

HEATHAM HOUSE SUMMER PROGRAMME

FREE ACTIVITIES FOR 9 TO 19 YEAR OLDS



Heatham House, Whitton Road, Twickenham TW1 1BH



**achieving
for children**



HEATHAM HOUSE



RECORDING STUDIO AND REHEARSAL ROOM



FOOTBALL PITCH



POOL AND TABLE TENNIS



BASKETBALL



SKATE PARK



TRIPS: ARCHERY



ACTIVITY: PHOTOGRAPHY

INTRODUCTION

Heatham House has been a youth centre for over 70 years, serving generations of young people and cementing its place at the heart of the community. With fantastic facilities which include a football pitch, music studios, basketball court, art room, skatepark, performance hall and much more, it's safe to say that there's plenty to do at Heatham House for the 1,000+ young people that attend each year.

The summer programme is our most important time of year and our opportunity to show you the breadth and depth of what Heatham House and its dedicated staff team and partners can offer. This year we've got an action-packed six weeks of sports, arts, music, fun, educational and developmental based activities that are available to young people aged 9 to 19 for absolutely FREE!

The full programme can be found on the following pages and can be booked at [heathamhouse.eventbrite.com](https://www.heathamhouse.eventbrite.com). We hope to see you soon.

THE HEATHAM HOUSE TEAM

Heatham House Lead Youth Worker

E: dempsie.earles@achievingforchildren.org.uk

T: 020 8288 0950

W: [heathamhouse.eventbrite.com](https://www.heathamhouse.eventbrite.com)

ACTIVITY DESCRIPTIONS

Full descriptions of each activity can be found on our [Eventbrite booking page](#) but these descriptions should get you started.

ART

Unleash your creative side in our engaging art sessions, details of what we'll be doing in each session will be available on Eventbrite.

BREAKFAST CLUB

Start your day right with a healthy breakfast and chill out time with our youth workers before getting involved in a day of activities.

COOKING

Cook up a storm in our fun cooking classes, details of what we're cooking in each session will be available on our Eventbrite.

COSMIC MARTIAL ARTS

We've partnered with the amazing people at Cosmic to offer a limited amount of free spaces to their fantastic inclusive martial arts camp. Complete beginners are more than welcome.

DANCE

Get your dancing shoes on and come shake a leg with dance instructor Nana. Learn routines to pop, rap, R&B and afrobeat in sessions that will leave you with a smile on your face and some moves for the dancefloor.

GARMENT PRINTING

Show your t-shirt, hoody or maybe a tote bag some love and give it a new design during this session with our vinyl cutter and heat press.

GLOVE BOXERCISE

Instructed by Technogym's Coach Tom McClelland these exciting boxing and fitness classes with its very own boxing rig are the most fun you can have while wearing boxing gloves.

GRAFFITI WORKSHOP

Our friend and professional graffiti artist, OneTwoGraffiti, will introduce you to the skills needed to create your own masterpiece

HH LATES

Our Friday night sessions that have the full youth centre facilities available as well as special activities and events. More info will be available closer to each session.

JAMMING SESH

Can you play guitar, bass, keys, drums or any other instrument and want to find people to jam with or learn a song then this is the session you need in your life. Held in our downstairs rehearsal rooms, we have some instruments that can be borrowed for the session if needed.

LIGHTHOUSE PROJECT

Fun and friendly session for young people with autism and ADHD. Please speak to a member of the team before attending.

MULTI-SPORTS

Opportunity to access our fantastic outdoor facilities for some fun and sunshine. We've got footballs and basketballs but please bring a skateboard if you can.

MUSIC PRODUCTION

Sing, rap or make beats in a one-to-one or small group session with our music industry professional youth workers in our well-equipped music studios.

NATTY HEALTH

Delivered by professional personal trainer Natty Health, these small group personal training sessions are designed to kick-start your exercise programme or enhance whatever exercise you currently undertake. Fun, friendly and inclusive these sessions are for everyone no matter where you are on your health journey.

NO STRAIGHT ANSWER

Our very popular weekly session for LGBTQIA+ young people, it's an opportunity to have fun, meet new people and get advice and guidance. Please contact us for time of session.

PHOTOGRAPHY

Intro to photography sessions ran by our fave Her With the Camera, teaching you all the tips and tricks for you to capture that perfect shot

PODCAST

With a different subject each session this is your opportunity to get your opinions heard and take home a recording of your very own podcast. Details of what we'll be discussing in each session will be available on Eventbrite.

R.A.P

Group session for young people interested in making urban music.

STAY SAFE

Female safety, awareness and self-defence skills taught by our good friends at cosmic martial arts. Enjoy yourself whilst learning how to stay safe.

WEEK 1

MONDAY 19 JULY	TUESDAY 20 JULY	WEDNESDAY 21 JULY	THURSDAY 22 JULY	FRIDAY 23 JULY
MULTI-SPORTS*	MULTI-SPORTS*	MULTI-SPORTS*		MULTI-SPORTS*
12.00 to 1.00pm 1.30 to 2.30pm 3.30 to 5.30pm	12.00 to 1.00pm 1.30 to 2.30pm 3.30 to 5.30pm	12.00 to 1.00pm 1.30 to 2.30pm 3.30 to 5.30pm		12.00 to 1.00pm 1.30 to 2.30pm
MUSIC PRODUCTION	MUSIC PRODUCTION	MUSIC PRODUCTION		JAMMING SESH
11.00am to 12.30pm 1.00 to 2.30pm 3.30 to 5.00pm	11.00am to 12.30pm 1.00 to 2.30pm 3.30 to 5.00pm	11.00am to 12.30pm 1.00 to 2.30pm 3.30 to 5.00pm		11.30am to 1.30pm
COOKING	PODCAST	NATTY HEALTH		JUNIOR CLUB
3.30 to 5.00pm	3.30 to 5.00pm	2.00 to 3.00pm		3.30 to 5.30pm
DANCE UNDER-12S	TAE KWON DO	ART		NO STRAIGHT ANSWER
5.00 to 6.00pm	5.00 to 6.00pm	3.30 to 5.00pm		Contact us for a time
DANCE 12+			LIGHTHOUSE PROJECT	TAE KWON DO
6.00 to 7.00pm			6.30am to 8.30pm	5.00 to 6.00pm

*Football, basketball and skatepark

ALL ACTIVITIES SUBJECT TO CHANGE CHECK [HEATHAMHOUSE.EVENTBRITE.COM](https://www.heathamhouse.eventbrite.com)
TO BOOK AND CHECK ANY CHANGES

WEEK 2

MONDAY 26 JULY	TUESDAY 27 JULY	WEDNESDAY 28 JULY	THURSDAY 29 JULY	FRIDAY 30 JULY
BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB		BREAKFAST CLUB
9.30 to 10.30am	9.30 to 10.30am	9.30 to 10.30am		9.30 to 10.30am
MULTI-SPORTS*	MULTI-SPORTS*	MULTI-SPORTS*		FOOTBALL FESTIVAL**
10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 5.00 to 6.00pm	10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 5.00 to 6.00pm	10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 5.00 to 6.00pm		Under-13s and Under-16s six-a-side tournaments 11.00am to 6.00pm
COSMIC MARTIAL ARTS	COSMIC MARTIAL ARTS	COSMIC MARTIAL ARTS	COSMIC MARTIAL ARTS	COSMIC MARTIAL ARTS
10.00am to 2.00pm	10.00am to 2.00pm	10.00am to 2.00pm	10.00am to 2.00pm	10.00am to 2.00pm
TIE DYE T-SHIRT MAKING	MUSIC PRODUCTION	MUSIC PRODUCTION		JAMMING SESH
10.30am to 12.00pm	11.00am to 12.30pm 1.00 to 2.30pm 3.30 to 5.00pm	11.00am to 12.30pm 1.00 to 2.30pm 3.30 to 5.00pm		11.30am to 1.30pm
DANCE 8 TO 12S	COOKING	JEWELLERY MAKING		ART
2.30 to 3.45pm	12.30 to 2.00pm	12.30 to 2.00pm		12.30 to 2.00pm
DANCE 12+	DANCE 8 TO 12S	SKATEBOARD TUITION		SKATEBOARD TUITION
3.45 to 5.00pm	2.30 to 3.45pm	12.30 to 2.00pm		12.30 to 2.00pm
PODCAST	DANCE 12+	DANCE 8 TO 12S		NO STRAIGHT ANSWER
3.00 to 4.30pm	3.45 to 5.00pm	2.30 to 3.45pm		Contact us for a time
	TAE KWON DO	DANCE 12+	LIGHTHOUSE PROJECT	TAE KWON DO
	5.00 to 6.00pm	3.45 to 5.00pm	6.30 to 8.30pm	5.00 to 6.00pm

*Football, basketball and skatepark

** Years 6, 7 and 8 and Years 9, 10 and 11 six-a-side tournaments, fun challenges, table football tournament and FIFA tournament

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WEEK 3

MONDAY 2 AUGUST	TUESDAY 3 AUGUST	WEDNESDAY 4 AUGUST	THURSDAY 5 AUGUST	FRIDAY 6 AUGUST
BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB		BREAKFAST CLUB
9.30 to 10.30am	9.30 to 10.30am	9.30 to 10.30am		9.30 to 10.30am
MULTI-SPORTS*	MULTI-SPORTS*	MULTI-SPORTS*	SHORT GOLF FESTIVAL: LONDON YOUTH	MULTI-SPORTS*
10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 5.00 to 6.00pm	10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 5.00 to 6.00pm	10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 5.00 to 6.00pm	11.00am to 3.00pm	10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 4.30 to 5.30pm
MUSIC PRODUCTION	MUSIC PRODUCTION	MUSIC PRODUCTION		JAMMING SESH
11.00am to 12.30pm 1.00 to 2.30pm 3.30 to 5.00pm	11.00am to 12.30pm 1.00 to 2.30pm	11.00am to 12.30pm 1.00 to 2.30pm 3.30 to 5.00pm		11.30am to 1.30pm
GARMENT PRINTING	ART	COOKING		SKATEBOARD TUITION
10.30am to 12.00pm	12.30 to 2.00pm	12.30 to 2.00pm		12.30 to 2.00pm
GLOVE: BOXERCISE	INTRODUCTION TO DJING	INTRODUCTION TO DJING		NO STRAIGHT ANSWER
10.30 to 11.30am 12.00 to 1.00pm	12.30 to 2.00pm 2.00 to 4.00pm	12.30 to 2.00pm 2.00 to 4.00pm		Contact us for a time
DANCE 8 TO 12S	STAY SAFE	STAY SAFE		YOUTH SERVICE OFF SITE TRIP
2.00 to 3.30pm	11.30am to 1.30pm	11.30am to 1.30pm		All day
DANCE 12+	DANCE 8 TO 12S	GLOVE: BOXERCISE		TAE KWON DO
3.30 to 5.00pm	2.00 to 3.30pm	10.30 to 11.30am 12.00 to 1.00pm		5.00 to 6.00pm
PODCAST	DANCE 12+	DANCE 8 TO 12S		HH LATES
3.00 to 4.30pm	3.30 to 5.00pm	2.00 to 3.30pm		6.00 to 9.00pm
	RECORDING AND PRODUCTION	DANCE 12+	LIGHTHOUSE PROJECT	
	3.30 to 6.00pm	3.30 to 5.00pm	6.30 to 8.30pm	
	POETRY AND SPOKEN WORD			
	3.00 to 4.30pm			
	TAE KWON DO			
	5.00 to 6.00pm			

*Football, basketball and skatepark

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WEEK 4

MONDAY 9 AUGUST	TUESDAY 10 AUGUST	WEDNESDAY 11 AUGUST	THURSDAY 12 AUGUST	FRIDAY 13 AUGUST
BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB		BREAKFAST CLUB
9.30 to 10.30am	9.30 to 10.30am	9.30 to 10.30am		9.30 to 10.30am
MULTI-SPORTS*	MULTI-SPORTS*	MULTI-SPORTS*		MULTI-SPORTS*
10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 5.00 to 6.00pm	10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 5.00 to 6.00pm	10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 5.00 to 6.00pm		10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.00pm 4.30 to 5.30pm
TIE DYE T-SHIRT MAKING	GLOVE: BOXERCISE	GLOVE: BOXERCISE	RESIDENTIAL TRIP	RESIDENTIAL TRIP
10.30am to 12.00pm	10.30 to 11.30am 12.00 to 1.00pm	10.30 to 11.30am 12.00 to 1.00pm	12 to 14 August	12 to 14 August
GLOVE: BOXERCISE	INTRODUCTION TO DJING	DRAMA: TWICKENHAM YOUTH THEATRE		SKATEBOARD TUITION
10.30 to 11.30am 12.00 to 1.00pm	12.30 to 2.00pm 2.00 to 4.00pm	12.00 to 1.30pm		12.30 to 2.00pm
SKATEBOARD TUITION	DANCE 8 TO 12S	INTRODUCTION TO DJING		DRAMA: TWICKENHAM YOUTH THEATRE
12.30 to 2.00pm	2.00 to 3.30pm	12.30 to 2.00pm 2.00 to 4.00pm		12.00 to 1.30pm
DANCE 8 TO 12S	DANCE 12+	DANCE 8 TO 12S		JAMMING SESH
2.00 to 3.30pm	3.30 to 5.00pm	2.00 to 3.30pm		11.30am to 1.30pm
DANCE 12+	POETRY AND SPOKEN WORD	DANCE 12+		NO STRAIGHT ANSWER
3.30 to 5.00pm	3.00 to 4.30pm	3.30 to 5.00pm		Contact us for a time
PODCAST	RECORDING AND PRODUCTION	JEWELLERY MAKING		TAE KWON DO
3.00 to 4.30pm	3.30 to 6.00pm	3.00 to 4.30pm		5.00 to 6.00pm
	TAE KWON DO	YOUTH SERVICE OFF-SITE TRIP TO THAMES YOUNG MARINERS	LIGHTHOUSE PROJECT	HH LATES
	5.00 to 6.00pm	All day	6.30 to 8.30pm	6.00 to 9.00pm

*Football, basketball and skatepark

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WEEK 5

MONDAY 16 AUGUST	TUESDAY 17 AUGUST	WEDNESDAY 18 AUGUST	THURSDAY 19 AUGUST	FRIDAY 20 AUGUST
BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB		BREAKFAST CLUB
9.30 to 10.30am	9.30 to 10.30am	9.30 to 10.30am		9.30 to 10.30am
MULTI-SPORTS*	MULTI-SPORTS*	MULTI-SPORTS*		MULTI-SPORTS*
10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 5.00 to 6.00pm	10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 5.00 to 6.00pm	10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 5.00 to 6.00pm		10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 4.30 to 5.30pm
TIE DYE T-SHIRT MAKING	MUSIC PRODUCTION	MUSIC PRODUCTION		JAMMING SESH
10.30am to 12.00pm	11.00am to 12.30pm 1.00 to 2.30pm 3.30 to 5.00pm	11.00am to 12.30pm 1.00 to 2.30pm 3.30 to 5.00pm		11.30am to 1.30pm
SKATEBOARD TUITION	DANCE 8 TO 12S	DRAMA: TWICKENHAM YOUTH THEATRE		DRAMA: TWICKENHAM YOUTH THEATRE
12.30 to 2.00pm	2.30 to 3.30pm	12.00 to 1.30pm		12.00 to 1.30pm
DANCE 8 TO 12S	DANCE 12+	NATTY HEALTH		SKATEBOARD TUITION
2.30 to 3.30pm	3.30 to 5.00pm	2.00 to 3.00pm		12.30 to 2.00pm
DANCE 12+		DANCE 8 TO 12S		NO STRAIGHT ANSWER
3.30 to 5.00pm		2.30 to 3.30pm		Contact us for a time
		DANCE 12+		TAE KWON DO
		3.30 to 5.00pm		5.00 to 6.00pm
		JEWELLERY MAKING		HH LATES
		3.0 to 4.30pm		6.00 to 9.00pm
			LIGHTHOUSE PROJECT	YOUTH SERVICE OFF-SITE TRIP TO WALTON FIRS
			6.30 to 8.30pm	All day

*Football, basketball and skatepark

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TO BOOK AND CHECK ANY CHANGES

WEEK 6

MONDAY 23 AUGUST	TUESDAY 24 AUGUST	WEDNESDAY 25 AUGUST	THURSDAY 26 AUGUST	FRIDAY 27 AUGUST
BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB		BREAKFAST CLUB
9.30 to 10.30am	9.30 to 10.30am	9.30 to 10.30am		9.30 to 10.30am
MULTI-SPORTS*	MULTI-SPORTS*	MULTI-SPORTS*		MULTI-SPORTS*
10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 5.00 to 6.00pm	10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 5.00 to 6.00pm	10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.30pm 5.00 to 6.00pm		10.30am to 12.00pm 12.30 to 2.00pm 3.00 to 4.00pm 4.30 to 5.30pm
GARMENT PRINTING	MUSIC PRODUCTION	MUSIC PRODUCTION		JAMMING SESH
10.30am to 12.00pm	11.00am to 12.30pm 1.00 to 2.30pm 3.30 to 5.00pm	11.00am to 12.30pm 1.00 to 2.30pm 3.30 to 5.00pm		11.30am to 1.30pm
GRAFFITI WORKSHOP	GRAFFITI WORKSHOP	GRAFFITI WORKSHOP		DRAMA: TWICKENHAM YOUTH THEATRE
12.00 to 2.00pm	12.00 to 2.00pm	12.00 to 2.00pm		12.00 to 1.30pm
DANCE 8 TO 12S	DANCE 8 TO 12S	DRAMA: TWICKENHAM YOUTH THEATRE		SKATEBOARD TUITION
2.30 to 3.30pm	2.30 to 3.30pm	12.00 to 1.30pm		12.30 to 2.00pm
DANCE 12+	DANCE 12+	SKATEBOARD TUITION		NO STRAIGHT ANSWER
3.30 to 5.00pm	3.30 to 5.00pm	12.30 to 2.00pm		Contact us for a time
	TAE KWON DO	DANCE 8 TO 12S		TAE KWON DO
	5.00 to 6.00pm	2.30 to 3.30pm		5.00 to 6.00pm
		DANCE 12+	LIGHTHOUSE PROJECT	HH LATES
		3.30 to 5.00pm	6.30 to 8.30pm	6.00 to 9.00pm

*Football, basketball and skatepark

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All activities available for free at
heathamhouse.eventbrite.com

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