough-wide youth volunteering brokerage service, funded by LBTH Youth and Connexions Services. VCTH provides a brokerage service, matching young people to suitable volunteering opportunities. Experienced advisors can run regular appointment sessions either at your school, or at the Volunteer Centre, helping students to find the right volunteering opportunity for them.

Volunteering can take place within your own school, or in over 350 vetted local charities or voluntary organisations. VCTH can help young people to volunteer either individually or in groups. Volunteering is a fantastic way for students to increase their confidence, develop new skills, and gain workplace experience which will complement their academic studies and improve their employment prospects.

**By** Volunteer Centre Tower Hamlets (VCTH)  
**Cost** By negotiation, depending on requirements  
**Contact** Catherine Bavage  
**E.** cath@vcth.org.uk  
**T.** 020 7377 0956



# Tackling vulnerability and disengagement



**By** DASL  
**Cost** £40 per hour  
**Contact** Linda St Louis  
**E.** lindastlouis@dasl.org.uk  
**T.** 020 7702 1990

## **Amali Project Domestic Abuse Services**

The Amali Project aims to support children and their mothers and or the non-abusing carer living with the effects of domestic abuse.

They work with families who have been exposed to domestic abuse where the perpetrator no longer resides in the family home and with families where separation may not have occurred and reconciliation is being considered.

The projects offers risk assessments and safety planning, individual support and counselling, play therapy for children and group work for children and the non-abusing carer.

**By** Docklands Outreach  
**Cost** Contact Docklands Outreach  
**Contact** Runa Khalique  
**E.** runa.khalique@dockout.org  
**T.** 020 7538 1601

## **Docklands Outreach**

Docklands Outreach supports at risk and vulnerable children, young people and their families.

Community Families Programme (for children 5-13 years and their parents and carers) provides psychological/ emotional support and interventions, information & advice on behaviour management techniques, parenting, mental health support and healthy lifestyles.

Young People's Team (for 11-25 years) provides advice and support around issues such as homelessness, substance misuse, conflict resolution, offending behaviour, sexual health, mental health, employment, education and welfare. This work is done via one to one advocacy casework, community outreach.

Diversiory Programmes help to reduce at risk behaviour. They run an accredited Peer Education Programme, weekly fitness and boxing sessions and creative projects.



### Fairbridge Fast Forward

Fairbridge offers 13 -16 year olds a holistic six-week learning and development programme, combining one to one support, activities aimed at the development of key personal and social skills, a range of foundation learning accredited courses and a high-impact residential experience.

The young people start with an induction involving a thorough needs assessment, will access 1-2-1 goal setting and help with identifying moving on opportunities. Young people take part in activities around core skills and learning, many of which are Foundation Learning accredited, including life skills development, functional skills, employment skills, community and citizenship. Young people also receive the support and guidance they need to effectively re-engage with education, employment or training. If necessary, young people will receive further support and engage in additional activities.

**By** Fairbridge  
**Cost** £2,000  
**Contact** Chris Murray/Adelaide Adade  
**E.**  
Chris.Murray@fairbridge.org.uk  
Adelaide.Adade@fairbridge.org.uk  
**T.** 020 8912 0292 / 020 8912 0305

### Headliners Early Intervention Programme

Headliners delivers early intervention programmes in primary and secondary schools for children and young people identified at risk of disengaging from education and/or risky behaviour. Young people explore key issues of concern to them, such as involvement in bullying. Through Headliners' tried and tested multi-media learning, young people discover information for themselves, fix up interviews and workshops with key people and decision-makers. They make film or radio packages or write stories for publication and broadcast.

This experiential learning transforms the engagement and educational achievement of young people at risk, improves behaviour and concentration and motivates them to make good choices in their lives. Accredited alternative learning is offered in a variety of OCN units at levels 1, 2, and 3 as well as Foundation Learning.

**By** Headliners  
**Cost** £1,100 per programme, per group of up to 10 young people  
**Contact** Kelly White  
**E.** Kelly.white@headliners.org  
**T.** 020 7749 9360

### Headliners Team Around the School

Headliners offers a tailored package of activities for vulnerable young people in primary and secondary schools which address a variety of support and learning needs. The project is effective in engaging those who are disengaged and display risky behaviour. It helps pupils with special needs to improve their engagement, concentration and educational outcomes.

Young people explore key issues such as teenage pregnancy, drug/alcohol misuse and involvement in crime/gangs using Headliners' Learning through Journalism Programme. Discovering information for themselves, they use film and radio equipment to produce stories for publication and broadcast. Pupils take ownership of the programmes, improving engagement, confidence, developing transferable skills such as literacy and communication skills. Alternative learning is offered in OCN units at levels 1 and 2, Step Up Awards at Entry Level 3 and Foundation Learning.

**By** Headliners  
**Cost** £1,100 per programme, per group of up to 10 young people  
**Contact** Kelly White  
**E.** Kelly.white@headliners.org  
**T.** 020 7749 9360

**By** Journeys-CBLS

**Cost** Consultancy to schools costs £50 per hour

Training/workshops to schools or any other agency charged £50 per hour

Referral of pupils for therapeutic support offers a free initial session, thereafter school paid therapeutic sessions at £50 per session

**Contact** Augene Nanning

**E.** [therapy@journeys-cbbs.org.uk](mailto:therapy@journeys-cbbs.org.uk)

**T.** 020 8981 9691

### Journeys (Children's Bereavement & Loss Service)

Journeys-CBLS seeks to address bereavement and significant loss among children and young people, ages 3-16 living or going to school in Tower Hamlets. It provides one-to-one counselling in the designated therapy room and small group work at Journeys or in schools or other organisations. Counselling is usually weekly for 45 minutes during term time. The number of sessions is agreed with the student, parents/carers and school. Journeys-CBLS facilitate half-day and day long workshops in classes affected by significant loss, including death of a teacher or student.

Journeys visits schools and other agencies and provides advice, guidance and training to adults working with grieving students or those interested in preparing for this eventuality. They also support schools to develop a bereavement policy so that they may be prepared if there is a sudden death in the school.

**By** The Gap Project

**Cost** £75 per young person (subsidised)

**Contact** Marcia Haley/Hilary Cole

**E.** [marciahaley@bgmchurch.plus.com](mailto:marciahaley@bgmchurch.plus.com)

**T.** 020 7729 4286

### Self Injury Support Project

The Gap Project has a young women's project worker, Marcia, who specifically works to support young women around the issue of self-injury. A support group is available, East Girlz. The focus of the group is on providing a safe space to explore issues surrounding their self-injury and facilitating the young people to support each other in this process.

Marcia is also involved in work in schools and other referral units in order to improve understanding and awareness of self-injury. There is also a confidential self-injury support line on 07504 800 764 for young people and others who wish to find out more. A trained adolescent counsellor is also available through the project.

**By** SHS (School Home Support)

**Cost** Costs can be subsidised from a range of funding sources. Needs will be assessed on a case to case basis

**Contact** Rosana Hermosa or Barbara Dixon

**E.** [enquires@shs.org.uk](mailto:enquires@shs.org.uk)

**T.** 020 7426 5000

### SHS (School-Home Support)

SHS have two core product offers;

SHS practitioner service is a non-timetabled specialist resource. SHS is available at school to support children and also to meet with parents in their homes or in the local community. SHS practitioners are recruited locally. The main areas of work are barriers to learning, early intervention, poverty, domestic violence, mental health, absenteeism, parental engagement.

SHS Training and Consultancy provides accredited and bespoke courses to people working with children and parents in schools. The courses are based on the best practice of highly trained school-based practitioners. They can offer open courses, accredited courses, bespoke training, inductions, problem solving consultancy and consultancy management

### Lifeline Tower Hamlets Young People's Substance Misuse Service

Lifeline Young People's Service seeks to reduce the harmful effects of substance use and promote wellbeing through prevention, early intervention, and treatment. It provides education, advice and support for young people up to 19, parents, carers, professionals.

They offer on or off site individual support through holistic assessment, care planning, advice/guidance/support for young people with substance misuse related needs. This could include packages of care for students at risk of exclusion. The service also offers peer education drug and alcohol awareness sessions run by young people who have completed an OCN accredited programme, supported by Lifeline professionals. Training for school professionals on current drug and alcohol awareness (including emerging drugs), screening for substance use, signs of drug and alcohol use, tips in talking to young people are also available.

**By** Lifeline

**Cost** Free individual support for young people, and professionals training

Negotiable peer education workshops for young people

**Contact** Karl Lacis

**E.** [karl.lacis@lifeline.org.uk](mailto:karl.lacis@lifeline.org.uk)

**T.** 07921 374005



## Improving community cohesion

### Embracing Tolerance Workshops

Embracing Tolerance Programme targets 11 -18 year-olds and it is delivered in schools and youth centres through workshops. A team of volunteers trained in multicultural and multidisciplinary techniques will guide young people through focused activities, allowing for exploration of prejudice, discrimination and intolerance, and their results on individuals. It uses scenarios presenting discriminatory behaviour as initial stimuli and a brainstorming activity to examine prejudice and stimulate discussion.

Staff act as facilitators, conducting young people to explore society challenges, to respect and value diversity and to develop a better understanding of various cultures and faiths. The workshops end with fun drama session activities, stimulating participants to present situations where intolerance or discrimination can be portrayed, asking them to role play and act out scenes, with the goal of finding a positive outcome to overcome discrimination.

**By** Tolerance International UK

**Cost** Free

**Contact** Marie Hartig

**E.** [programme@toleranceinternational.org.uk](mailto:programme@toleranceinternational.org.uk)

**T.** 07903 875255

**By** Tolerance in Diversity  
**Cost** £1,500 per project  
**Contact** Celina Clarke  
**E.** toleranceindiversity@  
googlemail.com  
**T.** 020 7515 3555

### Focus Project

Focus Projects are delivered by trained peer workers, and can involve Hate Crime Awareness training if required. Projects are typically delivered over a period of six weeks for 2.5 hours each week, usually on the same day and time. The young people initially identify the different types of discrimination and have discussions on how they view them and how they may have been affected.

The young people are supported and encouraged to choose a type of discrimination they wish to address and, using activities that the group enjoy, are supported to develop an aim for the sessions. They will develop an event or an end product that meets the aims they have set out. On completion participants receive a certificate. Previous projects created a calendar for Gay Awareness Month, a display addressing disability discrimination, and sports tournaments addressing gender and age discrimination issues.

**By** Tolerance in Diversity  
**Cost** £350 per session  
**Contact** Celina Clarke  
**E.** toleranceindiversity@  
googlemail.com  
**T.** 020 7515 3555

### Hate Crime Awareness Training (HCAT)

Hate Crime Awareness training is delivered by TiD peer workers who are also Youth Champions in Tower Hamlets. They have been trained in its delivery and understand issues that young people have as they are from the same schools or LAP areas as those completing the training. All training is endorsed by the Tower Hamlets No Place For Hate Forum.

Sessions use activities like role play and match card games to support young people to look at why a crime/incident can become a Hate Crime/Incident. The training identifies how both Hate Crimes and Incidents are committed against individuals and groups. Young people gain understanding of the 'Cycle of Hate,' how to break that cycle, also an understanding of the legal aspect of how these types of crime/incidents are prosecuted under British law, and will receive an endorsed recorded outcome certificate for completing the training.

**By** Streets of Growth  
**Cost** Free  
**Contact** Diane Peters  
**E.** diane@streetsofgrowth.org  
**T.** 07866 760 271

### Skool Promoters – young person led initiative

Skool Promoters is a young person led initiative that uses creative ways to promote information to their peers and address the territorial issues that can prevent them from accessing activities and services.

Currently there is a team of 13 in 3 Schools (Central Foundation, St Paul's Way and Bow School). In the next 12 months Skool Promoters aim to recruit 20 more Skool Promoters across schools and launch the Skool Promoter website to promote a wide range of information/advice to young people on positive activities, bullying and street conflict issues, careers, advice on how to set up and run their own community/youth initiatives. The aim is to develop the Skool Promoters into a well known network and to promote a range of community activities to all people.





## Developing healthy lifestyles

### Gateway Motion Sports Coaching & Tournaments

Gateway Motion is a sports-based social enterprise. Its goal is to 'build active lives' in Tower Hamlets by promoting sports related activities for residents and organisations whilst supporting social and economic regeneration in the borough. Gateway Motion is part of City Gateway, a work-based learning provider in Tower Hamlets.

Gateway Motion offers to schools a Multi-Gym - equipped for Boxing, Weight-lifting, Cardio Training, Rowing and Aerobics and qualified staff support. It also offers Futsal Tournaments - an exciting form of indoor football from South America, with similar aspects to 5-a-side. It organises coaching in football, boxercise, badminton, running, climbing wall and personal fitness and organises Panna Cage Tournaments - a new form of street football that originates from Holland. Unlike football games, these tournaments are all about individual technique and skill. The Cage is mobile for tournaments on-site.

**By** City Gateway

**Cost** Multi-Gym at £20 per hour for up to 8 participants

Futsal tournaments at £3400 per 16 week league of 8 teams

Coaching costs £28 per hour for up to 20 children per session

Panna Cage tournaments available at £250 per day

**Contact** Hans Sims

**E.** [hans.sims@citygateway.org.uk](mailto:hans.sims@citygateway.org.uk)

**T.** 020 3189 0404

### Girls Outreach

The Girls Outreach programme will work mainly with KS3 students to provide culturally sensitive youth group activities held on a regular basis to increase the participation rates of girls in sports activities, whilst addressing particular barriers to such extra-curricular activities i.e. socio-cultural / religious issues. The programme will be delivered both on school premises and at various Limehouse Project sites where required during the school-term.

All activities will be designed to match participants' needs and interests and can be publicised during assemblies or with literature on the programme. At the request of your school Limehouse Project can offer a one-to-one counselling service for girls and their families/members of their peer groups to help mediate and diffuse disputes. All participants will have access to further services available from the Limehouse Project.

**By** Limehouse Project

**Cost** £8,500 p.a.

**Contact** Hassan Hoque

**E.** [h.hoque@limehouseproject.org.uk](mailto:h.hoque@limehouseproject.org.uk)

**T.** 020 7538 0075

**By** Osmani Trust

**Cost** One free 45 min workshop

£400 six week series of workshops

Enquire about the cost of sporting activities

**Contact** Muhammad Didar

**E.** healthyfutures@osmanitrust.org

**T.** 020 7247 8080

### Healthy Futures

Healthy Futures works with children from 5 years to adults, delivering sporting activities and health workshops. It has specific interest in working with children who are obese or underweight, people who are not partaking in any physical activities or exercise, and people from an ethnic minority background who are disadvantaged or at risk of being disengaged.

Osmani Trust are making a significant contribution towards the 5 hour sport offer for children and young people. They provide structured and coached sporting activities and health workshops (during or after school) to primary schools on diet, nutrition, smoking cessation, physical activity, 5-a day and smoothie making. Topics and contents covered are tailored to specific year groups. They can either provide a 45-minute workshop free of charge, or a more extensive 6-week workshop (45-minutes each week) that covers different topics in depth.

**By** Vallance Community Sports Association (VCSA)

**Cost** All sessions will be charged at £20 per hour. (This includes in school and after school coaching)

**Contact** Junel Uddin

**E.** vallancefc@aol.com

**T.** 07956 835 811

### Sports 4 All

Sports 4 All provides 4 hours of structured physical education, usually football to young people aged between 7-11, delivered within the school timetable. Pupils will be encouraged to be expressive, creative, active and to use their imagination; all sessions are mixed-gender. Qualified and CRB-checked personnel from VCSA lead the sessions, teachers are welcome to join in.

Extra sessions and extra coaching for able and enthusiastic pupils or older pupils can be delivered via after school clubs. VCSA have devised exit strategies which will enable pupils to develop their talent beyond their primary school education; the most able, talented and enthusiastic pupils will have the opportunity to develop their skills via our club links with Vallance Football Club, Fulham Football Club, West Ham United Football Club and Charlton Athletic Football Club.

**By** The Gap Project

**Cost** £150 per person (subsidised)

**Contact** Mark Hutchings

**E.** youth@bgmchurch.plus.com

**T.** 020 7729 4286

### Sports Leadership

It offers opportunities for young people to gain a Level 1 Award in Sports Leadership, nationally accredited by Sports Leaders UK. This course runs for 6-8 weeks, one day a week. The young people gain leadership skills in planning and preparing a simple sports session, learning communication skills, understanding fair play and the scope of local provision for sport and career pathways. They understand the role of the referee/umpire and gain experience in that role. The young person is given the opportunity to coach in a local primary school as part of the award. Unit awards are also available.

It also offers opportunities for young people to extend their football skills and coaching skills through the dedicated football project, Goalside Academy, which meets from 2-3.30pm on Tuesdays at Mile End Stadium. This is run in partnership with Ambassadors in Sport.



## Play provision

### Greenplay

Spitalfields City Farm provides a unique environmental play provision both onsite and offsite, during school time, lunch hours or after school. The service can be either onsite or offsite, depending on the activity. Spitalfields City Farm can provide a school pick up service to the farm if required.

Activities include mobile farm visits to your school (bringing a selection of farm animals to your venue including rabbits, chicken, guinea pigs, goats, sheep), environmental art (such as mosaics, mural painting, scarecrow building) and creating a green space (growing vegetables and plants, making bird feeders).

Also available to schools are fire building (at the farm), freeplay opportunities using farm related loose parts, pick and cook sessions (at the farm, unless facilities are available on site), pond dipping (at the farm), den building, farm tours/animal handling sessions.

**By** Spitalfields City Farm  
**Cost** Prices vary depending on activities  
**Contact** Alia Sulaiman  
 E.YFC@spitalfieldscityfarm.org  
 T. 020 7247 8762

### PE and curriculum sessions for schools

Glamis Adventure Playground is open six days per week, all year round, for all children and young people aged 6 to 16, and provides a wide range of freely chosen activities, including den building, outdoor cooking, arts and crafts, fire, sand and water play, plus a challenging mix of outdoor play structures.

Sessions for primary and secondary schools are available for classes of children to use the playground, either during PE or play/lunchtimes or after school. Curriculum related sessions linked to play and exploring the local environment are also available. A Playworker will be available to encourage the best use of the playground and its possibilities. Be prepared for children to enjoy getting dirty!

**By** Glamis Adventure Playground  
**Cost** Vary according to session  
**Contact** Mark Halden  
 E.info@glamisadventure.org.uk  
 T. 020 7702 8301

**By** SPLASH Play

**Cost** On site play sessions from £60 to £90. As services are customised to requirements quotes can be provided upon request.

**Contact** Mohima Kamaly

**E.** Mohima@splashplay.org

**T.** 020 7093 0673 / 07903 324 362

### **SPLASH Play**

SPLASH Play can provide;

- Staffed play sessions, at times to suit the school including lunch times, golden times, after school and holidays.
- Play awareness training workshops for staff.
- Special events, trips, residentials, fun-days and school assemblies.

They can provide play services in-house and off-site.

**By** Weavers Adventure Playground

**Cost** Free

**Contact** Tracy Salmon

**E.** weaversad@btconnect.com

**T.** 020 7729 1295

### **Weavers Adventure Playground**

Weavers Adventure Playground provides an exciting and stimulating environment for children and young people to play, learn, grow and develop. Weavers Adventure Playground allows children and young people to choose between playing in their large indoor space with games such as pool, bar football, darts, table tennis, board games, or arts and crafts. They can also play outside with several different types of swings, play on the structures, play in the sandpit, make fire in the pit, gardening and make dens or camps.

Opening Times;

Term time: Tuesday to Friday 3.30pm till 6.30pm, Saturday 12pm till 5pm and Sunday 2pm till 5pm

School Holidays: Monday to Friday 11am till 6pm, Saturday 12pm till 5pm and Sunday 2pm till 5pm

Please check in advance for holidays





## Out of school provision and curriculum support

### After School Club

SPCPA encourages long-term involvement and provides a progression of activities promoting developmental growth. They emphasise learning activities based upon fun, play, action, and group and individual challenges that promote the development of their artistic and creative needs.

The after school club allows young people to socialise in a safe, comfortable environment that encourages them to express themselves and channel their views, and fosters independence as well as self-esteem. The club activities include cooking, fashion shows, art and craft, badge making, games, indoor and outdoor sports such as football, badminton, drama & role play, music & dance, fun days, outings, and residential trips. The project works closely with parents in order to give them a basic understanding of the positive impact that play would have on their children's life.

**By** Somali Parent and Children's Play Association (SPCPA)

**Cost** £35

**Contact** Khadra Sarman

**E.** [spcplay@yahoo.co.uk](mailto:spcplay@yahoo.co.uk)

**T.** 07946 835849

### Breakfast Club Star Anise

This healthy eating initiative aims to increase levels of physical activity and healthier living within the community through the provision of a breakfast club catering to children onsite at in schools. The Breakfast Club offers its services from up to one hour prior to the commencement of the full school day and is delivered during the academic term-time.

Working closely with catering company Star Anise, a social enterprise entity which currently provides school dinners to four different schools in the borough, the Limehouse Project will offer healthy breakfasts to children with a view to enhancing academic performance, concentration levels and lessening obesity rates. The aim is to lower national obesity levels and enable local strategies relating to healthy living through the advocacy of eating well, living healthier lives and staying active. All participants will have access to further services available from the Limehouse Project.

**By** Limehouse Project

**Cost** £1 per child per day for a minimum of 60 children for one year

**Contact** Shepu Miah

**E.** [info@staranise.org.uk](mailto:info@staranise.org.uk)

**T.** 020 7790 9699

**By** Artburst

**Cost** Starting from £250 for a training workshop to £750 for a sculpture project. Discounts are available for long term bookings

**Contact** Amy Bicât

**E.** amy@artburst.co.uk

**T.** 020 8510 0220

### Drama, art, music and movement workshops

Artburst offers schools an alternative approach to the curriculum in the form of the Make A Play or Sculpt Your School workshops; both ideal for arts weeks or one off events in schools. They also run a 7 week long After School programme ending in a dazzling performance for family and friends. Artburst always uses story books as stimulus with the unique formula that make the words leap from the page encouraging a passion for literature for children and families.

Workshops are ideal for EAL students and can be tailored for groups with specific needs. Artburst is always open to partnership projects with schools to run long term projects that ensure they are working with those most in need. They can apply for funding for some partnership projects.

**By** Bow Arts Trust

**Cost** It varies depending on school's budget, project type and length and artist's level of experience. Projects can be tailored to fit your budget.

**Contact** Becky Lees

**E.** education@bowarts.com

**T.** 020 8709 5293

### Education and Learning at Bow Arts Trust

Bow Arts Trust aims to help children and young people to develop confidence, skills and imagination and value the impact creativity can have on learning. Their schools programmes use the arts to address specific school improvement priorities, inspiring and engaging both pupils and staff.

Projects are all led by professional practising artists in a variety of art forms including visual art, media, theatre, dance, music and spoken word. Their participatory projects vary depending on the objectives of the schools and groups they work with. Projects include artist-led after school clubs, practical workshops in school hours, gallery visits, cross-curricular projects, commissioned public artworks and work experience placements with studio artists. In addition, they run staff training sessions which enhance creative teaching by exploring ideas and teaching practical skills. They can also work with you to create bespoke projects.

**By** Kazzum

**Cost** £1,000 + VAT

**Contact** Daryl Beeton

**E.** info@kazzum.org

**T.** 020 7749 1123

### 'Everybody's Different'

Everybody's Different is a programme of arts based workshops introducing awareness of disability to Key Stages 1 and 2. The project involves children in the creative arts to address the physical and social obstacles for disability within their school.

Children who participate in Everybody's Different benefit by experiencing improved social interaction due to challenging preconceptions and social stereotypes, gaining increased confidence in their individual identity and the example of positive role models - at least one workshop leader delivering each session is disabled.

Everybody's Different compliments the school curriculum by giving children an understanding of disability and skills to discuss it with confidence and sensitivity. Kazzum would be resident in your school for 1 week working with a group of teachers and up to 3 classes.

### Headliners After School/Extended School Programme

Headliners delivers exciting multi-media learning through journalism programmes for children and young people aged 8-19. Young people work in teams on journalism activities to research stories on issues of concern to them. They fix interviews, plan questions, and produce stories through using radio or digital video equipment using a story process called the story mountain. The stories are published in local and national newspapers, online and specialist publications and broadcast on local radio and TV. They can also produce content and produce school magazines and showcase their work at special screenings and exhibitions.

Young people gain hard skills such as the ability to use camera and sound equipment and editing software, which leads to better employability and increased educational attainment. By participating in the programme young people develop their self esteem, raise aspirations and improve written and communication skills.

**By** Headliners  
**Cost** £1,100 per programme, per group of up to 10 young people  
**Contact** Kelly White  
**E.** Kelly.white@headliners.org  
**T.** 020 7749 9360

### Incubator Hire

Stepney City Farm runs an 'Incubators for Schools' Programme throughout Spring and Summer. Through this they provide all of the necessary advice, support and equipment for you to hatch chicks in your school! They also provide an educational pack which includes resources and activities aimed to meet the development and curriculum targets of your students.

As part of this Programme they will make two visits to your setting. The first includes a presentation and information session. Once the chicks have hatched they will visit again to have a handling and question session so the children can report back anything that they have learnt. All of the information and sessions are tailored to different age groups.

**By** Stepney City Farm  
**Cost** £60  
**E.** felicity@stepneycityfarm.org  
**T.** 020 7790 8204

### Mudchute Children and Young People's Services

This Education Project for local schools includes a variety of tailored workshops within the curriculum framework and specialist projects including Employment Pathway opportunities for SEN students.

It offers a wide range of outdoor physical activities tailored to suit individual needs, using the natural resources of Mudchute. It runs an After School Club and Breakfast Club, holiday play schemes providing specialist sessions where required. The project works with qualified play workers experienced in running indoor and outdoor lunchtime play sessions in schools and qualified play rangers and sports coaches.

Team building days are tailored to suit individual needs.

**By** Mudchute Park and Farm  
**Cost** Charges vary as costs are negotiable according to requirements  
**E.** d.lara@btinternet.com  
**T.** 07931 602982/020 7531 4334

**By** Oxford House  
**Cost** £85 to £300 per day  
**Contact** John Ryan  
**E.** john.ryan@oxfordhouse.org.uk  
**T.** 020 7749 1102

### OH arts for all

Oxford House offers inexpensive arts spaces suitable for a range of creative projects that suit all schools and arts organisations. They can help you by providing a range of multi-purpose spaces- theatre, dance studio, gallery, classrooms or even a Victorian Chapel.

OH arts for all can help you access partnerships with resident companies based at Oxford House able to offer partnership work that includes summer play schemes through to theatre performances.

They are very experienced in working with schools, community groups and artists. Recent events held at Oxford House include Find your Talent performances of dance and youth theatre, Ex Cathedra, Spitalfields Music rehearsals and the Big Draw.

**By** CHAYPS  
**Cost** from £1.77 per participant per session  
**Contact** Elaine Harrison  
**E.** elaine@charlesharrisonassociates.co.uk  
**T.** 020 7749 1108 / 07708 969 724

### Out of School Positive Activities/Informal learning

They provide out of school hours play provision, both universal open access and child care for children aged 5-12. They offer a range of informal learning opportunities, and positive activities. For example, they deliver short 'summer university' type programmes during term time. The range of programmes is extensive, can be offered as short courses or weekly over a term. These can be appropriately accredited.

They can also provide informal drop in activities for young people aged 11-19, with opportunities for achievement to be recognised through the AQA awarding body which can help with credits towards GCSEs.

**By** Half Moon Young People's Theatre  
**Cost** from £500 - £15,000 depending on scale and needs of your group  
**Contact** Amy Jones  
**E.** youth@halfmoon.org.uk  
**T.** 020 7709 8908

### Participatory projects for schools

Half Moon is experienced at delivering projects with schools and children's centres for young people of all ages and abilities. They work directly with partners to tailor projects. Their work includes teaching curriculum subjects in engaging and interactive ways (e.g. primary literacy or maths) and running after-school clubs (e.g. acting, scriptwriting, lighting design, etc.).

Careers-In-Theatre is a popular annual programme for secondary schools, where teenagers work alongside theatre professionals to gain experience of the variety of careers available in the performing arts. Other annual projects include our Early Years outreach programme, which introduces the very young to theatre and engages them in a multisensory workshop programme; and ScriptWorks, a project enabling a group to work with a professional writer and director to create their own play, either over 8 weeks in school hours or after school, or as a week-long holiday project.



### Professional Plays for children and young people

Each year, from October to April, Half Moon's Limehouse theatre venue hosts a season of top quality professional theatre for young people and their adults. This season encompasses a range of shows for all age groups within school hours, after school and on Saturdays.

Every year they aim to produce two of their own dynamic plays – one for teenagers and the other for early years audiences. These plays, developed in consultation with local young people, are shown at Half Moon, tour to venues nationwide and can visit your space. The plays for teenagers reflect the lives and experiences of contemporary young people and couple new writing with professional design and music. The early years plays provide the very young with stimulating first experiences of theatre which fit with curriculum learning objectives. This aspect of work is accompanied by an extensive multi-sensory workshop programme.

**By** Half Moon Young People's Theatre  
**Cost** Tickets £6, groups book 10 tickets get the 11th free. Performance in your venue, contact us.  
**Contact** Amy Jones  
**E.** youth@halfmoon.org.uk  
**T.** 020 7709 8908

### Signs of Life After-School Art Sessions

Signs of Life is The Bromley by Bow Centre's young people's public art social enterprise. Once a week, from 5pm until 7pm it runs a fun after school art session. It's a chance for young people to learn from international professional artists, get involved with a social enterprise and work on public art works. Signs of Life transform walls and spaces on any scale, either interior or exterior with educational and creative themes.

If you're interested in learning more about art and aged over 8 years old then come along to the Bromley By Bow Centre to join us. The workshop space has disability access.

**By** Bromley By Bow Centre  
**Cost** Free  
**Contact** Chris Warmington  
**E.** thesignsoflifegroup@gmail.com  
**T.** 020 8709 9709

### That Reading Thing Literacy Project

The best way a young person can get past the stigma of illiteracy is through one to one mentoring. Young people work with a trained mentor for an hour a week, either at the Gap Project office, in their school or at another preferred location. The young person will work at their own speed according to what they find difficult. A young person may use the service for 12 weeks, others may work with them for over a year.

Nearly all of the young people worked with are affected by a variety of issues which contribute to a severe underachievement in literacy. All students' reading levels are assessed before they join the project and when they have finished. On average a young person will have had about 15 sessions and gained 12-18 months in reading ability.

**By** The Gap Project  
**Cost** The subsidised cost of this service is £95 per young person  
**Contact** Sarah Warburton  
**E.** trt@bgmchurch.plus.com  
**T.** 020 7729 4286

**By** Volunteer Reading Help  
**Cost** £510 per reading helper who assists 3 children for one school year  
**Contact** Melanie Lintott or Jenny James  
**E.** londonnorthandeast@vrh.org.uk  
**T.** 0207 749 7974

### **Volunteer Reading Help (VRH)**

Volunteer Reading Help recruits, trains and supports reading helpers who are placed in local primary schools. All reading helpers go through a rigorous vetting process and have enhanced CRBs. The reading helpers commit to working three hours a week, consisting of two sessions of 1.5 hours for a minimum of a school year. One reading helper will assist three children on a 1:1 basis helping to build their confidence and enthusiasm through sustained support. The reading helper in turn is supported by a local volunteer support worker who will observe their sessions and provide advice and feedback where necessary. VRH also provides schools with a book box full of resources for the reading helper. Their focus is on building a rapport with the child and engaging them in books that match their interests whilst having fun.

## Support for children with disability



**By** Barnardo's  
**Cost** Contact to discuss costs  
**Contact** Jo Hussain  
**E.** jo.hussain@barnardos.org.uk  
**T.** 020 8981 4924

### **Aut and About (8-19 years)**

Aut and About is a Saturday provision based in the community. The service supports young people, from 8 to 19 years, with a diagnosis of severe autism to access community based activities. The service provides support on a fortnightly 1:1 basis and is focussed on empowering young people to explore their place in society.

## Early Autism Intervention: PLAY and Language for Families

MindBuilders Services include;

- Home consultations and video review meetings: a trained home-consultant teaches parents proven techniques that are fun and useful in day-to-day living to develop interaction with their child. Usually a 2 hour consultation per month between 9am and 4.30 in child's home with parents and siblings.
- Play-Sessions encouraging playful activities with child in family, 1-2 hours/week or fortnightly.
- Autism Training and Parents' Support Group with video-clips of other children/families, play activities, techniques, discussion: weekly on Wednesdays 10-12 term-time only to support parents (and siblings) to communicate and play more effectively
- Training and Consultation for school staff and other professionals on PLAY-Floortime model
- Autism Library (together with NAS) with books on autism, child development, play-activities, etc.

**By** MindBuilders

**Cost** Home consultations: course of 5/10 sessions, from £3000/5000  
 - Play-Sessions: course of 5/10 2 hr sessions, £300/600  
 - Autism Training and Parents' Support Group, £20 per person/session  
 - Training and Consultation for school staff/professionals, £375/half-day, £700/day  
 - Autism Library £10 annual subscription

**Contact** Sibylle Janert  
 E.info@mindbuilders-consulting.org  
 T. 07726 726 729

## Independent Advocacy

The Disability Advocacy Project works with disabled children and young people aged 7-24 years old. Their disabilities may include learning difficulties, physical and/or severe communication impairments. They visit the child or young person every 4-6 weeks, or more frequently if required. They plan visits to suit children's schedules, this means going to their school, placement, or respite placement.

The Disability Advocacy Project works in creative ways to establish children's views, wishes and feelings, and support them to express these to other professionals. They attend all meetings with or on behalf of the child or young person, including looked after children reviews, education, medical and child protection conferences. If they cannot obtain children's views, wishes and feelings, they adopt a non-instructed approach. As an independent organisation they feedback unbiased evidence from observing different situations.

**By** The Children's Society

**Cost** £5400 per year, pro rata for short term work  
**Contact** Parul Begum  
 E.Parul.Begum@childrenssociety.org.uk  
 T. 020 7613 2886

## VIPs in Transition

VIPs in Transition is a community-focused programme which is funded by BBC's Children in Need and run by the Royal London Society for the Blind. This beneficiary-led project supports visually impaired young people aged 14-18 on the pathway to independence.

The project aims to equip the young people with independent living skills, self confidence and self awareness through a fortnightly extra-curricular programme of one-to-ones, group sessions, social activities and events. An integrated service for visually impaired young people, VIPs in Transition works closely with other agencies and specialists to ensure that participants are supported in making their own choices in working towards independence.

**By** Royal London Society for the Blind (RLSB)

**Cost** Free to service users  
**Contact** Debbie Watton  
 E.deborah.watton@rlsb.org.uk  
 T. 020 7808 6112

**By** Barnardo's  
**Cost** Contact to discuss costs  
**Contact** Valerie Sylvester  
**E.** Valerie.sylvester@  
barnardos.org.uk  
**T.** 020 8981 4924

### **Sparkle (18 months-5 years)**

Sparkle provides sessional care for children, from 18 months to 5 years old, diagnosed with a disability. The service focuses on setting a curriculum which promotes and provides play opportunities, choice, communication and social interaction with a view to supporting children to make friends and achieve their full potential. The service also provides support and information for families.

**By** Barnardo's  
**Cost** Contact to discuss costs  
**Contact** Jo Hussain  
**E.** jo.hussain@  
barnardos.org.uk  
**T.** 020 8981 4924

### **STAR (after school and weekend service, 8-19 years)**

The STAR service provides access to play and leisure activities for young people, from 8-19 years, diagnosed with a disability. The service focuses on supporting young people to engage and develop relationships with peers and due to the unique setting of the service there is also a focus on inclusive play. The Star service also provides tailor made programmes to support young people around behaviour management and social interaction.

**By** Barnardo's  
**Cost** Contact to discuss costs  
**Contact** Kim Barclay  
**E.** kim.barclay@  
barnardos.org.uk  
**T.** 020 8981 4924

### **The Befriending Service**

The Befriending Service is a 1:1 service that offers support to young people with a disability and to their families. The service has a particular focus on supporting young people to build relationships in a safe environment and to access inclusive play provisions and leisure activities. The service is flexible and tailored to the needs of each young person and their family which may include the 'saving up' of hours to allow for supported outings for the whole family.





## Advice and guidance

### **Bromley by Bow Centre Advice Service (Welfare, Benefits, Debt, Housing)**

The Bromley by Bow Centre Advice Service offers free, confidential and impartial advice on a wide range of issues including support in understanding the welfare and benefits system, individual assessments of welfare and benefits entitlements, advice on debt issues including support with dealing with creditors, housing and employment issues and consumer issues. Bromley by Bow Centre's experienced team have worked in community venues for many years and understand the complex interrelated nature of many of the issues that affect local people. The team's approach is to work with clients to support the clients' understanding of the issues that affect them.

The Financial Literacy project delivers short interactive courses that develop skills and understanding around budgeting, saving, debt and credit. The Centre holds Community Legal Services and Advice UK quality marks.

### **Children's Service Advice Line**

Free, independent housing advice for professionals working with children, young people and families. Lines are open Monday - Friday, 8am-8pm.

For registered users only. It's free to register-for information, visit [www.shelter.org.uk/childrenservice](http://www.shelter.org.uk/childrenservice) or email [heather\\_roberts@shelter.org.uk](mailto:heather_roberts@shelter.org.uk)

**By** Bromley by Bow Centre  
**Cost** Advice Service, one day per week, £800 per month

Financial Literacy Course, £350

**Contact** Meriem Malki  
[E.advice@bbbc.org.uk](mailto:E.advice@bbbc.org.uk)  
**T.** 020 8709 9737

**By** Shelter  
**Cost** Calls charged at less than the local rate  
**Contact** Heather Roberts  
[E.heather\\_roberts@shelter.org.uk](mailto:E.heather_roberts@shelter.org.uk)  
**T.** 0344 515 1272

**By** Shelter

**Cost** Service only available for people on low income or receiving benefits under LSC funding rules

**Contact** Abigail Mberengwa  
E.Abigail\_Mberengwa@shelter.org.uk  
T. 0344 515 1242

### Shelter London (Tower Hamlets) LSC Housing Advice Service

Shelter offers specialist housing advice and legal representation to people in housing need who are eligible for Legal Services Commission means tested funding. The service is operated in consortium with the East End CABx at Whitechapel CAB who provide the specialist welfare benefits and debt advice for eligible clients. Housing issues include homelessness applications, threatened homelessness, illegal evictions, disrepair, allocations, rent arrears, landlord disputes and court representation.

## Sessions for parents and families



**By** Bromley by Bow Centre  
**Cost** Variable depending on activity

**Contact** Ruth Roberts  
E.ruthr@bbbc.org.uk  
T. 020 8709 9841

### Health and Wellbeing

Services provide include;

- Horticultural workshops with children and parents (during or after school)
- Healthy lifestyles including weight management programme for adults (free)
- Art workshops including mosaic, pottery, sculpture, mixed media, textiles, screen printing for adults and children

### Health Trainer programme LAPs 5 & 6

The Bromley by Bow Centre Health Trainers provide 1 to 1 support and a variety of activities for people over the age of 18 years old, who live work or study in Bow, Bromley by Bow, Mile End East and Mile End West looking to improve their health. They have physical activity sessions located in accessible venues and offer motivational support to create lasting behaviour change to all clients. Their services cover Healthy Eating, Physical Activities, Smoking Cessation and Alcohol intervention. It is quick and easy to sign up to this programme, call now.

**By** Bromley by Bow Centre  
**Cost** Many services are free / some activities have a small charge of £1 to £2  
**Contact** Asha Parmar and Genefer Victorin  
**E.** [asha@bbbc.org.uk](mailto:asha@bbbc.org.uk) / [geneferv@bbbc.org.uk](mailto:geneferv@bbbc.org.uk)  
**T.** 020 8983 7987

### Learning Programme

The Bromley by Bow Centre Learning Programme offers short courses for parents, carers or staff members including Health and Safety level 1, First Aid and Food Hygiene level 2. They can come to your school to offer the courses or can deliver them at the Bromley by Bow Centre. Each course will take place in one day and you will receive a certificate of achievement at the end of your course.

The Bromley by Bow Centre can also offer Information, Advice and Guidance about adult and young peoples learning opportunities. The Learning Programme may be able to delivery one term and year long courses in Family Learning, English for Speakers of Other Languages, Literacy and Numeracy in school venues.

**By** Bromley by Bow Centre  
**Cost** Health and Safety, Food Hygiene, First Aid £75 per person, minimum 12 people per class. Please enquire about the cost of longer courses  
**Contact** Clare Williams  
**E.** [Clarew@bbbc.org.uk](mailto:Clarew@bbbc.org.uk)  
**T.** 020 8709 9742

### Civic Participation

The Civic Participation programme will identify and support parents to develop confidence, skills with an aim to encourage volunteering within the wider community and in the school.

As well as delivering group workshops to enhance skills and knowledge needed to realise civic participation, participants will also be taken on excursions to sites of public interest or importance e.g. Parliament, local magistrates court and local authorities.

Group activities and excursions will take place during the academic school-term. All participants will have access to further services available from the Limehouse Project.

**By** Limehouse Project  
**Cost** £6,500 p.a.  
**Contact** Hassan Hoque  
**E.** [h.hoque@limehouseproject.org.uk](mailto:h.hoque@limehouseproject.org.uk)  
**T.** 020 7538 0075

**By** Limehouse Project  
**Cost** £5,000 p.a. to train up to 15 parents  
**Contact** Hassan Hoque  
**E.h.hoque@limehouseproject.org.uk**  
**T.** 020 7538 0075

### ESOL

ESOL classes are delivered by the Limehouse Project as part of a wider programme, funded by the Extended Schools Programme until March 2011, to offer integrated adult learning classes in ten local primary schools across Tower Hamlets. They have supported over 100 parents gain qualifications and progress onto other vocational courses. These ESOL classes provide a platform for parents to become independent and play a more active role within their community whilst enabling them to acquire new skills to improve their prospects for future employment.

As well as enabling people to develop basic English speaking skills, ESOL classes also provide participants with the practical help and assistance they need to access the health, education and other mainstream service provisions. ESOL classes will be delivered during the academic school term. All participants will have access to further services available from the Limehouse Project.

**By** City Gateway  
**Cost** Negotiable  
**Contact** Tejvant Aujla  
**E.info@flavourgateway.com**  
**T.** 020 3189 0412/0402

### Flavour Gateway Cook & Eat

Flavour Gateway's Cook and Eat sessions focus on healthy eating. They target the participation of people from ethnic minority backgrounds, dads, families which have English as an additional language, families living in disadvantaged areas, families with special needs, teenage parents, asylum seekers and young children.

The aim of these sessions is to;

- Increase participants' awareness and understanding of healthy eating, healthy cooking techniques and healthy balanced meals
- Encourage participants and families to eat a wider range of foods
- Encourage home cooking
- Increase participants' cooking skills and knowledge
- Increase participants' confidence in their cooking skills

Participants receive a certificate of attendance after completing the course and leave with a folder with 20 healthy recipes.

**By** Quaker Social Action  
**Cost** Family learning workshops cost £150 for 3 sessions of 1.5 to 2 hours.

Parents workshops cost £250 for 7 sessions of 2 hours each, including one family learning session (cost is reduced for children's centres not running the family learning session).

Cost includes delivery and all materials for up to 10 families, and 1-to-1 support.

**Contact** Kristina Leonnet  
**E.madeofmoney@qsa.org.uk**  
**T.** 020 8983 5043

### Made of Money

They run fun, relaxed workshops with parents or parents and children together, helping families to improve their money skills. Workshops for parents/carers take place over seven two-hour sessions. Sessions cover budgeting, saving money, credit, debt, how money impacts upon families, communication, dealing with pressures from children, and ways to teach children about money and a fun activity based session for parents and children together.

Family learning workshops take place over three engaging, hands on sessions for parents/carers and children/young people (age 5+). These cover topics such as savings, where money comes from, advertising, needs versus wants, and branding through arts, games, and other creative activities. They also run special sessions for fathers and grandparents, including workshops for fathers and children looking at money through photography, or family learning sessions for grandparents who care for grandchildren.



### Parental Literacy

Aimed at parents who wish to improve their literacy skills, the Parental Literacy programme will be delivered by the Limehouse Project to parents of students. Parental Literacy will aid parents to enhance their ability in Literacy, and encourage them to read and write; it is a pathway for parents to develop understanding of literature. These tools are imperative for communication as well as understanding school reports and its implications.

This particular programme will be offered during the school term. The Limehouse Project has delivered a Literacy programme for parents to schools across LAP 3 in Tower Hamlets. All participants will have access to further services available from the Limehouse Project.

**By** Limehouse Project  
**Cost** £5,000 p.a.  
**Contact** Hassan Hoque  
 E.h.hoque@limehouseproject.org.uk  
 T. 020 7538 0075

### Parental Maths

Aimed at parents who wish to learn basic maths skills and understand the school's maths curriculum, the Parental Maths programme will be delivered by the Limehouse Project to parents of students. Parental Maths will aid parents to enhance their ability in maths, and enable them to engage their children in the learning of mathematics.

This particular programme will be offered during the school term. The Limehouse Project has delivered a Numeracy programme for parents to schools across the borough. All participants will have access to further services available from the Limehouse Project.

**By** Limehouse Project  
**Cost** £5,000 p.a.  
**Contact** Hassan Hoque  
 E.h.hoque@limehouseproject.org.uk  
 T. 020 7538 0075

### Play & Learning Workshops for Parents

This is a provision of a play based workshop for parents and pre-school children together to demonstrate the importance of shared play in children's early development and learning in line with EYFS. This will improve the parents understanding and support the child's transition into nursery, enabling parents to engage more fully with the school.

The one hour workshop can be delivered as a stand alone session or attached to another family based session. Resources are provided.

This workshop could also be delivered to the parents of children already in the Early Years and can be delivered bilingually. The play based workshop could be targeted to a specific area within the EYFS such as Numeracy, Literacy, Science.

**By** Toyhouse Libraries  
**Cost** £200  
**Contact** Pip Pinhorn and Julie Morgan  
 E.info@toyhouselibraries.org.uk  
 T. 020 7987 7399

**By** Toyhouse Libraries  
**Cost** £4,980 p.a.  
**Contact** Pip Pinhorn and Julie Morgan  
**E.info@**  
toyouselibraries.org.uk  
**T.** 020 7987 7399

### Setting based Family Support Toy Library Service (pre-school)

This service provides weekly, in term-time, 90 mins stay and play toy library session for local parents and their pre-school children. They will contact families on a waiting list, as well as those identified as needing additional support. Facilitated by a bi-lingual worker the sessions will be play based and underpinned by the EYFS, providing a smoother transition from home to nursery. Families will be encouraged to borrow from the toy library thus extending play and learning into the home involving the whole family throughout the week, ensuring parents are more positively engaged with their children's learning and with the school.

The cost includes a Toy Librarian, who will facilitate and maintain the Toy Library, wear and tear toy replacement, membership and insurance, access to Toyhouse support and resources and involvement in the session, training and support to empower a parent volunteer. Additional services can be negotiated.

**By** Toyhouse Libraries  
**Cost** £4,980 p.a.  
**Contact** Pip Pinhorn and Julie Morgan  
**E.info@**  
toyouselibraries.org.uk  
**T.** 020 7987 7399

### Toy Library Service (EYFS pupils and their parents)

This service provides weekly in term-time toy loaning session for parents and EYFS pupils, held at the beginning of the school day. It is open to all EYFS pupils in your setting, especially focusing on those needing additional support. It is facilitated by a bi-lingual Toy Librarian, who will advise parents on the importance of play, linking it to the EYFS. Parents and children will be encouraged to choose a toy together, thus extending play and learning into the home, involving the whole family throughout the week. Thus ensuring parents are more positively engaged with their children's learning and with the school.

The cost includes a Toy Librarian, who will facilitate and maintain the Toy Library, wear and tear toy replacement, membership and insurance, access to Toyhouse support and resources, involvement in the session, training and support to empower a parent volunteer. Additional services can be negotiated

**By** Volunteer Centre Tower Hamlets (VCTH)  
**Cost** By negotiation, depending on your requirements  
**Contact** Catherine Bavage  
**E.cath@vcth.org.uk**  
**T.** 020 7377 0956

### Volunteering for Parents

Volunteer Centre Tower Hamlets offers a range of bespoke packages, and has four years' experience of providing a borough-wide volunteering brokerage service for parents in 23 LBTH Children's Centres. They can provide a brokerage service, matching parents of schoolchildren or of under fives to suitable volunteering opportunities.

VCTH experienced advisors can run regular appointments sessions either at your venue, or at the Volunteer Centre, helping parents to find the right volunteering opportunity for them. Volunteering can take place within your own school or Children's Centre, or in over 350 vetted local charities or voluntary organisations. Volunteering is a fantastic way for parents to increase their confidence, develop new skills, and gain workplace experience to improve their employment prospects or help them play a stronger role within your school.

### Welfare to work programme

They aim to provide accessible services for parents requiring additional advice and support in relation to training and employment to help equip them with the knowledge and skills they need to move into longer term employment. The service will be open to all parents wishing to develop their basic skills or enter into employment and will be delivered during the academic school term with one session per week delivered from school premises.

As part of this process, advice on welfare issues such as housing, debt, finance and welfare benefits will be addressed through one-to-one and group consultations with a view to removing specific obstacles faced by parents on low-incomes and who would otherwise wish to engage in this process. All participants will have access to further services available from the Limehouse Project.

**By** Limehouse Project  
**Cost** £8,000 p.a.  
**Contact** Hassan Hoque  
 E.h.hoque@limehouseproject.org.uk  
 T. 020 7538 0075

### WHFS Bilingual Healthy Schools Support Service

They offer;

- Bilingual advocacy and interpreting in Bengali, Somali, Cantonese, Vietnamese, Turkish, Hindi, Arabic and Portuguese for parents and carers
- Culturally specific Health Education sessions for parents and families cover general healthy lifestyles, healthy eating, childhood obesity, child safety at home, health inequalities etc.
- Antenatal education and advocacy/ breastfeeding support and infant feeding advice
- Management of long term conditions like diabetes
- Research and evaluation services, running bilingual focus groups, individual interviews, analysing outcomes and producing reports.

**By** Women's Health and Family Services (WHFS)  
**Cost** Bilingual advocacy and interpreting at £28 per hour

Bilingual Health Education sessions ranges from free sessions to £35 per hour

Research and Evaluation at £375 per day

**Contact** Nurun Ahmed  
 E.Nuruna@whfs.org.uk  
 T. 020 7377 8725

## Staff training and consultancy



**By** EYNTH

**Cost** Level 2 at £700 per course and Level 3 at £900 per course

**Contact** Shahista Chaiwalla  
E.admin@eynth.org.uk  
T. 020 7729 5074

### Childcare Training Programme

- CACHE Level 2, Certificate for the Children and Young People's Workforce

This qualification will cover a diverse range of roles and occupational areas for those who wish to work in the children's workforce including early years and social care. Course intake takes place between January 2011 and April 2011. The course is for one year, one day a week from 10.00am-3.00pm, plus one day a week in childcare placement.

- CACHE Level 3, Diploma for the Children and Young People's Workforce

This qualification covers 0-19 year olds and is made up of a mixture of core mandatory units, mandatory pathway units and optional units, based on skills or knowledge. The course intake takes place in April 2011. The course is for one year, one day a week from 9.45am-3.15pm, plus one day a week in childcare placement.

**By** The Children's Society

**Cost** In house training cost £1300+VAT, and £150+VAT for individual participants

**Contact** Tina Cashman  
E.Tina.Cashman@childrenssociety.org.uk  
T. 020 7613 2886

### Disability Advocacy Project 'I want to be involved' Training

The 'I want to be Involved' training is a one-day programme facilitated by two practitioners from The Children's Society's Disability Advocacy Project and offers ideas and practical support for involving disabled young people at reviews and meetings. The training provides creative approaches;

- Methods and resources for involving disabled young people in meetings
- Practical and cost effective guidance
- Opportunities to try out a range of methods and approaches
- Advice and guidance specific to situations professionals face in their roles.

The training is designed for professionals working with disabled children and young people looking for additional support to implement a person centred approach to reviews and planning meetings.



### Establishing a new Toy Library

Having a toy library run from your school provides an excellent way of engaging with local families before the transition from home to school. A Toy Library stay and play session enables children to develop their social skills, learning to share and to borrow a toy to extend the play into the home with the whole family.

For the parents the session enables early contact and involvement with the school, leading on to positive involvement, both with the school and their child's early learning. See other entries for initial and advanced training or the possibility of commissioning Toyhouse to run your Toy Library for you.

**By** Toyhouse Libraries  
**Cost** £3,300 for toys, resources and storage. Additional £1,000 for Toyhouse to undertake all set up work  
**Contact** Pip Pinhorn and Julie Morgan  
**E.info@** toyhouselibraries.org.uk  
**T.** 020 7987 7399

### Playful Support for Schools

PATH has a proven track record providing Playful Support for Schools, working extensively with Tower Hamlets Schools in clusters and individually. Their offer includes;

- Training for midday meals and playtime staff – traditional playground games, positive approaches to behaviour and inspired ideas for wet playtimes.
- Experiential learning to support the curriculum. They can advise on how to use outdoor classrooms in both lessons and playtimes, informing you about which Play Types complement lessons.
- Specialist advice and guidance in design and re-build of school playgrounds. It can give you information on suitable companies who can consult with children and staff to design and build an extremely cost-effective bespoke playground for your school.
- Support and Guidance in planning camping trips and residentials, including loan of camping equipment.

**By** Play Association Tower Hamlets (PATH)  
**Cost** Half day training at £200 per trainer.

Playground Design; Visit, Recommendations and Report from £600

Most services are bespoke, price quotes will be provided in discussion with the client.

**Contact** Suzannah Walker  
**E.suzannah@** playtowerhamlets.org.uk  
**T.** 020 7729 3306

### RLSB Visual Impairment Staff Training

RLSB offers staff training days for those working with blind or partially sighted learners and their families. Suitable for teaching and support staff, managers, governors, parents/carers and the wider group of CYP practitioners, the training aims to improve access and inclusion for blind and partially sighted children by increasing the knowledge and confidence of the adults with whom they have contact.

Training programme content is flexible and sessions can be adapted or substituted to meet the needs of participants. Trainers are qualified and experienced teachers of the VI, mobility specialists and technical officers.

Example training sessions include causes and impact of visual impairment, sighted guide, access strategies and adaptation of resources and environment and assistive technologies.

**By** Royal London Society for the Blind (RLSB)  
**Cost** Varies according to course content and group size. Indicative cost £1200 per day including materials and 4 trainers  
**Contact** Sue Rivett  
**E.sue.rivett@rlsb.org.uk**  
**T.** 020 7808 6187

**By** Toyhouse Libraries  
**Cost** £50 per session, £130 when booked as 3 across the year. Minimum 5 people  
**Contact** Pip Pinhorn and Julie Morgan  
**E.info@**  
toyouselibraries.org.uk  
**T.** 020 7987 7399

### Toy Library Advanced Training Workshops

These workshops are aimed at those already running a Toy Library and will cover a range of topics commonly encountered in running a school based Toy Library. The series of 3 workshops will be held one per term across the year, either during the school day or in twilight time.

Topics could include;

- Fundraising
- Engaging with hard to reach families
- Early Identification and support for those users experiencing some difficulties
- Planning & Evaluating outcomes
- Encouraging reluctant borrowers

Workshops could run in your school or a setting within the cluster area or at The Toyhouse Centre.

**By** Toyhouse Libraries  
**Cost** £50 per hour. Minimum 2 hours initially  
**Contact** Pip Pinhorn and Julie Morgan  
**E.info@**  
toyouselibraries.org.uk  
**T.** 020 7987 7399

### Toy Library Initial Consultation

Having a Toy Library run from your school provides an excellent way of engaging with local families before the transition from home to school. A Toy Library stay and play session enables children to develop their social skills, learning to share and to borrow a toy to extend the play into the home with the whole family.

For the parents the session enables early contact and involvement with the school, leading on to positive involvement, both with the school and their child's early learning. To discuss the possibility and benefits of establishing a Toy Library in your setting, Toyhouse Libraries can arrange a meeting with you, bringing their extensive knowledge, examples of good practice and 30 years of collected experience.

**By** Toyhouse Libraries  
**Cost** £100 per person  
**Contact** Pip Pinhorn and Julie Morgan  
**E.info@**  
toyouselibraries.org.uk  
**T.** 020 7987 7399

### Toy Library Training Workshop

A Toy Library in your setting can be a valuable resource for engaging with families prior to admission. A weekly stay & play session enables children and parents to meet others while getting to know your setting. Borrowing from the Toy Library extends play and learning into the home, involving the whole family throughout the week.

The Toy Library Training workshop is a practical introduction to the skills needed to run and maintain a successful Toy Library. The 1 day workshop will include the importance of play, linked to the EYFS, getting your Toy Library going – selecting toys, cataloguing and preparing for borrowing, publicity and launching. It also covers record keeping, membership and borrowing, storage, maintenance and problems, family support and empowerment, including early identification of those who might find transition into school difficult and ongoing planning and evaluation.

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### Training, Advice and Consultancy on your Volunteering Programme

Volunteer Centre Tower Hamlets offers a range of consultancy services to help you with your volunteering programme. If you want to set up a brand new volunteering programme within your school, VCTH can offer professional support and training to teachers/workers with responsibility for managing volunteers. They can advise on the legal aspects, common pitfalls and best practice in volunteer management, and help with designing your programme to ensure maximum impact and value for money.

If you are reviewing an existing volunteering programme, VCTH can offer independent evaluation, and provide advice on making improvements to policies and practices. If you need training for groups of teachers or volunteers, they can develop and facilitate bespoke training courses that meet your needs.

**By** Volunteer Centre Tower Hamlets

**Cost** The consultancy day rate is £450. Discounts for longer pieces of work can be negotiated, depending on your requirements

**Contact** Catherine Bavage

**E.cath@vcth.org.uk**

**T. 020 7377 0956**

# Alphabetical list of organisations



**Contact.** Amy Bicât  
e. amy@artburst.co.uk  
w. www.artburst.co.uk  
t. 020 8510 0220  
a. Hot House, 274 Richmond Road, London E8 3QW

## Artburst Ltd

Artburst is an award winning social enterprise offering a range of educational and creative workshops in art, drama, music and movement for young people and their families. They have an expert early years team who deliver unique under fives sessions for Children's Centres, nurseries and the popular Wondertots programme at the V&A Museum of Childhood. Artburst deliver performance-based workshops and sculpture programmes in primary schools, museums and arts venues such as the The National Gallery and RichMix. Workshops incorporate a piece of classic children's literature and promote creative engagement with literacy. Artburst's mission is to transform the lives of young people through unique and highly stimulating activities which build confidence, independent and creative thinking. Artburst workshops are excellent for children with English as a second language and help speaking, listening and team working skills.

**Contact.** Jo Hussain  
e jo.hussain@barnardos.org.uk  
w. www.barnardos.org.uk  
t. 0208 981 4924  
a. Gladstone Place, 1 Ewart Place, Bow E3 5EQ

## Barnardo's Spark Services

Spark Services currently provide specialist services from 18 months to 19 year-olds, across all disabilities. Spark Services has been operating in the borough of Tower Hamlets for over 10 years and has a proven history of working with some of the borough's most vulnerable families.

Spark Services are committed to providing creative, responsive and flexible services in accordance to service user's needs. This involves generating individual plans for each child, working in partnership with parents and carers and having a personalised approach to work. They are dedicated to producing positive outcomes for users, while developing equality within service provision, challenging attitudes, advocating the importance of play, leisure and fun.



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### **Bow Arts Trust**

Bow Arts Trust works directly with schools and communities in Tower Hamlets to raise attainment, aspirations and build confidence through art. They offer Children's Centres, schools, colleges and community groups an innovative programme of workshops, projects, residencies, training courses and events. These are delivered by professional, practising artists across a spectrum of different disciplines including all areas of visual arts and performance.

With over 70 artists on the books, 200 artist studios and their own contemporary art gallery, Bow Arts Trust have a huge variety of resources available which allow them to provide high quality creative learning experiences for children and young people. Bow Arts Trust also provides affordable studio space, live/work accommodation and opportunities for artists in East London.

**Contact.** Becky Lees  
**e.** [education@bowarts.com](mailto:education@bowarts.com)  
**w.** [www.bowarts.com](http://www.bowarts.com)  
**t.** 020 8709 5293  
**a.** 183 Bow Road, London, E3 2SJ

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### **Bromley by Bow Centre**

Bromley by Bow Centre is a healthy living centre delivering a wide range of activities and programmes in Tower Hamlets. Its programmes include extensive work with families, children and young people, advice in welfare, benefits, debt and housing and financial literacy programmes. It provides programmes for vulnerable adults including tailored projects for those with learning difficulties, disability, mental health issues and elders.

Bromley by Bow Centre health, well being and exercise programmes work with people seeking to improve their lifestyle or with long term medical conditions. The Centre delivers the third largest adult learning programme in Tower Hamlets and each year over 700 adults study skills for life and vocational courses. The Centre's employment programme supports 500 people a year improve their employability and each year approximately 150 gain employment.

**Contact.** Dan Hopewell  
**e.** [danhopewell@bbbc.org.uk](mailto:danhopewell@bbbc.org.uk)  
**w.** [www.bbbc.org.uk](http://www.bbbc.org.uk)  
**t.** 020 8709 9700  
**a.** St Leonard's Street, London E3 3BT

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### **CHAYPS (Challenge, Harness, Action-Young People's Service)**

CHAYPS is the voluntary arm of Charles Harrison Associates. They provide out of school hours play provision, universal open access and child care for children aged 5-12. They also offer a range of informal learning opportunities, and positive activities. For example, they can deliver short 'summer university' type programmes during term time. The range of programmes is extensive, can be offered as short courses or weekly over a term. These can be appropriately accredited.

They can also provide informal drop in activities for young people aged 11-19, with opportunities for achievement to be recognised through the AQA awarding body which can help with credits towards GCSEs. Other services include training, management support and developing/monitoring quality standards.

**Contact.** Elaine Harrison or Amanda Charles  
**e.** [info@charlesharrisonassociates.co.uk](mailto:info@charlesharrisonassociates.co.uk)  
**w.** [www.charlesharrisonassociates.co.uk](http://www.charlesharrisonassociates.co.uk)  
**t.** 020 7749 1108  
**a.** Room B6, Oxford House, Derbyshire Street, E2 6HG

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**Contact.** Darren Wolf  
**w.** [www.citygateway.org.uk](http://www.citygateway.org.uk)  
[www.flavourgateway.com](http://www.flavourgateway.com)  
[www.gateway-motion.co.uk](http://www.gateway-motion.co.uk)  
**t.** 020 3189 0405  
**a.** 15 Heron Quays, London,  
E14 4JB

### **City Gateway**

City Gateway connects with local women and young people, aged 8 to 24, NEET or 'at risk', and runs programmes which engage, train and provide them with the skills and opportunities they need to enter work. They run a Women's Project, Youth Training & Apprenticeship programmes, Youth Work (including outreach, mentoring and youth leadership training) and a Social Enterprise Hub.

Flavour Gateway is a social enterprise providing a professional catering service. They offer an opportunity to taste the multi-cultural flavour of the area ranging from South Asian to traditional British cuisine. Flavour Gateway provides training and employment opportunities for the unemployed and runs a community café in Bethnal Green, whilst financially supporting City Gateway.

Gateway Motion is a social enterprise promoting sports activities to Tower Hamlets residents and organisations and supports social and economic regeneration in Tower Hamlets.

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**Contact.** Sue Kenten  
**e.** [sue.kenten@dasl.org.uk](mailto:sue.kenten@dasl.org.uk)  
**w.** [www.dasl.org.uk](http://www.dasl.org.uk)  
**t.** 020 8257 3068  
**a.** Capital House, 134-138  
Romford Road, Stratford,  
London, E15 4LD

### **DASL (Drug and Alcohol Service for London)**

DASL exists to provide community based treatment services to those affected by drug and alcohol problems, their families and carers. DASL also provide services for people with related problems including domestic violence, smoking and those involved with criminal justice services. Prevention and education work is offered to the general public, adults and young people, to help reduce the incidents and severity of these problems.

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**Contact.** Runa Khaliq  
**e.** [runa.khaliq@dockout.org](mailto:runa.khaliq@dockout.org)  
**w.** [www.dockout.org.uk](http://www.dockout.org.uk)  
**t.** 020 7538 1601  
**a.** St Luke's Hall, Havannah  
Street, London, E14 8NA

### **Docklands Outreach (DOC)**

Docklands Outreach (DOC) is a health and social inclusion agency providing comprehensive services to young people, children and families. DOC work with those who are affected by, or at risk from drugs and their misuse, crime, homelessness, poor sexual health, anti-social behaviour, territorial conflict, behaviour management and other related social, mental or physical issues that can lead to risk of harm and social exclusion.

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### **EYNTH (Early Years Network Tower Hamlets)**

Early Years Network Tower Hamlets is an umbrella organisation for Early Years groups in the voluntary and private sector in Tower Hamlets. They provide information, resources, advice, support and training services to groups, and work in partnership with the statutory and private sectors.

The Early Years Childcare training programme is pathway to a truly rewarding career, whether trainees have formal qualifications or just years of experience working with and supporting children. EYNTH offer a range of training courses for those seeking to develop their practice and for those interested in a career in childcare. All students on accredited courses are CRB checked and supported to find a suitable practical work experience placement as part of the course.

**Contact.** Vivien Thomas  
**e.** [admin@eynth.org.uk](mailto:admin@eynth.org.uk)  
**w.** [www.eynth.org.uk](http://www.eynth.org.uk)  
**t.** 020 7729 5074  
**a.** 15 Kelsey Street, London, E2 6HD

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### **Fairbridge**

Fairbridge is a UK-wide charity that runs personal and social development courses for disadvantaged and vulnerable NEET (Not in Education, Employment, and Training) 13-25 year olds on the margins of society. They use a variety of methods and resources to help young people develop the skills necessary to live healthily and independently, and re-integrate into education, training and employment within their local community.

Fairbridge work with young people with complex and multiple needs including school bullying, emotional and mental health needs, low educational attainment and at risk of withdrawal from school, low key skills, numeracy and literacy problems, victims of abuse and self-harm, and drug misuse. Fairbridge challenges behavioural issues by offering young people practical learning experiences combined with long term personal support. They help young people fulfil their potential and reintegrate back into society.

**Contact.** Chris Murray  
**e.** [Chris.Murray@fairbridge.org.uk](mailto:Chris.Murray@fairbridge.org.uk)  
**w.** [www.fairbridge.org.uk](http://www.fairbridge.org.uk)  
**t.** 020 8912 0292/ 020 8985 4880  
**a.** Unit 2 Bayford Street Business Centre, Bayford Street, Hackney, London, E8 3SE

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### **Glamis Adventure Playground**

Glamis Adventure Playground is a part of The Shadwell Community Project. The adventure playground is dedicated to providing free adventure play in Shadwell and its environs. Glamis Adventure Playground was chosen as London Adventure Playground of the Year 2007.

The adventure playground is open six days per week, all year round, for all children and young people aged 6 to 16, and provides a wide range of freely chosen activities, including den building, outdoor cooking, arts and crafts, fire, sand and water play, plus a challenging mix of outdoor play structures. Glamis offer a social space for kids just to hang out. They provide an open space that is free from cost to the children/young people, and play that is freely chosen. Their focus is to help children and young people choose healthier lifestyles. Sessions for schools are available.

**Contact.** Mark Halden  
**e.** [info@glamisadventure.org.uk](mailto:info@glamisadventure.org.uk)  
**w.** [www.glamisadventure.org.uk](http://www.glamisadventure.org.uk)  
**t.** 020 7702 8301  
**a.** 10 Glamis Road, Shadwell, London, E1W 3EG

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**Contact.** Amy Jones  
e. [youth@halfmoon.org.uk](mailto:youth@halfmoon.org.uk)  
w. [www.halfmoon.org.uk](http://www.halfmoon.org.uk)  
t. 020 7709 8908  
a. 43 White Horse Road,  
London, E1 0ND

### **Half Moon Young People's Theatre**

Half Moon is a vibrant theatre in Limehouse. They have been delivering high quality theatre and drama for young people from 0 to 18 years old since 1990. They operate two intertwined strands of activity: a professional programme of theatre created in consultation with young people and programmed into their venue; and an extensive participatory programme, encompassing seven youth theatre groups and many other projects with education and community groups.

Half Moon make their activities inclusive to all and aim to break down the barriers which exclude many from participating. They are fully inclusive and accessible to all.

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**Contact.** Fiona Wyton  
e. [fiona.wyton@headliners.org](mailto:fiona.wyton@headliners.org)  
w. [www.headliners.org](http://www.headliners.org)  
t. 020 7749 9360  
a. Rich Mix, 35-47 Bethnal  
Green Road, London, E1 6LA

### **Headliners UK**

Headliners provides multi-media learning through journalism programmes for young people aged 8-19. Young people research and produce stories, radio packages and films on issues important to them. These are produced for publication and broadcast in national and local newspapers, magazines, television, radio and online.

The accredited programmes address a range of social, personal, practical and educational needs of young people and give them lifelong transferable skills for increased employability and leadership. The courses help young people develop skills and knowledge, confidence and resilience to help them make good choices in their lives. They work in centres, schools, in outreach and in partnership with other organisations. The work is focussed on young people who are NEET or at risk of exclusion, young people at risk of offending, with a range of disabilities or in care.

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**Contact.** Augene Nanning  
e. [therapy@journeys-cbls.org.uk](mailto:therapy@journeys-cbls.org.uk)  
w. [www.journeys-cbls.org.uk](http://www.journeys-cbls.org.uk)  
t. 020 8981 9691  
a. Journeys, 3 Merchant Street,  
London, E3 4LY

### **Journeys (Children's Bereavement & Loss Service)**

Journeys (Children's Bereavement and Loss Service) is a community-based therapeutic service that promotes the psychological health and emotional well-being of disadvantaged children and families at risk of social exclusion within the Borough of Tower Hamlets. Journeys (Children's Bereavement and Loss Service) is a community project of the Methodist Church in Tower Hamlets.



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## Kazzum

Kazzum creates playful theatrical experiences in unusual places involving the imaginations of its diverse young audiences. Kazzum aims to ensure that their work is accessible to the widest possible audience including those who wouldn't ordinarily have the chance to experience the arts.

Kazzum's work focuses on collaboration, diversity and communication, with the aim of promoting the empowerment of the individual to make informed and positive decisions about their lives. Kazzum specialises in small scale touring productions for audiences aged 8 and under, large scale interactive installations for audiences aged 10 and over. They produce 'Pathways', a participative arts programme for young people from London's refugee community, and educational and outreach work in schools and community settings. Kazzum also work around research and development with artists of vision.

**Contact.** Daryl Beeton  
**e.** [info@kazzum.org](mailto:info@kazzum.org)  
**w.** [www.kazzum.org](http://www.kazzum.org)  
**t.** 020 7749 1123  
**a.** Oxford House, Derbyshire Street, London, E2 6HG

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## Lifeline

Lifeline has over thirty years experience of running drug and alcohol services, and of developing and supporting health, education, social and criminal justice expertise.

Lifeline has a track record of engaging and working alongside communities including the hardest to reach. Their collaborative working with service users, communities and professionals has achieved health, social and economic outcomes with a vast range of community members including young people.

**Contact.** Karl Laxis  
**e.** [karl.laxis@lifeline.org.uk](mailto:karl.laxis@lifeline.org.uk)  
**w.** [www.lifeline.org.uk](http://www.lifeline.org.uk)  
**t.** 07921 374005  
**a.** 101-103 Oldham Street, Manchester, M4 1LW

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## Limehouse Project

Limehouse Project works to respond to the needs of the local community. It aims to alleviate the difficulties and raise the aspirations of the most disadvantaged members of local communities, with a special focus on women, disadvantaged youths, and those for whom English is not a first language.

Limehouse Project provides information, advice and advocacy support to clients in their own languages on all matters ranging from debt, housing and legal rights to domestic violence, education and employment training. It provides education, training and opportunities for supported volunteering to help women and young people gain the confidence and skills they need to play a full role in their social and economic environments. It offers educational and recreational activities/experiences for children, young people, older people and families.

**Contact.** Farida Yesmin  
**e.** [f.yesmin@limehouseproject.org.uk](mailto:f.yesmin@limehouseproject.org.uk)  
**w.** [www.limehouseproject.org.uk](http://www.limehouseproject.org.uk)  
**t.** 020 7538 0075  
**a.** Cheadle Hall, Cheadle House, Copenhagen Place, London, E14 7EY

**Contact.** Sibylle Janert  
e. info@mindbuilders-consulting.org  
www.mindbuilders-consulting.org  
www.reachingautism.org  
t. 07726 726 729  
a. 62 Roman Road, First Floor, London, E2 0PG

### **MindBuilders: Family-centred Early Autism Intervention**

MindBuilders is a small not-for-profit third sector organisation specialising in early autism intervention, with a focus on working in partnership with parents of a young child (up to 8 years) with autistic/similar challenging behaviours

MindBuilders use a play-based, developmental individualised relationship-based child-centred approach to autism. They help parents at home and support many Autistic Spectrum Disorder children to make great progress. MindBuilders is able to track and chart the child's progress in Functional Emotional Developmental Levels (FEDLs).



**Contact.** Margaret Tracey  
e. Margaret@muddy-boots.org  
www.mudchute.org  
t. 020 7531 4334  
a. Mudchute Park and Farm, Pier Street, London, E14 3HP

### **Mudchute Park and Farm**

Mudchute Park and Farm spans 32 acres of natural open space in the Isle of Dogs. With its steep grassy banks, grazing fields, hills and hollows, Mudchute is an oasis of wild and natural beauty situated in an urban environment. This environment is unique within an inner city setting and offers wonderful opportunities for children to experience the wonder and beauty of the natural world.

Mudchute Park and Farm has developed extremely successful Children and Young People's Services that are in great demand due to the unique environment and the quality of service provision. Services include an education project for local schools, a 76 place day-care nursery, playgroup for local children and an after school club registered for 50 children and holiday play schemes. They also offer work experience and volunteering opportunities.

## Osmani Trust

Osmani Trust is a youth and community organisation based in Tower Hamlets and Newham. The Trust offers a wide range of community, health and sporting initiatives tailored to the needs of the community. It aims to provide a holistic service, which helps people, particularly those living in disadvantaged urban communities, to re-engage with mainstream society and improve their quality of life.

Through its provisions, Osmani Trust seeks to address issues impacting the community including substance misuse, racial tensions, criminality and anti-social behaviour, territoriality and gang-related violence, unemployment and overcrowding, lack of training and employment opportunities. It also places strong emphasis on the health and social welfare of the community.

**Contact.** Muhammad Didar  
**e.** [muhammed.didar@osmanitrust.org](mailto:muhammed.didar@osmanitrust.org)  
**w.** [www.osmanitrust.org](http://www.osmanitrust.org)  
**t.** 020 7247 8080  
**a.** Osmani Centre, Vallance Road, London, E1 5AB



## Oxford House in Bethnal Green

Oxford House is a community and arts venue in Bethnal Green. They provide a community hub by renting managed work space and providing diverse spaces for hire, including a theatre, a dance studio and meeting rooms.

Oxford House also run a community arts programme, offer space for community arts, including schools and emerging artists and provide a volunteering and internship programme aimed at under 25s.

**Contact.** John Ryan  
**e.** [john.ryan@oxfordhouse.org.uk](mailto:john.ryan@oxfordhouse.org.uk)  
**w.** [www.oxfordhouse.org.uk](http://www.oxfordhouse.org.uk)  
**t.** 020 7749 1102  
**a.** Derbyshire Street, London, E2 6HG

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**Contact.** Majeda Begum  
e. majeda@  
playtowerhamlets.org.uk  
w.  
www.playtowerhamlets.org.uk  
t. 020 7729 3306  
a. Oxford House, Derbyshire  
St, London, E2 6HG

### **Play Association Tower Hamlets (PATH)**

PATH was established in 2001 as an organisation dedicated to the play needs of all children and young people in Tower Hamlets. They work with the local authority, schools and a range of key national and local agencies to ensure quality play opportunities for all local children. PATH's work is predominantly focused on children aged 5-16 years, addressing the missing gap between Early Years and Youth work.

PATH offer information, support and guidance for organisations and community groups that offer play opportunities to Tower Hamlets children and young people. They provide high quality play training that ensures the children's workforce is up to date. They adhere to best practice in Playwork, from face to face playworkers to policy and procedure and offer a responsive service that recognises where there are gaps in play provision and campaigns to change this.

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**Contact.** Kristina Leonnet  
e. madeofmoney@qsa.org.uk  
w.  
www.quakersocialaction.com  
t. 020 8983 5043  
a. 17 Old Ford Road, London,  
E2 9PJ

### **Quaker Social Action**

Quaker Social Action is a local charity working to tackle poverty and social exclusion in east London. They run 6 projects which work to enable people on low incomes to seek solutions to the issues affecting their lives.

Made of Money is a family learning, financial education project. Homestore is a furniture reuse scheme which provides low cost furniture to people on low incomes. Homelink enables non-priority homeless people to access and sustain private tenancies. Down to Earth gives practical support to people on low incomes who suffer bereavement. Knees Up is a community-led project that gets neighbours working together on local estates. Stepping Stones support out-of-work parents to find a route back into the job market.

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**Contact.** Sue Rivett  
e. sue.rivett@rlsb.org.uk  
w. www.rlsb.org.uk  
t. 020 7808 6187  
a. Victoria Charity Centre, 11  
Belgrave Rd, London, SW1V  
1RB

### **Royal London Society for the Blind (RLSB)**

RLSB works in London and the south east in support of blind and partially sighted children, young people and their families. Their mission is to remove barriers to personal fulfilment and social inclusion by providing a range of education, training and employment services that meet the needs of blind and partially sighted people in contemporary society.

Drawing on many years of experience and expertise, RLSB offer a range of specialised activities, breaks and events as well as family support and transition programmes and bespoke staff training packages. Whether schools and staff are seeking support in their work with a specific child, or whether they are interested in promoting inclusion through workforce development, RLSB will be happy to provide for specific needs.



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## Shelter

Shelter has developed a comprehensive range of national and local services to help people access a home and to prevent homelessness. They provide a network of Service Centres delivering independent housing, welfare benefit and debt advice to the Community Legal Services Specialist Quality Marks. They offer housing services tailored to the needs of specific client groups including offenders, older people, BAME communities, young people, vulnerable families, private rented sector tenants.

Shelter provide housing related support services for vulnerable families, older people and people threatened with homelessness as a result of real or alleged anti-social behaviour. They offer a free national housing advice helpline and give housing advice via the Shelter website and by email.

**Contact.** Ben Tovey  
**e.** Ben\_Tovey@shelter.org.uk  
**w.** www.shelter.org.uk  
**t.** 0344 515 1269  
**a.** 88 Old Street, London, EC1V 9HU

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## SHS - School-Home Support

SHS is a national charity that places highly trained practitioners in schools to support children and families, whatever they're going through. Their work begins with attendance, punctuality and attainment, and often find that there are hidden issues in the home that are the root cause.

SHS have supported thousands of children and families through emotional and practical difficulties for over 25 years, building supportive, trusting relationships that enable them to get the most from their education. They currently work with 270 schools across 22 local authorities, including nursery, primary, secondary and pupil referral unit settings. Whether working in partnership with one school, a cluster or a local authority, SHS have trained practitioners and a high quality training and consultancy service to meet the needs of today's schools.

**Contact.** Rosana Hermosa or Barbara Dixon  
**e.** enquires@shs.org.uk  
**w.** www.shs.org.uk  
**t.** 020 7426 5000  
**a.** Cityside House, 40-42 Adler Street, London E1 1EE

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## Somali Parent and Children's Play Association (SPCPA)

SPCPA provides culturally suitable play activities and dances from four different locations within the borough of Tower Hamlets. SPCPA also offers support in group discussion, and confidence building activities for Somali youth and parents. Their services are delivered after school hours, weekends and during school holidays.

The project aims to tackle disadvantages and inequalities that derive from child poverty and social exclusion, maintaining the concept of Every Child Matters. SPCPA provides a fun, educational and motivating environment for disadvantaged children from hard to reach communities, giving them a chance to experience childhood in safe play. The project works with children between the ages of 8 and 16, but also has a high number of attendees who are above that age group.

**Contact.** Khadra Sarman  
**e.** spcplay@yahoo.co.uk  
**t.** 020 7709 8281  
**a.** 91 Mile End Road, London, E1 4UJ

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**Contact.** Alia Sulaiman  
**e.** YFC@spitalfieldscityfarm.org  
**w.** www.spitalfieldscityfarm.org  
**t.** 020 7247 8762  
**a.** Spitalfields City Farm,  
Buxton Street, London, E1 5AR

### Spitalfields City Farm

Spitalfields City Farm aims to bring the countryside experience to the urban environment of Tower Hamlets, providing environmental and nature based opportunities to local communities in a relaxed and enjoyable way.

The Farm is a well-utilised community farm providing recreational, educational and environmental activities and services to the community of east London. Current services include educational activities for local schools, out of school activities and holiday clubs, supported volunteering for vulnerable groups, particularly young people and training, including vocational training and basic skills to enhance life skills and employability. The Farm offers sustainable living initiatives, a Healthy Living Project and hosts and participates in cultural events.

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**Contact.** Mohima Kamaly  
**e.** Mohima@splashplay.org  
**w.** www.splashcd.co.uk  
**t.** 020 7093 0673  
07903 324 362  
**a.** St. Matthias Old Church, 113  
Poplar High Street, London,  
E14 0AE

### SPLASH Play

SPLASH Play started in 2002 and has a well established, trusted reputation for providing high quality play services. They offer a safe and friendly environment for children to play and develop new skills. Children are nourished with exciting and creative play activities, following the Play Principles, encouraged by experienced and qualified playworkers to contribute with their ideas.

SPLASH Play run 5 play sessions per week in the Blackwall and Limehouse area and have achieved Level 3 Quality in Play (The Accredited Quality Assurance Scheme for Play). They endorse the UN Convention on the right of the Child, Article 31: "Children have the right to relax and play, and to join in a wide range of cultural, artistic and other recreational activities".

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**Contact.** Cat Tomlinson  
**e.** cat@stepneycityfarm.org  
**w.** www.stepneycityfarm.org  
**t.** 020 7790 8204  
**a.** Stepney Way, London, E1  
3DG

### Stepney City Farm

Stepney City Farm is a beautiful educational resource and would like to invite local schools to participate in activities. They work with experts in animal care, gardening and rural crafts. Growing plants and studying animals can help with all existing curriculum subjects, providing space for children to learn in exciting ways.

There are various projects and activities being developed on site with the possibility of schools getting involved in projects including building a Plastic Bottle Greenhouse, growing edible plants and blacksmithing. Schools can visit the farm by appointment during the week for free or the Farm can bring animals to school settings. They also offer specific activities relating to gardening or rural crafts.

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## Streets of Growth

Streets of Growth are a young people focused organisation, based in Tower Hamlets. They design and deliver high impact entrepreneurial leadership programmes with low to high-risk young people aged 10 to 24, to help prevent social, economic and educational disaffection. Streets of Growth work intensively with high-risk young people struggling to make positive progression. They provide less intensive services for young people who are more stable and require lower level support.

Streets of Growth run an Appropriate Intervention model, particularly around tackling anti-social behaviour, working closely with the police and schools. They offer specialist coaching and mentoring for high risk young people, including family support. They also run social enterprises to work with young people through the use of visual arts, bike mechanics, social business experience, and personal leadership skills.

**Contact.** Lucky Nessa  
**e.** lucky@streetsofgrowth.org  
koyes@streetsofgrowth.org  
**w.** www.streetsofgrowth.org  
**t.** 07866 760 271  
**a.** 160 Chrisp Street, Poplar,  
London, E14 6NL

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## The Children's Society

The Children's Society is a leading national charity that makes childhood better for all children in the UK. Its network of community-based projects provide targeted, immediate and lasting help for children who feel excluded, isolated or abandoned, or live in a vicious circle of fear and harm, and who are faced with a lifetime of danger and disadvantage in their daily lives.

The Children's Society schools and children's centres work, and mentoring schemes help many more children avoid crisis by developing the skills and confidence they need to challenge and overcome difficult situations. It carries out research and campaigning, creating real change by influencing the thinking of everyone - from the general public to politicians and decision makers - about how to make childhood better.

**Contact.** Parul Begum  
**e.** Parul.Begum@childrenssociety.org.uk  
**w.** www.childrenssociety.org.uk  
**t.** 020 7613 2886  
**a.** Unit 2, 51 Derbyshire Street,  
London, E2 6HQ

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## The Gap Project

The Gap Project seeks to be a safe place where young people are equipped to lead. They work with young people aged 13-19 (up to 25 with disabilities) who are vulnerable to or who have been excluded from mainstream education. The Gap Project is part of the wider work of Bethnal Green Mission Church (BGMC).

BGMC seeks to work with disadvantaged and vulnerable children, young people and families. They offer services and events, small and larger group meetings, support for elderly people, a pre-school group, youth clubs and a registered children's club for 5-11 year olds. They also support projects and people who work in developing countries. All activities and services are open to the whole community. They can subsidise their services by 40%-65% of the total cost of the service.

**Contact.** Mark Hutchings  
**e.** gap@bgmchurch.plus.com  
**w.** www.thegaproject.org  
**t.** 020 7729 4286  
**a.** Bethnal Green Mission  
Church, 305 Cambridge Heath  
Rd, London, E2 9LH

**Contact.** Celina Clarke  
**e.** toleranceindiversity@  
googlemail.com  
**w.** www.tid.org.uk  
**t.** 020 7515 3555  
**a.** Limehouse Youth Centre,  
Limehouse Causeway, London,  
E14 8AG

### Tolerance in Diversity (TiD)

TiD aims to promote and foster tolerance and good community relations by providing opportunities for young people to be able to openly discuss, identify and challenge racism and other forms of discrimination. It uses informal education activities to raise awareness and enable young people to define racism and prejudice in their own terms.

TiD offer in-house support, training and development of peer workers, deliver peer-led focus projects, supporting peaceful proactive approaches to discrimination issues and organise one off Hate Crime Awareness training, which is delivered in a game format, so young people can approach difficult issues in a fun and relaxed atmosphere.

**Contact.** Francesca Pozzoli or  
Marie Hartig  
**e.** vacancies@  
toleranceinternational.org.uk /  
programme@  
toleranceinternational.org.uk  
**w.**  
www.toleranceinternational.org.  
uk  
**t.** 020 7603 0062 / 07903 875  
255  
**a.** 34 North End Road, London,  
W14 0SH

### Tolerance International UK

Tolerance International is a UK based but globally active NGO whose aims are to promote tolerance and moderation between people, society and the environment. They do this to decrease the growth of extremism, cultural and religious divides and unfettered exploitation of natural resources.

Tolerance International UK implement projects with some of the poorest communities in South America and Africa, as well as with communities in the UK through the Embracing Tolerance Youth Programme. The overall aim of this programme is to strengthen and consolidate a shared sense of belonging and community cohesion by bringing together young people from different races, cultures and religious backgrounds. They achieve this by supporting them in addressing issues of social intolerance, bullying, violent youth crime and religious extremism, thereby promoting diversity and multiculturalism, and improving life skills.

**Contact.** Pip Pinhorn or Julie  
Morgan  
**e.** info@  
toyhouselibraries.org.uk  
**w.** www.toyhouselibraries.org.  
uk  
**t.** 020 7987 7399  
**a.** The Toyhouse Centre, 92 St.  
Paul's Way, London, E3 4AL

### Toyhouse Libraries Association Of Tower Hamlets

Toyhouse is a grass roots voluntary sector organisation and has been providing family support services across Tower Hamlets for over 30 years, always focusing on the well-being of all family members and ECM outcomes. They work in partnership with schools, health professionals and community centres to provide opportunities for shared play, fun and enjoyment to all local families and are thus able to support those experiencing difficulties without stigma and preventing the need for specialist intervention.

They are successful in engaging with hard to reach families, by supporting and encouraging them into weekly Toy Library stay & play sessions or by taking the service to their home. They provide services to children with additional needs and their families, mobile services and soft play sessions. Most staff live locally, work within the EYFS guidance and the team covers a range of community languages.



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### **Toynbee Hall, Department of Community Learning**

Toynbee Hall's aim is to be the place where people come for excellent local services. A place to share ideas, experience and gather information and knowledge that are used to take action to change lives and eradicate poverty in Britain. Staff and over 500 volunteers bring their expertise to the services that Toynbee Hall offers. It places volunteers at the heart of its work, providing excellent opportunities so that they can meet their personal goals and develop their own skills and networks.

The Community Learning Department specialises in developing small yet effective volunteer led projects that tackle specific needs in the community. They run free ESOL provision both at Toynbee Hall and within local primary schools as well as a active-learning youth programme, Aspire, which is in its fourth year of delivery, working closely with marginalised young people in Tower Hamlets' secondary schools.

**Contact.** Marcus Duran  
**e.** [marcus.duran@toynbeehall.org.uk](mailto:marcus.duran@toynbeehall.org.uk)  
**w.** [www.toynbeehall.org.uk](http://www.toynbeehall.org.uk)  
**t.** 020 7392 2956  
**a.** 28 Commercial Street,  
London, E1 6LS

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### **Vallance Community Sports Association (VCSA)**

Vallance Community Sports Association (VCSA) is a young and vibrant organisation catering for the sporting and health needs of young people living in deprived localities of Tower Hamlets, delivered by people who have grown up in the local community. VCSA is also a mentoring and peer-to-peer project. It works proactively to break down barriers to participation in sports and living healthy and active lifestyles, building on the principle of 'Sports Access for All'.

VCSA firmly believes that sports can be utilised to empower, motivate and develop the potential of young people. It delivers an effective service to the local community to increase opportunities for local people to access and participate in sports, develop local talent so that they are able to pursue sports related careers and professions. It promotes sports coaching, community development and leadership, healthy lifestyles and good nutrition.

**Contact.** Junel Uddin  
**e.** [vallancefc@aol.com](mailto:vallancefc@aol.com)  
**w.** [www.vallancecsa.co.uk](http://www.vallancecsa.co.uk)  
**t.** 020 3441 9392  
**a.** 62 Old Nichol Street,  
Bethnal Green, London, E2  
7HP

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### **Volunteer Centre Tower Hamlets (VCTH)**

Volunteer Centre Tower Hamlets provides a comprehensive volunteering infrastructure service to non-profit groups and communities in Tower Hamlets. VCTH aim to increase the quality, quantity and impact of volunteering in the borough. It provides a volunteering brokerage service, matching local people to volunteering opportunities in non-profit organisations, an advice, information and training service to volunteer involving organisations (VIOs), and assists non-profit organisations to enable them to develop their volunteering programmes and opportunities.

VCTH responds to national and local policy and campaigning, promotes and markets volunteering in Tower Hamlets and develops volunteering strategically in Tower Hamlets. VCTH offer specialist volunteering programmes for parents, for young people aged 16+, and for NEETs, and facilitates the Voluntary Sector Children and Youth Forum in Tower Hamlets.

**Contact.** Catherine Bavage  
**e.** [cath@vcth.org.uk](mailto:cath@vcth.org.uk)  
**w.** [www.vcth.org.uk](http://www.vcth.org.uk)  
**t.** 020 7377 0956  
**a.** Norvin House, 45-55  
Commercial Street, London, E1  
6BD

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**Contact.** Melanie Lintott or  
Jenny James  
e. londonnorthandeast@  
vrh.org.uk  
w. www.vrh.org.uk  
t. 020 7749 7974  
a. Charity House, 14-15  
Perseverance Works, 38  
Kingsland Road, London, E2  
8DD

### **Volunteering Reading Help (VRH)**

VRH is a national charity that helps disadvantaged children develop a love of reading and learning. It was established in 1973 by its Founder and President, Susan Belgrave MBE. VRH recruit and train volunteers to work with children aged 6-11 who find reading a challenge and may need extra support and mentoring.

Without individual support children can fall behind their peers and lack confidence and self esteem. Many may find it difficult to interact socially with adults. In later years they may drift into offending behaviour. VRH trained network of reading helpers support the same children weekly, offering an hour of quality, one to one time. They read, they play, they talk. With the support of VRH reading helpers their approach to learning and enjoying is often transformed. Their confidence, self esteem and reading standards improve.

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**Contact.** Tracy Salmon  
e. weaversad@btconnect.com  
t. 020 7729 1295  
a. Viaduct Street, off Bethnal  
Green Road, London, E2 0BH

### **Weavers Adventure Playground**

Weavers Adventure Playground caters for the diverse multicultural society that surrounds the area and works actively towards an equal opportunity policy and encourage integration and welcome all. The playground is open access which means that children and young people may come and go when they wish. Children and young people are supervised whilst on the playground by trained playworkers and volunteers who are all policed checked and regularly check the site for health and safety.

All children and young people and their families are welcome. Children under 8 years of age are welcome but must be accompanied by their parent/carers. All adults must be accompanied by a child.

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**Contact.** Jo Weller  
e. Jow@whfs.org.uk  
w. www.whfs.org.uk  
t. 020 7377 8725  
a. The Brady Centre, 192  
Hanbury St, London, E1 5HU

### **Women's Health and Family Services (WHFS)**

WHFS is a community-based advocacy organisation with 29 years experience of working with Black and Ethnic Minority women and their families to tackle health inequalities in the broadest sense. WHFS provides a range of health advocacy and related services and is committed to promoting health education and awareness more generally, developing illness prevention strategies, tackling disadvantage and the effects of poverty, and taking a 'whole-family' approach to empowering families to improve their health, well-being and quality of life. WHFS work predominantly with the Bangladeshi, Somali, Vietnamese and Chinese communities in Tower Hamlets, through its activities and numerous development, evaluation and research projects.

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In compiling this directory, Volunteer Centre Tower Hamlets cannot recommend or endorse any of the providers listed. It is recommended that you always check details with service providers to ensure their service meets your requirements, prior to taking up their services.