

TOWER HAMLETS



YOUTH SERVICE SPRING TERM PROGRAMME

January to April 2020

#THYOUTH

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your young mayors

We would like to introduce you to your young mayor team:

Jaami Barry is the Tower Hamlets Young Mayor and his role is to represent the views of young people who live, study or work in the borough.

Jaami's deputies are:

- **Muhsin Mahmud**, the Youth Cabinet Member for Communication
- **Vivian Akinremi**, the Youth Cabinet Member for Health and Wellbeing
- **Nadia Hussein**, the Youth Cabinet Member for Community
- **Ahmed Duale**, the Youth Cabinet Member for Environment
- **Daawood Islam**, the Youth Cabinet Member for Social and Economic Growth

The young mayors aim to be the voice of young people in the borough by consulting with them on their issues and concerns, and to create opportunities for them to address these by:

- Strengthening community relations
- Influencing local, regional and national decision makers
- Speaking and encouraging young people to speak in public
- Uniting young people
- Running projects, campaigns, workshops and lobbying
- Working at a local, regional and national level

Left to Right: Muhsin, Vivian, Jaami, Daawood, Nadia and Ahmed





our youth offer

The youth service provides support services to young people aged 11 to 19 (or up to 25 if they have Special Educational Needs and Disabilities (SEND) or are care leavers) who live, work or study in the borough. All our programmes are free to take part in.

We have 18 youth hubs across the borough as well as provisions for young people with SEND and LGBTQ+ young people. The borough also has a number of highly-equipped specialist provisions such as outdoor education, performing arts and sports.

We hope to achieve the following outcomes with all young people that use our service:

- **Young people will have an increased sense of agency in their lives and their communities**
- **Young people feel more optimistic about their futures**
- **Young people are better able to access holistic and supportive opportunities across the London Borough of Tower Hamlets**
- **Young People increase their critical thinking skills**

our pledge

Accountability

We Keep Our Word

Accessibility

You Will Never Be Turned Away

Trust

Let's Trust Each Other

Safety

Safe Minds, Safe Lives

Agency

Build Your Own Future

The Tower Hamlets **Youth Council** is a forum of young people that meets every week to talk about community and youth issues. The Youth Council helps to shape services by taking part in decision-making and influencing the Council and other organisations.

To find out more about the Youth Council or about the Young Mayor team, contact *Khadra Said* on 020 7364 4952 or at khadra.said@towerhamlets.gov.uk.

To take part in one of our leadership programmes for girls and young women or to set up your own community leadership project, contact *Aksary Rahman* on 020 7364 4889 or at aksary.rahman@towerhamlets.gov.uk.

youth voice and leadership

Celebrating young people's achievements

YOUTH ACHIEVEMENT AWARDS 2019

Last November, the Tower Hamlets Youth Council planned and delivered the Youth Achievement Awards, an event to celebrate the achievement, development, and dedication of young people in the borough.

The awards, sponsored by the Canary Wharf Group, were completely youth-led, with young people selecting the winners, planning the whole event and hosting on the day.

Young people who live, study or work in the borough were nominated in eight categories and the winners were announce at Level 39 in Canary Wharf as follows:

Young Entrepreneur Award - Fahimul Islam

Young Volunteer Award - Mazhar Alam

Arts Individual Award - Harry Constantine

Arts Group Award - Dream Garden Design Team

Sports Individual Award - Samirul Muhit

Sports Group Award - Wapping Youth FC U15s

SEND Award - Mohammed Yaomin Ali

Breaking Barriers Award - Chantel Keegan

Young Achiever Award - Ferdousi Ahmed

*Congratulations to all the winners and nominees!
You guys are amazing!*



our arts offer

'A' Team Arts co-ordinates Youth Arts projects across the Borough.

Through theatre, fashion, textiles, design, and music, young people learn, discover and experiment. Ideas are transformed and translated into performances, exhibitions and personal works of art to share with friends, families, the community and sometimes a much wider public. Through our Arts Awards programme young people can gain transferable skills e.g. critical thinking, teamwork, communication, project planning and taking on leadership roles.

We provide FREE arts workshops for young people 11-19yrs, and up to 25 yrs with SEND who live, study or work in Tower Hamlets at the Brady Centre, 192-196 Hanbury Street, E1 5HU. Our regular sessions take place on Thursdays, 5-8pm and our Music Academy is on Saturdays, 3-5pm.

For more information on any of the above and what else we offer, contact *Sarbjit Natt*, Youth Arts Manager, 020 7364 7908 or sarbjit.natt@towerhamlets.gov.uk.

Key activities this spring

BANDS WITH CM

On Thursdays, between 5 and 7pm, we deliver regular sessions in partnership with Community Music (CM) for any young person involved in a band or those who want to learn all about creative music production

HOUSE OF TALENT

Thursdays, between 6 and 9pm, young people can come and learn music production, rap, artist development including music video.

HOUSE OF ART & DESIGN

Saturdays, 12-4.30pm, support for young people working on school art projects and portfolios for college applications.



young carers

The **Young Carers Project** is run by Tower Hamlets Youth Service for all young carers in Tower Hamlets. The project aims to provide young carers the opportunity to take a break from the daily responsibilities of being a carer by interacting with others facing similar challenges. The group will take part in activities such as art, drama, music, photography, canoeing, biking, climbing, swimming, cinema, bowling, and other activities as decided by the young people who attend.

What is involved in the project?

- Access to weekly respite sessions during term-time
- School holiday activities via LBTH Holiday Childcare Scheme
- 1:1 support
- Parents drop-in sessions
- Parent and Sibling days

Weekly club-based sessions are held every week from **Limehouse Youth Centre, Limehouse Causeway, E14 8BN.**

The sessions will run as follows:

Tuesday, 4.30-6.30pm for 8-12 year olds

Tuesday, 6.30-8.30pm for 13-18 year olds

For more information please contact:

Sorrel Norwood

Young Carers Participation Worker

Tel: 020 7364 4091

Email: sorrel.norwood@towerhamlets.gov.uk



haileybury youth hub

Ben Jonson Road, London E1 3NN

**OPEN
MONDAY
TO
FRIDAY
3.30-9PM**



Activities include:

* Multi-sports inc. badminton, table tennis, football, basketball, boxing, chill-out, PS4, board games, and more

Facilities include:

- * Sports Hall
- * Fitness Gym/Studio
- * Dance Studio
- * IT Suite

Spring Term Activities

LONDON FUTURES

This is an employability programme which uses sport and specialised mentoring to improve career aspirations and community integration. The project is designed for 18-25 year olds with a SEN and will take place every Friday.

BASKETBALL DEVELOPMENT PROGRAMME

Come and take your ball game to the next level by developing your basketball fundamentals, your team skills and your on-court swag! Sessions are delivered by a highly-skilled and qualified coach and basketball professional who will work with you whatever your ability level.

GIRLS WIN

This is a free and inclusive sports and games club for young women with SEN aged 16 to 25 to encourage development and independence. In partnership with The Change Foundation.

Contact:

Hasan
0207 364 0892
hasan.faruq@towerhamlets.gov.uk

collingwood youth hub

15 Collingwood Street, London E1 5RB



OPEN
TUESDAY &
THURSDAY
6-9PM
WEDNESDAY
6.30-8.30PM

Activities include:

* Football, table-tennis, youth forum and more

Facilities include:

* Large Hall
* Kitchen

Spring Term Activities

YOUNG CHEF

These fun and creative workshops will teach healthy eating and cooking to younger participants to encourage them to make healthier life choices. They will learn about nutrition and how to develop healthy eating habits to achieve better physical health. This will be done through the creation of quick and simple meals.

STUDY AND SUPPORT CLASSES

This drop-in session will provide young people with homework and study support, as well as coursework planning. Young people will also receive employment advice and help with CVs, cover letters and application forms. The centre will provide a quiet and safe space with internet access and educational resources to aid their learning.

COLLINGWOOD YOUTH FORUM

This forum will support users to contribute to the development of the youth club on a regular basis through interactive and groupwork sessions. Participants will have a real input in the running of the club and develop its curriculum.

Contact:

Noor
0207 364 4937
noor.uddin@towerhamlets.gov.uk

**OPEN
MONDAY
TO
FRIDAY
3.30-8PM**

columbia youth hub

27 Columbia Road, London E2 7QB



Spring Term Activities

PATHWAY TO SPORTS

This partnership project with Newark Youth and local faith schools uses sport as a tool to engage young people and promotes active citizenship and participation. The programme is delivered through structured and competitive football coaching sessions as well as other sports, and promotes healthy lifestyles and healthy eating.

INTERNET SAFETY AWARENESS

Young people are becoming increasingly involved in social media and the internet as part of their everyday lives and many remain vulnerable to data breaches.

This workshop will teach participants to better understand the laws around internet usage and about the general data protection regulations (GDPR) in a fun and engaging way.

Activities include:

- * Multi-sports inc. football, basketball, boxing, chill-out, PS4, board games, and more

Facilities include:

- * Games area
- * Computer suite
- * Kitchen
- * Garden
- * Outdoor sports cage

Contact:

Noor
0207 364 4937
noor.uddin@
towerhamlets.
gov.uk

christian street youth hub

30 Challoner Walk, London E1 1AZ



Spring Term Activities

COOKING FOR LIFE

This project will teach young people healthy cooking and eating with the creation of easy and quick meals. Participants will learn about how to balance their diet and how to select ingredients based on their nutritional information. They will prepare meals for breakfast, lunch and dinner that they will be encouraged to then recreate in their own homes.

TABLE TENNIS SKILLS DEVELOPMENT

The project will take participants from casual to competitive players by teaching them table tennis skills and techniques. Participants will be given one-to-one slots with a skilled coach in a relaxed and fun environment to boost their confidence and improve their game. They will gain an AQA accreditation to recognise their achievement.

YOUTH BOARD

Christian Street Youth Hub will be setting up its first Youth Board this Spring! Young people will be meeting formally every month to voice their opinions and raise issues about their centre and contribute to the development of their community.

Activities include:

* Cooking, Study Club, football, CV building, health and wellbeing workshops, and more

Facilities include:

* Games Area
* Outdoor Sports Cage

Contact:

Tipu
0207 364 5022
tipu.miah@towerhamlets.gov.uk

**OPEN
MONDAY
TO
FRIDAY
3.30-9PM**

wapping youth hub

Tench Street, London E1W 2QD

OPEN
MONDAY
TO
FRIDAY
3.30-9PM



Spring Term Activities

PERSONAL GROOMING WORKSHOP

This workshop is designed to teach participants correct shaving techniques as well as hone the skills needed to understand and appreciate appropriate personal presentation. The session will cover sanitary approaches to shaving, the difference between disposable

BULLYING AWARENESS

This workshop will tackle one of the biggest causes of depression and anxiety among young people: bullying. The aim is to raise awareness and understanding among centre users, particularly those transitioning from primary to secondary school. The workshop will be delivered through discussion and quiz to make it interactive and more engaging for participants.

Contact:

Tipu
0207 364 5022
tipu.miah@towerhamlets.gov.uk

Activities include:

* Table tennis, pool, PS4, music production, CV writing, and more

Facilities include:

- * Games/Chill-out area
- * Kitchen
- * Small music room
- * Nearby park

tramshed youth hub

Digby Street, London E2 0LS



Activities include:

* Football, health & wellbeing workshops, arts and crafts, fashion and design, drama and more

Facilities include:

* Activities and Games Hall

**TUESDAY
&
THURSDAY
5.30-9PM**

Contact:
Abzal
0207 364 4383
abzal.ali@
towerhamlets.
gov.uk

Spring Term Activities

MEMORY BOARD

This art project will help young people capture and display key moments that have impacted their lives including the happiest and saddest moments. They will create a piece of art using photos and drawings in a graffiti board style display.

SPORTS AND FITNESS

Through a combination of football, gym and boxing sessions, young people will improve their physical, social and emotional wellbeing. The project aims to encourage young people to lead a healthier lifestyle, develop and improve their technical skills and abilities, enjoy some quality coaching and learn teamwork and group skills.

OPEN
MON 3.30-6PM,
TUE, WED &
FRI 3.30-9PM,
THU 3.30-
5.30PM

st andrew's wharf youth hub

Mast House Terrace, London E14 3RW



Spring Term Activities

BIKE PROJECT

This accredited programme is aimed at young people aged 16-21 to educate and raise their awareness of motorbikes through maintenance and safety awareness. The project will teach young people about motorbike safety and law with the aim of reducing motorbike crime in the community.

GIRLS EMPOWERMENT PROGRAMME

This partnership programme will consist of bespoke sessions for girls and young women. The centre will work with Island House Community Centre, George Green School and One Housing to engage, consult, encourage and empower girls from the local community to become more active. Activities will include arts, henna, fashion design, sport and exercise, and cookery.

Activities include:

- * Football, girls group, and more

Facilities include:

- * Small Kitchen
- * IT Room/ Games Area
- * Outdoor space
- * Sports Cage

Contact:
Azim
0207 364 6387
abdul.azim@
towerhamlets.
gov.uk

limehouse youth hub

Limehouse Causeway, London E14 8BN



Activities include:

Pool, football, basketball, boxing, PS4, table tennis, movie nights, fashion and beauty, health and wellbeing workshops, and more

Facilities include:

- * Sports Hall
- * Climbing Wall
- * Beauty Salon
- * Gym
- * Kitchen

**OPEN
MONDAY
TO
FRIDAY
3.30-9PM**

Contact:
Azim
0207 364 6387
abdul.azim@towerhamlets.gov.uk

Spring Term Activities

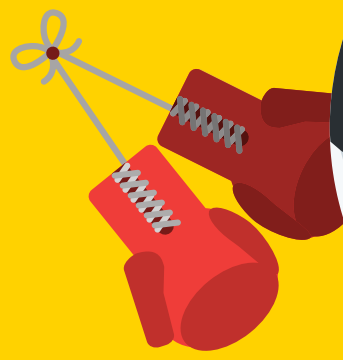
GIRLS DEVELOPMENT AND WELLBEING PROJECT

This five-month programme has been designed by the girls and young women who attend Limehouse and activities will include dance classes, art and design workshops, self care and healthy cooking. The curriculum will address key development areas for girls and young women including personal hygiene, self esteem, healthy relationships and wellbeing.

MUSIC, MEDIA AND ARTS

This music production project will support young people to explore the different pathways available in music such as radio presenting, the business of record companies, DJ'ing, etc. Participants will work towards setting up a music hub at the centre where the young people can have the opportunity to showcase their work through podcasts and other streaming channels.

FEBRUARY 2020



**HALF TERM
HOLIDAY ACTIVITIES**



multi-
activities in all
centres throughout
half-term



**17-21
FEB**



What's On - February Half Term

Monday 17 to Friday 21 February 2020

MON 17

FIFA COMPETITION & MOVIE NIGHT @ HAILEYBURY
SOFA UPHOLSTERY PROJECT @ TRAMSHED
HUB PS4 COMPETITION @ WAPPING
MUSIC PRODUCTION SPECIAL @ LIMEHOUSE



TUE 18

ARTS & CRAFTS @ HAILEYBURY
SOFA UPHOLSTERY PROJECT @ TRAMSHED
ALL STAR BOWLING @ CHRISTIAN STREET
LASER TAG @ WAPPING
ICE SKATING TRIP (LEE VALLEY CENTRE) @ COLUMBIA/COLLINGWOOD

WED 19

MULTI-SPORTS COMPETITIONS @ HAILEYBURY
SOFA UPHOLSTERY PROJECT @ TRAMSHED
LEARN HOW TO PLAY GOLF (TOPGOLF GHIGWELL)
@ COLUMBIA/COLLINGWOOD

THU 20

KNIFE CRIME WORKSHOP @ HAILEYBURY
SOFA UPHOLSTERY PROJECT @ TRAMSHED
CINEMA TRIP @ WAPPING
SLEEPOVER - BOYS TO MEN PROJECT @
LIMEHOUSE

FRI 21

GO APE ADVENTURE TRIP @ HAILEYBURY
THEATRE TRIP @ TRAMSHED
CINEMA TRIP @ COLUMBIA/COLLINGWOOD



Contact us on 0207 364 1598 or youthservice@towerhamlets.gov.uk for more info

Our Extended Youth Offer



**Osmani Youth
Centre**
58 Underwood Road
London E1 5AW
0207 247 8080

Open:
Monday, 6-9pm
Tuesday, 4-7pm
Thursday, 6-9pm
Friday, 6-9pm
Saturday, 12-3pm

**Newark Youth
Centre**
Exmouth Community
Hall, Cornwood Drive
London E1 0PW
0207 392 2121

Open:
Tuesday, 3.30-6.30pm
Wednesday, 3.30-6.30pm
Thursday, 6-9pm
Friday, 7-10pm (Stepney Green
Astro)
Saturday, 10am-1pm (Stepney
Green Astro)

**Society Links
Youth Centre**
80 John Fisher Street
London E1 8JX
0207 702 0901

Open:
Monday, 4-7pm
Tuesday, 4-7pm
Thursday, 5-8pm
Friday, 4-7pm (Shadwell pitch)
Saturday, 10.30am-1.30pm

**Bow East
Spotlight**
6 Pernell Road
London E3 2RB
07970 226 509

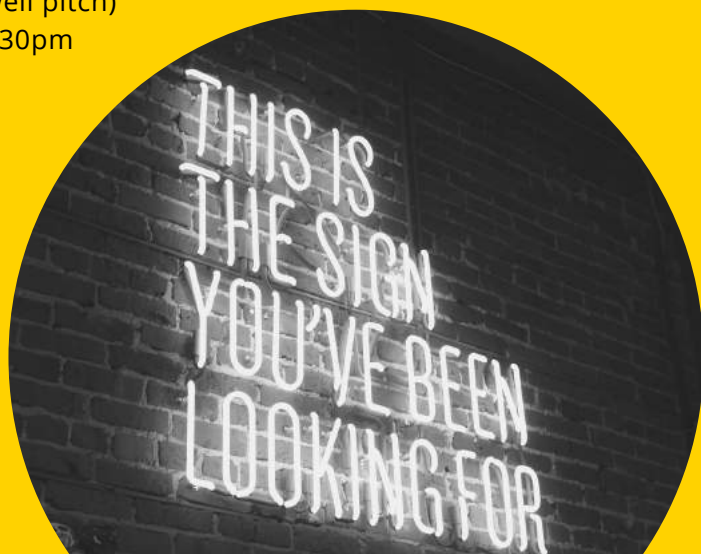
Open:
Tuesday, 6-9pm
Wednesday, 4-7pm
Thursday, 4-7pm
Friday, 4-7pm
Saturday, 12-3pm

All activities are free and for young people aged 12 to 19 up to 25 with SEND.

All our venues offer indoor games and activities and many have outdoor spaces and sporting activities as well as opportunities to volunteer and gain additional skills and qualifications.

The hubs offer an extensive range of leisure, cultural, sporting and enrichment activities such as games, sports, employability support and guidance, cookery and opportunities for just chill-out as well and take part in healthy life styles programme such as healthy eating and sessions on relationships and sexual health.

The Mayor is committed to making the youth service 'the best in London'.



Bromley South Spotlight (Linc)

**70 Fern Street
London E3 3PR
07958 590 947**

Open:
Monday, 6-9pm
Wednesday, 6-9pm
Thursday, 4-7pm
Friday, 6-9pm
Saturday, 1-4pm

Bromley North Spotlight (Ian Mikardo)

**60 William Guy Gardens
London E3 3LF
07957 346 273**

Open:
Tuesday, 6-9pm
Wednesday, 4-7pm
Thursday, 6-9pm
Friday, 6-9pm
Saturday, 2-5pm

Mile End Spotlight (St Paul's Way)

**83 St Paul's Way
London E3 4AJ
07814 174 720**

Open:
Monday, 3.30-7pm
Wednesday, 3.30-7pm
Thursday, 3.30-7pm
Friday, 3.30-7pm
Sunday, 1-5pm

Bow West Spotlight

**Detached Programme
07984 723 474**

Open:
Monday, 6-9pm
Tuesday, 6-9pm
Wednesday, 3-7pm
Friday, 6-9pm

Spotlight Youth Centre

**30 Hay Currie Street
London E14 6GB
0203 011 1333**

Open:
Monday, 11am-7pm
Tuesday, 11am-7pm
Wednesday, 11am-7pm
Thursday, 11am-7pm
Friday, 11am-7pm

Poplar Spotlight (Workhouse)

**116 Poplar High Street
London E14 OAF
0203 011 1333**

Open:
Monday, 5-8pm
Wednesday, 5-8pm
Friday, 5-8pm
Saturday, 12-3pm
Sunday, 4-7pm



Step Forward – LGBTQ+ Offer

Step Out offers 1-2-1 sessions, a drop-in and small friendly group sessions for Lesbian, Gay, Bisexual, Trans or questioning their sexuality or gender identity.

In addition Step Forward offers wellbeing services for all young people 11-25 including confidential counselling, support and sexual health services.

Contact 020 7739 3082 or email info@step-forward.org for more details.



Tower Project – SEND Offer for 12 to 25 year olds

Opening times: Monday, Tuesday and Thursday, 6.30pm to 8.30pm

The Tower Projects Youth Groups provide an evening service for young people with disabilities ranging from autism, learning and physical disabilities.

Our members live in the London Borough of Tower Hamlets; they choose their own structured yet flexible programme of events that they would like to participate in, on and off site. We also engage our young people in various accredited courses, including the arts, design, music and film making.

45-55 White Horse Road
London
E1 0ND
Tel: 020 7790 9085

Youth Hubs Opening Times



Columbia Youth Hub
27 Columbia Road
E2 7QB

3.30-8pm
Mon-Fri

3.30-9pm
Mon-Fri



Collingwood Youth Hub
15 Collingwood Street
E1 5RB

6-9pm
Tue & Thu
6.30-8.30
Wed

5.30-9pm
Tue & Thu



Tramshed Youth Hub
Digby Street
E2 0LS



Christian Street Youth Hub
30 Challoner Walk
E1 1AZ



Haileybury Youth Hub
Ben Jonson Street
E1 3NN

3.30-9pm
Mon-Fri

Call 0207
364 1598
for more info



Wapping Youth Hub
Tench Street
E1W 2QD

3.30-9pm
Mon, Tue,
Weds & Fri
6-9pm
Tue

3.30-6pm
Mon
3.30-9pm
Tue, Wed & Fri
3.30-5.30pm
Thu



St Andrew's Wharf
Youth Hub
Mast House Terrace
E14 3RW

3.30-9pm
Mon, Wed,
Thu & Fri
4.30-8.30pm
Tue



Limehouse Youth Hub
Limehouse Causeway
E14 8BN