

POWERSTATION SUMMER HOLIDAY PROGRAMME

FREE

FOR YOUNG PEOPLE 5 TO 19 YEARS OLD

MONDAY TO SUNDAY

**PROVIDING A WIDE RANGE OF POSITIVE ACTIVITIES
FOR YOUNG PEOPLE**



For more information contact

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Powerstation Youth Centre

121 Mortlake High Street, Mortlake SW14 8SN



**achieving
for children**

MONDAY 26 JULY TO SUNDAY 1 AUGUST

MONDAY 26 JULY	TUESDAY 27 JULY	WEDNESDAY 28 JULY	THURSDAY 29 JULY	FRIDAY 30 JULY	SATURDAY 31 JULY	SUNDAY 1 AUGUST
JUST A TASTE	JUST A TASTE	ART	#NOFILTER NEEDED	FOOTBALL FESTIVAL @ HEATHAM HOUSE	TEKKERS @ HEATHAM HOUSE	SERVED
5 - 8 years old 12.00 - 3.00pm	5 - 8 years old 12.00 - 3.00pm	11 - 16 years old 11.00am - 1.00pm	11 - 18 year olds 11.00am - 1.00pm Meeting point: OSO Arts Centre	Contact Danielle for details	14 - 19 years old 1.30 - 3.30pm	8 - 13 year olds 2.00 - 4.00pm
JUST A TASTE	JUST A TASTE	FIRST AID	MINI OLYMPICS: GOLF AND FENCING	JUNIOR CLUB	KEEPING IT WILD TRIP: CRANE PARK	MAKATON
8 - 12 years old 3.00 - 6.00pm	8 - 12 years old 3.00 - 6.00pm	11 - 16 years old 11.00am - 1.00pm	11 - 19 years old 1.00 - 5.00pm	8 - 11 years old 4.00 - 6.00pm	Contact Danielle for details	11 - 19 years old 4.30 - 6.30pm
MMA		MINI OLYMPICS	LIVEWIRE: STUDIO BOOKINGS AND DJ WORKSHOPS	SENIOR CLUB		
13 - 18 years old 6.00 - 8.00pm		11 - 19 years old 1.00 - 5.00pm	11 - 18 years old 4.00 - 6.00pm	11 - 19 years old 6.30 - 8.30pm		
		L.A.T.E.S	WORK OUT	TEKKERS @POWERSTATION		
		14 - 19 years old 7.30 - 9.30pm	11 - 19 years old 6.00 - 8.00pm	12 - 14 years old 6.30 - 7.30pm		
				TEKKERS @POWERSTATION		
				15 - 19 years old 7.30 - 8.30pm		

MONDAY 2 AUGUST TO SUNDAY 8 AUGUST

MONDAY 2 AUGUST	TUESDAY 3 AUGUST	WEDNESDAY 4 AUGUST	THURSDAY 4 AUGUST	FRIDAY 5 AUGUST	SATURDAY 6 AUGUST	SUNDAY 7 AUGUST
JUST A TASTE	JUST A TASTE	ART	GOLF DAY @ HEATHAM HOUSE	GUILDFORD SPECTRUM TRIP	TEKKERS @ HEATHAM HOUSE	SERVED
5 - 8 years old 12.00 - 3.00pm	5 - 8 years old 12.00 - 3.00pm	11 - 16 years old 11.00am - 1.00pm	11 - 14 year olds 11.00am - 3.00pm	Contact Danielle for details	14 - 19 years old 1.30 - 3.30pm	8 - 13 year olds 2.00 - 4.00pm
JUST A TASTE	JUST A TASTE	FIRST AID	LIVEWIRE: STUDIO BOOKINGS AND DJ WORKSHOPS	JUNIOR CLUB		MAKATON
8 - 12 years old 3.00 - 6.00pm	8 - 12 years old 3.00 - 6.00pm	11 - 16 years old 11.00am - 1.00pm	11 - 18 years old 4.00 - 6.00pm	8 - 11 years old 4.00 - 6.00pm		11 - 19 years old 4.30 - 6.30pm
MMA		MINI OLYMPICS: DANCE	WORK OUT	SENIOR CLUB		
13 - 18 years old 6.00 - 8.00pm		11 - 19 years old 1.00 - 5.00pm	11 - 19 years old 6.00 - 8.00pm	11 - 19 years old 6.30 - 8.30pm		
		L.A.T.E.S		TEKKERS @POWERSTATION		
		14 - 19 years old 7.30 - 9.30pm		12 - 14 years old 6.30 - 7.30pm		
				TEKKERS @POWERSTATION		
				15 - 19 years old 7.30 - 8.30pm		

MONDAY 9 AUGUST TO SUNDAY 15 AUGUST

MONDAY 9 AUGUST	TUESDAY 10 AUGUST	WEDNESDAY 11 AUGUST	THURSDAY 12 AUGUST	FRIDAY 13 AUGUST	SATURDAY 14 AUGUST	SUNDAY 15 AUGUST
JUST A TASTE	JUST A TASTE	ART	#NOFILTER NEEDED	AMONG US (CLOSED GROUP: INVITE ONLY)	TEKKERS @ HEATHAM HOUSE	SERVED
5 - 8 years old 12.00 - 3.00pm	5 - 8 years old 12.00 - 3.00pm	11 - 16 years old 11.00am - 1.00pm	11 - 18 year olds 11.00am - 1.00pm Meeting point: Vine Road recreation ground Skate Park	11 - 16 years old 12.00 - 2.00pm	14 - 19 years old 1.30 - 3.30pm	8 - 13 year olds 2.00 - 4.00pm
JUST A TASTE	JUST A TASTE	FIRST AID	MINI OLYMPICS: GOLF AND FENCING	JUNIOR CLUB		MAKATON
8 - 12 years old 3.00 - 6.00pm	8 - 12 years old 3.00 - 6.00pm	11 - 16 years old 11.00am - 1.00pm	11 - 19 years old 1.00 - 5.00pm	8 - 11 years old 4.00 - 6.00pm		11 - 19 years old 4.30 - 6.30pm
MMA		MINI OLYMPICS	LIVEWIRE: STUDIO BOOKINGS AND DJ WORKSHOPS	SENIOR CLUB		
13 - 18 years old 6.00 - 8.00pm		11 - 19 years old 1.00 - 5.00pm	11 - 18 years old 4.00 - 6.00pm	11 - 19 years old 6.30 - 8.30pm		
		L.A.T.E.S	THAMES YOUNG MARINER TRIP	TEKKERS @POWERSTATION		
		14 - 19 years old 7.30 - 9.30pm	11 - 19 years old Contact Danielle for details	12 - 14 years old 6.30 - 7.30pm		
				TEKKERS @POWERSTATION		
				15 - 19 years old 7.30 - 8.30pm		

MONDAY 16 AUGUST TO SUNDAY 22 AUGUST

MONDAY 16 AUGUST	TUESDAY 17 AUGUST	WEDNESDAY 18 AUGUST	THURSDAY 19 AUGUST	FRIDAY 20 AUGUST	SATURDAY 21 AUGUST	SUNDAY 22 AUGUST
JUST A TASTE	JUST A TASTE	ART	#NOFILTER NEEDED STUDIO SESSION	WALTON FIRS TRIP	TEKKERS @ HEATHAM HOUSE	SERVED
5 - 8 years old 12.00 - 3.00pm	5 - 8 years old 12.00 - 3.00pm	11 - 16 years old 11.00am - 1.00pm	11 - 18 year olds 11.00am - 1.00pm Meeting point: Powerstation Youth Centre	Contact Danielle for details	14 - 19 years old 1.30 - 3.30pm	8 - 13 year olds 2.00 - 4.00pm
JUST A TASTE	JUST A TASTE	FIRST AID	KEEPING IT WILD	JUNIOR CLUB		MAKATON
8 - 12 years old 3.00 - 6.00pm	8 - 12 years old 3.00 - 6.00pm	11 - 16 years old 11.00am - 1.00pm	11 - 14 years old 11.00am - 1.00pm	8 - 11 years old 4.00 - 6.00pm		11 - 19 years old 4.30 - 6.30pm
MMA		MINI OLYMPICS	MINI OLYMPICS: GOLF AND FENCING	SENIOR CLUB		
13 - 18 years old 6.00 - 8.00pm		11 - 19 years old 1.00 - 5.00pm	11 - 19 years old 1.00 - 5.00pm	11 - 19 years old 6.30 - 8.30pm		
		L.A.T.E.S	LIVEWIRE: STUDIO BOOKINGS AND DJ WORKSHOPS	TEKKERS @POWERSTATION		
		14 - 19 years old 7.30 - 9.30pm	11 - 18 years old 4.00 - 6.00pm	12 - 14 years old 6.30 - 7.30pm		
			WORK OUT	TEKKERS @POWERSTATION		
			11 - 19 years old 6.00 - 8.00pm	15 - 19 years old 7.30 - 8.30pm		

MONDAY 23 AUGUST TO SUNDAY 29 AUGUST

MONDAY 23 AUGUST	TUESDAY 24 AUGUST	WEDNESDAY 25 AUGUST	THURSDAY 26 AUGUST	FRIDAY 27 AUGUST	SATURDAY 28 AUGUST	SUNDAY 29 AUGUST
JUST A TASTE	JUST A TASTE	ART	#NOFILTER NEEDED PHOTO EDITING	KEEPING IT WILD TRIP: RICHMOND PARK SCAVENGER HUNT	TEKKERS @ HEATHAM HOUSE	SERVED
5 - 8 years old 12.00 - 3.00pm	5 - 8 years old 12.00 - 3.00pm	11 - 16 years old 11.00am - 1.00pm	11 - 18 year olds 11.00am - 1.00pm Meeting point: Vine Road recreation ground Skate Park	11 - 18 year olds 11.00am - 3.00pm Meeting point: Powerstation Youth Centre	14 - 19 years old 1.30 - 3.30pm	8 - 13 year olds 2.00 - 4.00pm
JUST A TASTE	JUST A TASTE	FIRST AID	MINI OLYMPICS: GOLF AND FENCING	JUNIOR CLUB		MAKATON
8 - 12 years old 3.00 - 6.00pm	8 - 12 years old 3.00 - 6.00pm	11 - 16 years old 11.00am - 1.00pm	11 - 19 years old 1.00 - 5.00pm	8 - 11 years old 4.00 - 6.00pm		11 - 19 years old 4.30 - 6.30pm
MMA		MINI OLYMPICS	LIVEWIRE: STUDIO BOOKINGS AND DJ WORKSHOPS	SENIOR CLUB		
13 - 18 years old 6.00 - 8.00pm		11 - 19 years old 1.00 - 5.00pm	11 - 18 years old 4.00 - 6.00pm	11 - 19 years old 6.30 - 8.30pm		
		LATES	WORK OUT	TEKKERS @POWERSTATION		
		14 - 19 years old 7.30 - 9.30pm	11 - 19 years old 6.00 - 8.00pm	12 - 14 years old 6.30 - 7.30pm		
				TEKKERS @POWERSTATION		
				15 - 19 years old 7.30 - 8.30pm		

ACTIVITIES

AMONG US

Come take part in a murder mystery in the youth centre. Take part with your friends and youth workers and work out who did it. You will be given a map of the building, tasks to complete and you can even call your own emergency meeting.

ART

Come and take part in a different art activity every week. Ranging from jewellery making, printing, tie dye, resin art and much more.

We ask that young people please wear clothes that they don't mind getting dirty. As we will try to keep everything clean however sometimes accidents happen and we don't want young people to ruin their nice clothes.

BOOST

The drop-in project for young people aged 11 to 14 year olds to socialise with young people close to their age in secondary school, take part in a wide range of activities, and help form new friendships.

FOOTBALL FESTIVAL AND GOLF DAY @ HEATHAM HOUSE

Heatham House is hosting two community sports events this summer. Football Festival will be a tournament against other youth centres and teams across Kingston and Richmond.

The golf day will be a fun tournament against other youth centres from across London in partnership with LondonYouth. Please contact Danielle Hutchinson for more information. Please bring bottles of water with you to refill and some snacks will also be available.

FIRST AID

First aid knowledge and skills are valuable. Even basic first aid knowledge can make a difference in life threatening situations. These sessions aim to give young people the knowledge and skills of first aid in case a situation occurs in their life where they may be able to help someone else.

FUEL (FEED UR EVERYDAY LIVES)

The FUEL programme aims to offer activities to all children and young people (5 to 16) who are eligible for free school meals.

Contact Danielle Hutchinson for more information as spaces have been reserved for FUEL young people.

JUNIOR CLUB

Our all-year-round after school club for young people aged 8 to 11 years old. They can take part in a wide range of activities ranging from sports, art, cooking music, dance and more.

Youth workers also get young people to take part in a group game which helps develop their social skills and make new friends. The session also aims to develop bonds and friendships amongst young people as they transition from primary to secondary school, with the aim to make this transition smoother.

JUST A TASTE

Learn to cook with the amazing 'The Kids Cookery School' who will be bringing their portable Kitchen to PowerStation.

Whilst young people are not cooking or eating they can take part in a range of physical activity such as multi-sports, dodgeball, football, basketball, etc. All sessions will include an element of nutritional education and offer at least one healthy meal per session, including provision for children with SEND or additional needs.

KEEPING IT WILD

Working in partnership with other local organisations the #KeepingItWild programme offers young people the opportunity to get involved in nature and enjoy local attractions and gardening throughout the year.

LIVEWIRE – STUDIO BOOKING

Young people can book our music studios to work on their production skills, create new tracks and record their own lyrics. The options are endless. (Studios use Logic software).

L.A.T.E.S

A weekly drop-in session on Wednesdays for young people aged 14 to 19 that provides a safe space in the evenings. Young people will have access to activities such as football, music production, basketball, hair and beauty, healthy relationship and lifestyle discussions, fitness and the gym, and more.

Young people also have the chance to speak to Youth Workers about their problems, college life, friendships, relationships, lifestyle choices, university planning, the C-Card scheme, and more.

MAKATON

Come along and learn the basics of a new language. Makaton is a unique language programme that uses symbols, signs and speech to enable people to communicate, and is now replacing traditional British and American Sign Language to create a universal approach to sign language.

MINI OLYMPICS

Come and take part in a variety of sports with our mini olympics programme. Wednesdays will be a mix of different Olympics activities, team games and more. Thursdays will focus on golf and fencing. Please bring a bottle of water with you to each session.

MIXED MARTIAL ARTS (MMA)

Come and learn mixed martial arts and self defence techniques with coaching from 'In the Bag'. Please bring a bottle of water with you to each session. Not only can MMA help improve your fitness but also teaches discipline, social skills and respect.

#NOFILTERNEEDED

Come and take part in a photography workshop, learn how to use a professional camera as well as having fun on cameras such as a GoPro and lets get snapping *shutter click*.

This summer we will have outdoor photography sessions as well as a studio at PowerStation and a photo editing session using photoshop.

SENIOR CLUB

A Friday night project for young people to take part in a range of activities and have full use of the building, including the music rooms, gym, sports hall, art room, kitchen and more. These sessions are more structured, formal activities taking place to help build young people's confidence, skill set, and abilities in activities such as the music and sport. Youth workers are also on hand to speak about young people's issues, and provide support and guidance in all they need.

SERVED

Table tennis on the weekend? Come down on Sunday, relax and socialise whilst also improving your table tennis skills. Funded by London Youth and London Sports, SERVED is the new weekend table tennis project for young people 8 to 13 years old. It provides young people with a safe space on the weekend, as well as access to youth workers at times where they traditionally wouldn't have had them before.

TEKKERS

Football training sessions with Fulham FC Foundation. Split age groups on Friday evenings and Saturdays. Please bring a bottle of water to every session to refill.

TRIPS

We have limited spaces on trips so please contact Danielle Hutchinson to ask about them. We can not guarantee everyone a space, so if you do not get a chance this summer, we will try our best to ensure you get a spot in the October half term.

WORK OUT

Come and book your one-on-one or small group fitness session with Jonah. Sessions will be tailored to you and your goals. Sessions will use a combination of gym work and sports.

HOW TO JOIN AND WHAT HAPPENS ON YOUR FIRST DAY

Due to the nature of COVID-19, we are currently running a booking system on [Event Brite \(www.eventbrite.co.uk/o/afc-powerstation-youth-centre--30671500044\)](https://www.eventbrite.co.uk/o/afc-powerstation-youth-centre--30671500044).

For FUEL events only, please message Danielle Hutchinson to get the link as this is for young people on free school meals.

Make sure to book your place before turning up to the youth centre.

Any new young people who attend the youth centre for the first time will be asked to fill in a membership form with emergency contact details etc. We ideally want a parent or guardian to fill this in for young people under the age of 16 however young people 13+ can fill in their own forms and will contact parents to check the details. Young people under the age of 13 without a membership form filled in from a parent or guardian can not remain onsite. Membership is free and sessions are free unless however wise stated.

Membership forms can be emailed to parents if requested.

Once you have booked your place and filled in a membership form you are ready to go and take part in a wide range of activities.

FOR MORE INFORMATION

Contact Danielle Hutchinson

T: 020 8288 0876

M: 07864 615077

E: danielle.hutchinson@achievingforchildren.org.uk

Powerstation Youth Centre
121a Mortlake High Street, SW14 8SN

STAY UP-TO-DATE WITH WHAT IS GOING ON IN THE YOUTH SERVICE

Follow us on social media to stay up-to-date on everything that is happening.

Instagram

@afc_powerstation

@afc_heathamhouse

@afc_whittonyouthzone

@afc_southsideyouth

@albany.outdoors

@thelighthouseproject_afc

@youth_outloud

TikTok

@afc_youthservice

Website

https://kr.afcinfo.org.uk/young_people

FUNDERS AND PARTNERSHIPS

This year's summer programme has been funded by a variety of funders and through partnership working. We would like to thank our funders and partners for helping put together this programme.

LONDON YOUTH

LONDON SPORTS

SPORTS ENGLAND

RPLC

MORTLAKE COMMUNITY ASSOCIATION

HER WITH THE CAMERA

IN THE BAG

FULHAM FC FOUNDATION

ACHIEVING FOR CHILDREN

JACK PETCHEY

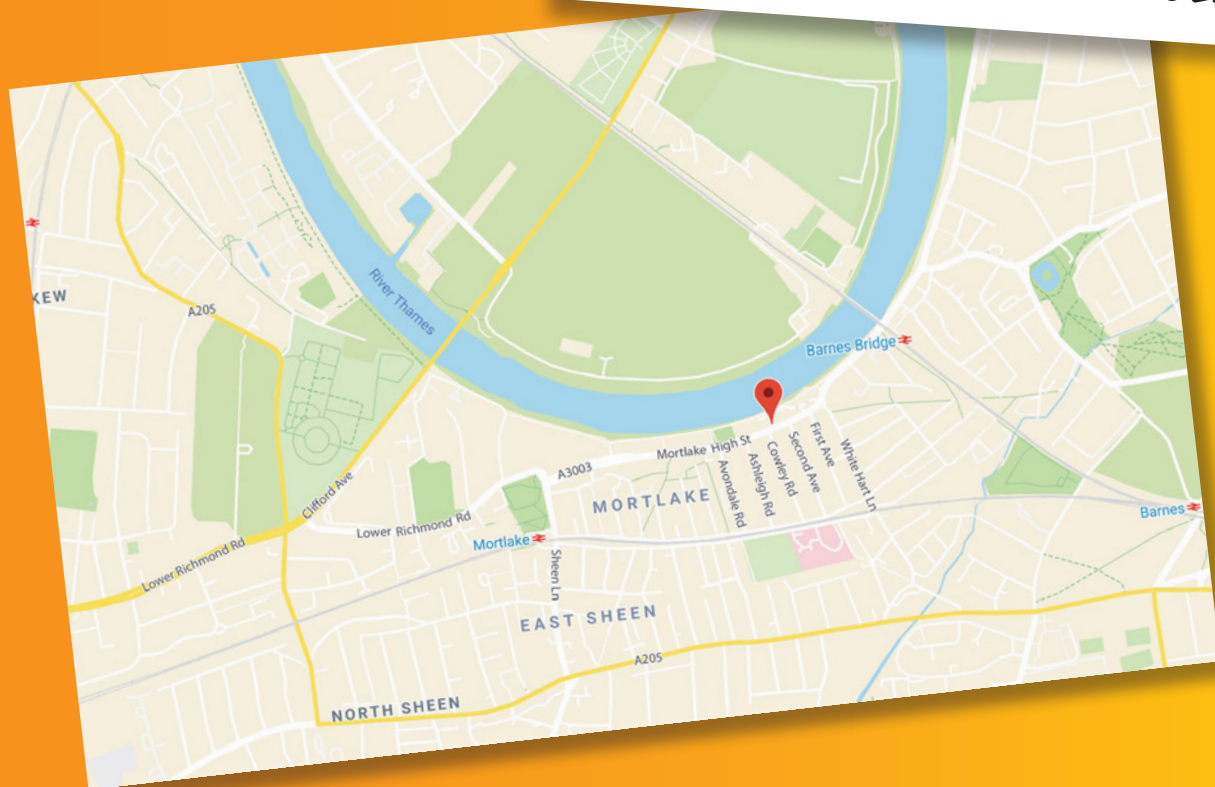
FUEL



HOW TO FIND US....



POWERSTATION YOUTH CENTRE



Nearest train stations:

Barnes Bridge (6 minutes walk)

Mortlake Station (10 minutes walk)

Nearest bus stops:

White Hart Lane (1 minute walk)

209, 378, 419, 533, 969 & N22