

Summer activities for children and young people in Hounslow

Looking for something to do this summer?
Check out our activities across the borough.



INTRODUCTION

The London Borough of Hounslow promotes a comprehensive youth and community offer for all children and young people (up to 25 years old for those who need additional support).

During the summer we provide a range of activities to help children and young people use their time constructively. The activities are fun, enjoyable, inclusive and educational. Whilst providing new experiences we also aim to develop young people socially and encourage them to become active members of their local community.



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ACTIVITIES FOR DISABLED CHILDREN THE SHORT BREAKS TEAM

There is a full summer programme for disabled children and their families in the borough, managed by the Short Breaks team. With youth clubs, sporting activities including kayaking, kids cookery sessions, trips to the seaside and many more, there is plenty for you to get involved in.

Our summer newsletter can be found on our web page www.hounslow.gov.uk/shortbreaks under 'Downloads'. **If you have any queries or would like to register your child, please call the Short Breaks team on 020 8583 3636.**



THE HOUNSLOW PLAY TEAM

Contact: Sharon Smith
on 020 8583 2920 or 07983 155 089 or
email: sharon.smith2@hounslow.gov.uk

The Play Team are offering a range of activities across the borough from Monday 30 July to Friday 24 August. All activities are free unless a cost is indicated. Due to limited places on the: ADHD Play scheme, Summer Youth Club, Tiny Tots play scheme and the fully inclusive play scheme, parents/carers **MUST** contact the Play Team in the first instance so that places can be allocated.



Stay and Play Sessions for parents/carers with children under 5 years

At Redlees Play Centre,
Worton Road, Isleworth,
TW7 6DW

Monday to Thursday
1-4pm and Friday
1-3pm

£2.20 per adult for LBH
Residents and £2.80 per
adult for out of Borough
residents

No booking required.

Fully inclusive play scheme

for children aged 5-11
years with a diagnosis
of ASD and children
aged 5-8 years from
**local mainstream
schools/area**

At Redlees Play Centre,
Worton Road, Isleworth,
TW7 6DW

Times: 9.30-12.30
Monday -Friday

Monday 30th July to
Friday 24th August

Free of charge.

Tiny Tots play scheme for children aged 18 months to 5 years with disabilities/additional needs

At Midsummer Park
Children's Centre,
Staines Road, Hounslow

Times: 9.30-12.30
Monday-Thursday

Monday 30th July to
Thursday 23rd August

Free of charge.


ADHD Play Scheme for children and young people aged 8-18 years with a diagnosis of ADHD

Various venues,
depending on activities

Monday 30th July to
Friday 24th August

Free of charge.

Family Drop in sessions

 **for parents/
carers with
children and
young people with
disabilities/additional
needs and siblings**

At Redlees Play Centre,
Worton Road, Isleworth,
TW7 6DW and
Reflections, c/o Urban
Farm, Faggs Road,
Feltham, TW14 OLZ
(alternates each week)

Sundays only.
Times: 10-2pm

No booking necessary.
Free of charge.



Summer Youth Club for young people aged 12-18 years with disabilities/additional needs

At Redlees Play Centre,
Worton Road, Isleworth,
TW7 6DW

Times: 5pm-8pm
Monday to Friday

Monday 30th July to
Friday 24th August

Free of charge.



Book your **FREE** exercise classes at www.ourparks.org.uk



TURN UP, TONE UP GET FIT FOR FREE

Exercise classes across Hounslow

HOW IT WORKS

- 1) Join free at www.ourparks.org.uk
- 2) Browse Hounslow Borough
- 3) Choose and book a class
- 4) Get Fit for Free

All classes are run by experienced, fully qualified instructors, and are suitable for a range of abilities.

Sessions open to participants aged 16+. Classes last 60 minutes from advertised start time.

CLASS	TIME	DAY	VENUE
Yoga	7pm	Wednesday	Redlees Park
Bootcamp	9am	Saturday	Redlees Park
Superhero Fitness Open to 3-5 year olds	10am	Saturday	Redlees Park
Bootcamp	9am	Sunday	Hanworth Park

PARK POSTCODES

Redlees Park, TW7 6DW

Hanworth Park, TW13 5EG

Follow us:



Working in Partnership



HOUNSLOW YOUTH COUNCIL

Make Your Mark Street Team 2018

Hounslow Youth Council are looking for volunteers to help deliver the world's biggest Youth Consultation – Make Your Mark: <http://www.ukyouthparliament.org.uk/makeyourmark/>

Contact: Stephen Hutchinson
on 07890 536 107 or
email: stephen.hutchinson@hounslow.gov.uk

Hounslow Youth Council are looking for volunteers to help deliver the world's biggest Youth Consultation – Make Your Mark: <http://www.ukyouthparliament.org.uk/makeyourmark/>

Last year, over 950,000 young people voted in Make Your Mark, setting the agenda for the UK Youth Parliament's national campaigns and demonstrating the importance of young people's voice.

This year, we want to go one better and we've set ourselves a target of 13,000 votes in Hounslow alone, hoping for 1 million nationwide.

In August this year, we need young volunteers to join the Youth Council as the Make Your Mark Street team and get the vote out in Hounslow.

We will be taking the Make Your Mark ballot to young people across the borough, on the streets, at youth projects and at schools.

Volunteers can also take part in training opportunities run by the Youth Council and there will be reward trips for those taking part.

Opportunities include:

- FREE Reward trips for volunteers chosen by young people.
- FREE accredited training opportunities
- REGISTER as a Make Your Mark Champion and win prizes.
- JOIN Hounslow Youth Council and make young people's voice heard locally.
- VOLUNTEER and learn new skills.

REMEMBER: If you can't take part in our Street Team this year, you can still vote in Make Your Mark online from August 22nd onwards at <http://www.mi-voice.com/mym/>

Date of activity:

August 2018 – for full dates see table below.

Time: 11am-4pm (some days will vary)

Cost: FREE. Age: 14-21

Food will be provided on Mondays and Fridays, all other days please bring a packed lunch.

All activities start from Hounslow Youth Centre.



TIMETABLE OF ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
13 Aug	14 Aug	15 Aug	16 Aug	17 Aug
Youth Council Training Day – Young People's Mental Health	Youth Council Training Day – Make Your Mark	Healthy Relationships project with Tender	Healthy Relationships project with Tender	Make Your Mark Reward Trip
20 Aug	21 Aug	22 Aug	23 Aug	24 Aug
Youth Council Training Day - A Public Health Approach to Knife Crime	Volunteering Day	Make Your Mark Street Team	Make Your Mark Street Team	Make Your Mark Reward Trip
27 Aug	28 Aug	29 Aug	30 Aug	31 Aug
Bank Holiday	Make Your Mark Street Team	Make Your Mark Street Team	Make Your Mark Street Team	Residential – BYC Annual Council Meeting in Cardiff

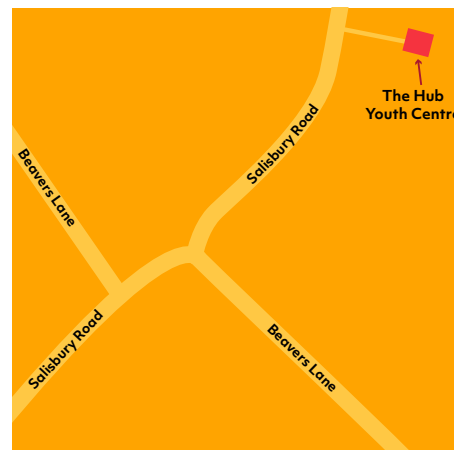
THE HUB YOUTH CENTRE

103 Salisbury Road, Hounslow
TW4 7NW

Contact: Kuldip Sandhu
on 020 8583 2853 or
email: kuldip.sandhu@hounslow.gov.uk

Please book early to avoid disappointment. Priority given to Hub & Voice members.

See also page 24 for Detached East and Central activities.



SP18 Summer Camps –Young Leaders Training

Want to volunteer, become part of a team and help devise and deliver our fun packed summer programme called SP18, and achieve an AQA qualification? **You must attend all training days & commit to 7 sessions of volunteering.**

At **The Hub**, 103 Salisbury Road, Hounslow TW4 7NW & Hounslow Youth Centre, Kingsley Road, Hounslow TW3 1QA

Open to all aged 16 – 19 (25 with disabilities).

SP18 Summer Camp – Hub Juniors

This is a 4 day summer camp filled with fun group games/exercises & Workshops and fun trips out to try new activities.

At **The Hub**, 103 Salisbury Road, Hounslow TW4 7NW
Open to all aged 8 - 11 (Primary School).



SP18 Summer Camp – Hub Seniors

This is a 4 day summer camp filled with fun group games/exercises & workshops and fun trips out to try new activities.

At **The Hub**, 103 Salisbury Road, Hounslow TW4 7NW
Open to all aged 11 - 16 (Secondary School).



SP18 Summer Camp – Voice Project

This is a 2-week summer camp filled with fun group games/exercises & Workshops and fun trips out to try new activities. **Young people must book for the full programme.**

At **Hounslow Youth Centre**, Kingsley Road, Hounslow TW3 1QA



TIMETABLE OF ACTIVITIES

Monday	Tuesday	Wednesday	Thursday
23 Jul SP18 – Young Leaders Training 12pm – 3pm	24 Jul	25 Jul SP18 – Young Leaders Training 12pm – 3pm	26 Jul SP18 – Young Leaders Training 12pm – 3pm
30 Jul SP18 – HUB Juniors Cooking Club & Evening Drop in session 3.30pm – 5.30pm 6pm-8pm	31 Jul SP18 – HUB Juniors Group Games & Art Workshop 11.30pm – 4pm	1 Aug SP18 – HUB Juniors Oxygen Trampoline Park 11.30am - 4pm	2 Aug SP18 – HUB Juniors Chessington World of Adventures 9am - 6pm
6 Aug SP18 – HUB Seniors Cooking Club & Evening Drop in session 3.30pm – 5.30pm 6pm-8pm	7 Aug SP18 – HUB Seniors Oxygen Trampoline Park 12pm - 4pm	8 Aug SP18 – HUB Seniors 11am - 4.30pm	9 Aug SP18 – HUB Thorpe Park 9am-6pm

THE HUB TIMETABLE OF ACTIVITIES (CONTD.)

Monday	Tuesday	Wednesday	Thursday
13 Aug SP18 – VOICE Registration, Games & Ice Skating 11am – 4.30pm	14 Aug SP18 – VOICE Oxygen Trampoline Park 11am - 4pm	15 Aug SP18 – VOICE Northala Fields Picnic & Kite flying 11am - 4.30pm	16 Aug SP18 – VOICE Banksy Exhibition & Sightseeing 11am - 5.30pm
20 Aug SP18 – VOICE Group Games & Art Workshop 11am – 4pm	21 Aug SP18 – VOICE Outdoor Activity Centre 8.30am - 4pm	22 Aug SP18 – VOICE Fun Day & Presentations 11am - 4.30pm	23 Aug

HOUNSLOW PHAB GROUP

Kingsley Road, Hounslow TW3 1QA

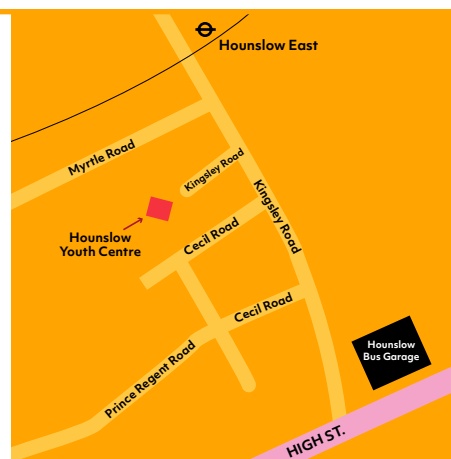
Contact: Lorna Stephens
on 020 8572 8842 or 07940 288598 or
email: lorna.stephens@hounslow.gov.uk

Hell Fire Cave's Trip
High Wycombe
Wednesday 29th August, 9-5pm

Open to members of Hounslow PHAB for young people with disabilities aged 11-25. Please contact Hounslow PHAB for details of how to become a member.

PHAB Life Skills Residential
At Dukes Barn, Derbyshire
29th July to 4th August

For PHAB members only.



Monday	Tuesday	Wednesday	Thursday	Friday
30 Jul Dukes Barn Residential	31 Jul Dukes Barn Residential	1 Aug Dukes Barn Residential	2 Aug Dukes Barn Residential	3 Aug Dukes Barn Residential
6 Aug	7 Aug	8 Aug	9 Aug Youth Club 4pm-9pm	10 Aug
13 Aug	14 Aug	15 Aug	16 Aug Youth Club 4pm-9pm	17 Aug
20 Aug	21 Aug	22 Aug	23 Aug Youth Club 4pm-9pm	24 Aug
20 Aug	21 Aug	22 Aug	23 Aug Youth Club 4pm-9pm	

YOUNG CARERS PROJECT

Hounslow Youth Centre
Kingsley Rd Car Park, Hounslow, TW3 1QA

These activities are available to young carers who are providing care, help and support to family members.

Contact: Jane Medici
on 07508 000 152 or
email: youngcarers@hounslow.gov.uk



Honeypot Holiday

A short break for young carers at a farm in Dorset. This holiday is by referral only and children must be registered as a Young Carer.

Holly Lodge

Suitable for Young Carers aged 12 and under, our visit to the Holly Lodge Centre in Richmond Park will give children an opportunity to take part in a variety of fun learning activities including drama and a visit to the nature trail

Legoland outing

This fun outing to the Legoland Windsor theme park will be suitable for Young Carers of all ages. Legoland is a child-oriented theme park with rides and attractions to stimulate children's imagination. This will be popular and booking is essential.

Theatre Outing – School of Rock

We will finish our Summer Holiday programme with a chance for Young Carers to enjoy a visit to the West End to see School of Rock, Andrew Lloyd Webber's smash hit musical comedy.

TIMETABLE OF ACTIVITIES

Monday	Tuesday	Wednesday	Thursday
6 Aug Honeypot Holiday	7 Aug All Young Carers 10am – 3pm A day of fun, crafts, cooking and visiting a local park	8 Aug	9 Aug 5 – 12 year olds 9am – 3:30pm Holly Lodge – outing with drama, crafts and Nature trail
13 Aug	14 Aug All Young Carers 10am – 3pm A day of fun, crafts, cooking and visiting a local park	15 Aug	16 Aug 5 – 16 year olds 9am – 3:30pm Legoland outing
20 Aug	21 Aug All Young Carers 10am – 3pm A day of fun, crafts, cooking and visiting a local park	22 Aug	23 Aug
27 Aug	28 Aug All Young Carers 10am – 3pm A day of fun, crafts, cooking and visiting a local park	29 Aug	30 Aug All Theatre Outing – School of Rock

Sexual Health SERVICES

for young people
aged 19 and under
across Hounslow

Services we offer

Emergency contraception (or Morning After Pill)

Can be taken up to 72 hours (3 days) after any risk of pregnancy. The earlier you take it the more effective it is likely to be. If it has been over 72 hours since the risk occurred you should still speak to someone at the young people service for advice about what to do next.

Contraception

Effectively using contraception can protect you or your partner from becoming pregnant. Contraception methods include male and female condoms and a wide range of contraceptive pills, injections, implants and coils. However, condoms are the only way to protect you from STIs and prevent pregnancy.

Sexual Health Check-up

Anyone who has sex is at risk of catching a sexually transmitted infection (STI). There are many different STIs. Sexual Health clinics offer testing and treatment for STIs. It is recommended you test either every time you change partners or once a year. If you are in a relationship, you and your partner should be tested.

Pregnancy test and termination referral

All our clinics provide pregnancy testing. You can also consider your options with a specialist nurse or health adviser and obtain a referral for termination of pregnancy or antenatal care if requested.

CONFIDENTIAL

All the young people services are confidential meaning you can tell other people about your visit but we won't, even if you are under 16. The only reason information might be passed on is to protect you or someone else from harm. This would be discussed with you first.



YOUNG PEOPLE FRIENDLY

All the staff regularly work with young people and will offer non-judgemental sexual health advice. They will also be able to provide referrals and advice on other young people's services that might interest you.



West Middlesex Hospital

Sexual Health Clinic
Twickenham House TW7 6AF
020 8321 5718 Monday 3pm-5pm

Heart of Hounslow

Sexual Health, 2nd Floor
TW13 3EL
020 8630 3295 Friday 3pm-5pm

Feltham Centre for Health

Sexual Health, 3rd Floor TW13 4GU
020 8321 5718/020 8630 3295
Wednesday 3pm-5pm

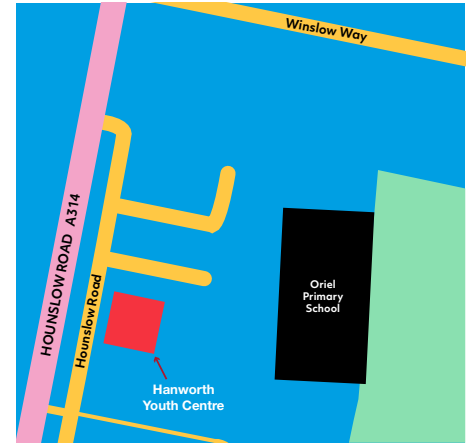
sexualhealthhounslow.org.uk

THE HANWORTH YOUTH CENTRE

64 Hounslow Road, Hanworth
TW13 6QQ

Contact: Mark Wainwright
on 020 8898 0892 or 07903 205 039 or
email: mark.wainwright@hounslow.gov.uk

Activities are free unless a cost is indicated.



Future Stars



A free club for children aged 7–13. Booking is required. Come and learn how to act, sing, perform, dance and much more. We will prepare you to perform at a spoken word competition in the October half term, building your skills and confidence to perform in front of 100+ people.

Contact: Danielle Brooks-Hutchinson
danielle.hutchinson@hounslow.gov.uk
07816 538911

T.E.A.M.



A free club for children aged 7–13. Booking is required. Together. Each. Accomplishes. More. (T.E.A.M) is a football training programme for young people to prepare for two football tournaments during the summer.

Contact: Danielle Brooks-Hutchinson
danielle.hutchinson@hounslow.gov.uk
07816 538911

Music Workshop



A free workshop for children aged 12–18. Booking is required. Whatever your passion come to the Centre and make a track. Tell your story through spoken word. Digital decks, recording microphones and an engineer is available. If you prefer acoustic production we can record that too. Limited space so please book to avoid disappointment.

Contact: Mark Wainwright
mark.wainwright@hounslow.gov.uk
07903 205 039

The Jam



A free club for young people aged 12–18. Booking is required. Football, basketball, dance mats, Xbox, table tennis, dance studio, art, pool and table tennis are some of the things that are happening at the Jam. The fun comes with some serious stuff too, C-Card and Health awareness sessions.

Contact: Mark Wainwright
mark.wainwright@hounslow.gov.uk
07903 205 039

Game Zone

Take part in a wide range of games at this free club for children aged 7–13. Booking is not required.

Contact: Danielle Brooks-Hutchinson
danielle.hutchinson@hounslow.gov.uk
07816 538911

Art



A free club for children aged 7–13. Booking is not required. Let's get creative together with a wide range of arts and crafts. (Please come in clothes you don't want to get ruined in case paint gets on you.)

Contact: Danielle Brooks-Hutchinson
danielle.hutchinson@hounslow.gov.uk
07816 538911

Thorpe Park

A free trip for children aged 12–18. Booking is required. Limited spaces available to those who are members of the Hanworth Centre. Come to London's premier theme park.

Contact: Mark Wainwright
mark.wainwright@hounslow.gov.uk
07903 205 039

The Weekender

A free club for children aged 12–18. Booking is required. Take part in sports, music production and unique workshops. Come along and see what's on offer for you!

Contact: John Hepple
John.hepple@thehyc.org
020 8898 0892

BBQ Trip

A free trip for children aged 7–13. Booking is required. Enjoy the sun and some free food with us at the local allotment (bring your own drinks in case it's too hot!)

Contact: Danielle Brooks-Hutchinson
danielle.hutchinson@hounslow.gov.uk
07816 538911

Go Karting Trip

A free club for children aged 12–18. Booking is required. Feel the need for speed try out your driving skills and your reactions at West Londons Indoor Karting circuit. Limited to 12 spaces. **Contact: Mark Wainwright**
mark.wainwright@hounslow.gov.uk
07903 205 039



Carol Heap Cup Trip

 A charity football tournament for children aged 7 – 13. Cost is £1 per player and booking is required. Represent your youth club as we go to Hogarth Youth Centre to play in the annual football tournament.
Contact: Danielle Brooks-Hutchinson
 danielle.hutchinson@hounslow.gov.uk
 07816 538911

Community Day

All ages are welcome to this free family event. Booking is not required. Come and take part in a range of activities. Children under 7 must be accompanied. Free food and drink will be provided and an inflatable outside.
Contact: Danielle Brooks-Hutchinson
 danielle.hutchinson@hounslow.gov.uk
 07816 538911

JumpGiants Trip

A free club for children aged 12–18. Booking is required. Jump around at the purpose built trampoline park. Limited to 12 spaces.
Contact: Mark Wainwright
 mark.wainwright@hounslow.gov.uk
 07903 205 039

TIMETABLE OF ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 Jul	24 Jul	25 Jul	26 Jul	27 Jul	28 Jul
Future Stars 11am – 2pm T.E.A.M 4pm– 6pm Music Workshops 7pm – 9pm The Jam 7pm – 9pm	Future Stars 11am – 2pm Game Zone 2pm – 4pm T.E.A.M 4pm– 6pm Art 4pm – 6pm	Future Stars 11am – 2pm Thorpe Park 10am – 7pm The Jam 7pm – 9pm	Future Stars 11am – 2pm T.E.A.M 4pm– 6pm	The Weekender 7.30pm– 9.30pm Watersports Trip 10am – 4pm T.E.A.M 4pm– 6pm	The Weekender 7.30pm– 9.30pm
30 Jul	31 Jul	1 Aug	2 Aug	3 Aug	4 Aug
Future Stars 11am – 2pm T.E.A.M 4pm– 6pm Music Workshops 7pm – 9pm The Jam 7pm – 9pm	Future Stars 11am – 2pm T.E.A.M 4pm– 6pm BBQ Trip 2pm – 6pm	Go Karting Trip 1pm – 5pm 7pm – 9pm The Jam (12 – 18 year olds)		The Weekender 7.30pm– 9.30pm	The Weekender 7.30pm– 9.30pm
6 Aug	7 Aug	8 Aug	9 Aug	10 Aug	11 Aug
Future Stars 11am – 2pm T.E.A.M 4pm– 6pm Music Workshops 7pm – 9pm The Jam 7pm – 9pm	Future Stars 11am – 2pm Game Zone 2pm – 4pm T.E.A.M 4pm– 6pm Art 4pm – 6pm	The Jam 7pm – 9pm 		The Weekender 7.30pm– 9.30pm	The Weekender 7.30pm– 9.30pm
13 Aug	14 Aug	15 Aug	16 Aug	17 Aug	18 Aug
Future Stars 11am – 2pm T.E.A.M 4pm– 6pm Music Workshops 7pm – 9pm The Jam 7pm – 9pm	Future Stars 11am – 2pm Game Zone 2pm – 4pm T.E.A.M 4pm– 6pm Art 4pm – 6pm	The Jam 7pm – 9pm 	Carol Heap Cup Football Tournament Trip 11am – 6pm	The Weekender 7.30–9.30pm	The Weekender 7.30pm– 9.30pm
20 Aug	21 Aug	22 Aug	23 Aug	24 Aug	25 Aug
Music Workshops 7pm – 9pm The Jam 7pm – 9pm	Community Day 3pm–6pm	Jump Giants 12pm – 4pm The Jam 7pm – 9pm			

ALLUMINAE DANCE PROJECT

Contact: Charlene Grant
on 07807 285 761 or
email: charlene.grant@hounslow.gov.uk

Dance Bootcamp at Spring West Academy

Interested in dance? You will learn variety of street dance styles from popping, commercial to dancehall Caribbean flare. From age 5+ (split into two groups). Cost: free.

Priority will be given to those who book for the whole week. Please bring a packed lunch.

Family fun day

A fun packed day of sports, performances, activities, food and much more. A time for family bonding and social interaction. The young people will organise and put together an explosive event which they hope will become an annual event.

They will put together a short routine that all ages can get involved in and run a mini dance workshop and run activities and sports on the day.



TIMETABLE OF ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 Aug	7 Aug	8 Aug	9 Aug	10 Aug	11 Aug
Dance Bootcamp 12pm – 4pm Springwest Academy	Dance Bootcamp 12pm – 4pm Springwest Academy	Dance Bootcamp 12pm – 4pm Springwest Academy	Dance Bootcamp 12pm – 4pm Springwest Academy	Dance Bootcamp 12pm – 4pm Springwest Academy	
13 Aug	14 Aug	15 Aug	16 Aug	17 Aug	18 Aug
		Family Fun Day 1pm – 6pm Springwest Academy			

THE SOUTHVILLE COMMUNITY CENTRE

Southville Road, Bedfont
TW14 8AP

Contact: Susan Peters
on 020 8583 2855 or 07438 044 412
email: susan.peters@hounslow.gov.uk



Youth club

At Southville Community Centre between 5 – 7pm for children aged 7 – 12. Normal youth club session including arts & crafts, baking, outdoor games, board games, pool and table tennis.

Top Golf

Top Golf at Addlestone. Learn how to play or improve your game. A tutor will be provided. Between 9am – 3pm for children aged 9 -12.

Go-Karting - Acton

Come and enjoy an Indoor Karting experience at Acton track between 11am – 5pm. For children aged 8 – 16.

Go-Karting - Mitcham

Come to a junior track day at Mitcham. Full training given before Go-Kart experience on the track.

Between 8am – 2pm for children aged 7 – 12

Tree Top Junior session

Have fun in the treetops at Go-Ape in Battersea Park.

Between 12noon – 6pm for children of all ages..



TIMETABLE OF ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 Jul	24 Jul	25 Jul	26 Jul	27 Jul	28 Jul
		Youth Club	Go-Karting Junior track day at Mitcham	Tree Top Junior session Go-Ape	
30 Jul	31 Jul	1 Aug	2 Aug	3 Aug	4 Aug
Top Golf At Addlestone	Go-Karting At Acton	Youth Club			

Get active in

With Euro 2016 and the Olympic Games round the corner there



Hounslow's first parkour facility in Avenue Park is great fun.



Download the free app and earn rewards for being active



Hounslow

There are lots of opportunities to be active and healthy in Hounslow



Let's get active this summer! We've done the hard work for you with this handy map which highlights just some of the great activities, many of which are FREE, for you and your family to get involved in.

From trying out a new outdoor gym, joining a popular parkrun or making a splash in one of Hounslow's pools this summer, we've got it all.

ONE YOU HOUNSLOW

To find out more about getting active in Hounslow call 020 8973 3530 or visit oneyouhounslow.org.uk

-  Our Parks Group exercise
-  Historic House hounslow.info/visit
-  Outdoor Gym
-  Health walk
-  Skate ramp
-  Parkour
-  parkrun
-  Multi Use Games Area
-  Cricket wicket
-  Play area
-  Golf
-  Tennis court
-  Swimming pool
-  Rowing
-  Leisure Centre



Outdoor Gyms are free and easy to use




Our Parks exercise classes are free

DETACHED SUMMER ACTIVITIES

Contact: Danielle Brooks-Hutchinson
on 07816 538911 or
email: danielle.hutchinson@hounslow.gov.uk



Team Cuisine



 A free club for children aged 8–14. Booking is required. Come and learn how to cook with other young people and youth workers at: FCDA, Belvedere House, Lemon Grove, Feltham, Middlesex TW13 4DH

Then on the last day you can invite family and friends to a meal which you have prepared with staff.


JumpGiants Trip

Jump with friends on the purpose built trampoline park. The park has basketball, dodgeball, gladiator and more areas. (Please bring food and drink).


Multi Sports

  A free club for children aged 11–18. Booking is required. Take part in a wide range of sports: Basketball, Dodgeball, Football, Gym, and more. At Reach Academy, 53 – 55 High Street, Feltham, TW13 4AB

Cooking

 A free club for children aged 11–18. Booking is required. Learn new cooking skills and enjoy the results of your meal afterwards with others. (If you want to take the meal home please bring a container) At Reach Academy, 53 – 55 High Street, Feltham, TW13 4AB

Art

 A free club for children aged 11–18. Booking is required. Enjoy some art with us and your friends as we get creative. At Reach Academy, 53 – 55 High Street, Feltham, TW13 4AB

Thorpe Park

This free reward trip is for the young women who recently completed their AQA accreditation in Introduction to Youth Worker. Enjoy the thrill of the rides with your friends and get to experience the excitement of some of the countries most scariest rides. Booking is required.

TIMETABLE OF ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 Jul Team Cuisine 5.30pm–7.30pm at FCDA	24 Jul	25 Jul	26 Jul	27 Jul Multi Sports 11am – 1pm Cooking 1pm – 3pm Art 3pm – 5pm All at Reach Academy	28 Jul Thorpe Park Trip
30 Jul Team Cuisine 5.30pm–7.30pm at FCDA	31 Jul	1 Aug	2 Aug	3 Aug Multi Sports 11am – 1pm Cooking 1pm – 3pm All at Reach Academy	
6 Aug Team Cuisine 5.30pm–7.30pm at FCDA	7 Aug	8 Aug	9 Aug	10 Aug	
13 Aug Team Cuisine 5.30pm–7.30pm at FCDA	14 Aug	15 Aug	16 Aug	17 Aug Multi Sports 11am – 1pm Cooking 1pm – 3pm Dance 3pm – 5pm	
20 Aug	21 Aug	22 Aug	23 Aug	24 Aug Team Cuisine parents and Friends meal 11am – 2pm at FCDA	Jump Giants Trip Meeting point at Reach Academy



HOUNSLOW VOLUNTEER POLICE CADETS

Do you want to join the Hounslow Borough Cadets in September?

From the 10th September to the end of October 2018 we will be welcoming new starters to all of our Junior and Senior cadet session that we run in Hounslow.

If you are interested, just turn up with a parent or guardian on the first week as adults are required on first attendance so we can quickly pass over some paperwork to them adults do not need to stay and are only required for the first few minutes!

Bridgelink Junior Police Cadets are run Mondays during term time

Juniors (10-13)
Bridgelink Centre (Isleworth) 5-6pm

Isleworth Police Cadets are run Wednesdays during term time

Juniors (10-13) Marlborough Primary School (Isleworth) 5-6pm

Seniors (13-19) The Green School (Isleworth) 6.30-9pm

Cranford Police Cadets are run Thursdays during term time

Juniors (10-13)
Cranford Community College (Cranford) 5pm - 6pm

Seniors (13-19)
Cranford Community College (Cranford) 6.30pm - 9pm



Further details on the Metropolitan Police Volunteer Police Cadets can also be found on <http://content.met.police.uk/Site/cadets> or should you require further information specifically about Hounslow Cadets please contact PC Andrew Pidding who is the Hounslow Volunteer Police Cadet Coordinator via email at andrew.pidding@met.police.uk



free information

ABOUT CHILDCARE, CHILDREN'S CENTRES, SCHOOLS, ACTIVITIES, FAMILY SUPPORT SERVICES AND MORE!

FOR



WITH BUMPS, BABIES, TODDLERS, CHILDREN AND YOUNG PEOPLE

**HOUNSLOW
FAMILY INFORMATION SERVICE**

fsd.hounslow.gov.uk

fis@hounslow.gov.uk

020 8583 3470

BRENTFORD FC COMMUNITY SPORTS TRUST



Contact Communities Engagement Team by email at: CE@brentfordfcst.com
or Graham Goodden on 020 8326 7036 or email: ggoodden@brentfordfcst.com

All sessions are free to attend and young people will be given a consent form to complete on arrival.

Street Sports

Venue	Age	Day	Time	Activities
Cranford Community College TW5 9PD	8-18years	Monday	5:30-7pm	Football
Brentford Tower Estate TW8 0DG	8-18years	Monday	5:30-7pm	Football/ Multi-sports
Convent Way Estate UB2 5UL	8-18years	Tuesday	6-7:30pm	Football/ Multi-sports
Benson Close Estate TW3 3QY	8-18years	Wednesday	6-7:30pm	Football/ Multi-sports
Highfields Estate TW13 4DA	8-18years	Thursday	5-6:30pm	Football/ Multi-sports
Ivy Bridge Estate TW7 7QJ	8-18years	Thursday	5-6:30pm	Football/ Multi-Sports
Brabazon Road Community Centre TW5 9LT	8-18years	Thursday	6:30-8:30pm	Youth Club
Goals Soccer Centre TW7 5DB	8-18years	Friday	5-7pm	Football
Beavers Community Primary School TW4 6HR	8-18years	Friday	5:30-7pm	Football
Cranford Community College TW5 9PD	8-18 years	Saturday	10am-12pm	Football

Premier League Kicks

Venue	Age	Day	Time	Activities
Springwest Academy TW13 7EF	9-19 years	Monday	5-7pm	Football
Springwest Academy TW13 7EF	9-19 years	Wednesday	5-6:30pm	Football

Dukes Meadows Trust

Venue	Age	Tuesday	Thursday	Activities
MUGA Market Drive, Chiswick W4 2RX	8 - 18 years	24th July 1-3pm	26th July 1-3pm	Football/ Multi-Sports
MUGA Market Drive, Chiswick W4 2RX	8 - 18 years	31st July 1-3pm	2nd August 1-3pm	Football/ Multi-Sports
MUGA Market Drive, Chiswick W4 2RX	8 - 18 years	7th August 1-3pm	9th August 1-3pm	Football/ Multi-Sports
MUGA Market Drive, Chiswick W4 2RX	8 - 18 years	14th August 1-3pm	16th August 1-3pm	Football/ Multi-Sports
MUGA Market Drive, Chiswick W4 2RX	8 - 18 years	21st August 1-3pm	23rd August 1-3pm	Football/ Multi-Sports
MUGA Market Drive, Chiswick W4 2RX	8 - 18 years	28 August 1-3pm	30th August 1-3pm	Football/ Multi-Sports

Edensor Gardens Community Funday: 4th August 2018 11-3pm

Ivy Bridge Community Funday: 15th July 12 - 4pm



HOGARTH YOUTH CENTRE

Duke Road, Chiswick W4 2JR


Contact: Denny Anthony
on 020 8747 1999 or 07939 883 937

All activities are free! Many of our sessions will provide an accreditation.

Please contact the centre directly if you need more information about any of the activities listed in the table below and overleaf.




Multi Sports

 A free club for children aged 8–13. Booking not required.

The programme will support young people to develop and enhance their skills as well as their knowledge about different types of sports.

Contact: Denny Anthony
07939 883937/020 8747 1999


Music Workshop

 A free club for children aged 11–18. Booking not required.

Young people can use the facilities to produce music tracks, mix tapes and record songs.

Contact: Denny Anthony
07939 883937/020 8747 1999


Hair and Beauty

 A free club for children aged 11–18. Booking not required.

During the sessions, young people will learn techniques such as braiding, blow drying and nail art.

Contact: Akikun Nessa 07807 286350/020 8747 1999

Circuit Training

 A free club for children aged 11–18. Booking not required. Circuit Training session will be a fun way for young people to stay active and help support a healthy lifestyle. Each week you will take part in a jammed packed training programme with lots of moves you may know and others you may learn which will include skipping, squat jacks, combination moves. The session will be tailored for all abilities.

Contact: Akikun Nessa
07807 286350/020 8747 1999

Senior Club

A free club for children aged 11–19. Booking not required. Come along to participate in various multi sports;


learn how to cook and bake. We have many facilities such as Art room, computer room table tennis, pool table and Wii games. We have a music studio for your creative skills to come into action; sing, rap or dance.

Spend the summer working with our skilled team to build or create CV and apply for part time or full time work.

Come along and take part and you will be accredited for the programme and workshops you choose.

Contact: Denny Anthony
07939 883937/020 8747 1999


Cooking

 A free club for children aged 8–13. Booking not required.

Cooking will unleash your creativity and help develop all manner of skills. Cooking sessions have many benefits such as promoting healthy eating, learning to budget, nutrition tips and helping to create a curious and positive association with food.

Contact: Akikun Nessa
07807 286350/020 8747 1999


Art

 A free club for children aged 8–13. Booking not required.

Young people take part in activities like painting, sculpting, drawing, and sticking; these are relaxing and rewarding activities that help to lower young people stress levels and make them feel calm.

Contact: Akikun Nessa
07807 286350/020 8747 1999


Tennis

 A free club for children aged 8–13. Booking not required.

Tennis is a fun, energetic sport to expand young people coordination and self-esteem. The programme will support young people to develop the correct way of hitting the Tennis ball and work on their serve, forehand, backhand, volley and drop shot.

Contact: Akikun Nessa
07807 286350/020 8747 1999

Drama

 A free club for children aged 8–13. Booking not required.

Drama is a unique tool for young people to explore and express their feelings and enhance confidence in public speaking. In the sessions young people will learn how to improvise, role play and perform poetry.



Contact: Akikun Nessa
07807 286350/020 8747 1999

Junior Club

A free club for children aged 8–11. Booking not required. Come along to participate in various multi sports group games; learn how to cook and bake. We have many facilities such as T-shirt printing/Art room, computer room and Wii games. Come along take part and you will be accredited for the programme and workshops you take part in.

Contact: Akikun Nessa
07807 286350/020 8747 1999


Intermediates

  A free club for children aged 11–14. Booking not required.

Come along to participate in various multi sports; learn how to cook and bake. We have many facilities such as Art room, computer room, table tennis, pool table and Wii games. We have a music studio for your creative skills to come into action; sing, rap or dance. Come along take part and you will be accredited for the programme and workshops you take part in.


Contact: Denny Anthony
07939 883937/020 8747 1999

Intermediates/Senior Club Cinema Trip


 Booking is required. 10 young people aged 11–18 will be attending a free Cinema trip. Young people who are interested in attending must contact Akikun below or get a parent or carer to complete a consent form.

Contact: Akikun Nessa
07807 286350/020 8747 1999

Jewellery Making Workshop/Trip

 A free event for children aged 11–19. Booking not required for the workshop but you must book for the trip. Young people will learn the history of jewellery in different cultures. They will research different types of clasps and links, design and make their own jewellery on a budget with the support of our expert team and buy the material they require from Covent Garden. Contact: Akikun Nessa 07807 286350/020 8747 1999

Junior Club Oxygen and Bowling Trips

 A free club for children aged 8–11. Booking not required. Young people will be attending a trampolining (Oxygen) and bowling trip. If you are interested in attending contact Akikun below or get a parent or carer to complete a consent form.

Contact: Akikun Nessa
07807 286350/020 8747 1999


Young People's Residential

A free residential for children aged 11–19. Booking is required. We will be taking 15 young people away for a weekend at an activity centre. They will be taking part in physical and education activities to develop and build their confidence, emotional and social skills. Contact: Denny Anthony 07939 883937/020 8747 1999

Carol Heap Cup

 For children aged 8–18. Cost is £1. Booking not required. The Carol Heap Cup is an opportunity for young people to contribute to a great cause by taking part in a football charity tournament. It is £1 to play and all proceeds go to the Rockinghorse Appeal. Contact: Denny Anthony 07939 883937/020 8747 1999

Community Arts Day

 All age groups welcome but under 5's must be supervised by a responsible adult.

TIMETABLE OF ACTIVITIES (HOGARTH YOUTH CENTRE)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 Jul	24 Jul	25 Jul	26 Jul	27 Jul	28 Jul
Multi Sports 10.30 – 12.30pm Senior Club 7pm- 9.30pm Circuit Training 7.30pm-8.30pm Hair and Beauty 7pm- 9pm Music Workshops 7pm- 9.30pm	Multi Sports 10.30 – 12.30pm Cooking 12.30am – 2pm Tennis 2pm – 4pm Art 2pm – 4pm Drama 3pm – 5pm Junior Club 3.30pm-6pm	Multi Sports 10.30 – 12.30pm Intermediates Club 5pm – 7pm Jewellery Making 5pm-7pm Hair and Beauty 7pm- 9pm Music Workshops 7pm- 9.30pm Senior Club 7pm – 9.30pm	Junior Club Trip (Off site trip - Oxygen Trampolining)		
30 Jul	31 Jul	1 Aug	2 Aug	3 Aug	4 Aug
Multi Sports 10.30 – 12.30pm Jewellery Making 5pm-7pm Hair and Beauty 7pm- 9pm Senior Club 7pm- 9.30pm Music Workshops 7pm- 9.30pm	Multi Sports 10.30 – 12.30pm Cooking 12.30am – 2pm Badminton 2pm- 4pm Art 2pm – 4pm Drama 3pm – 5pm Junior Club 3.30pm-6pm	Multi Sports 10.30 – 12.30pm Jewellery Making Trip 12.30pm-5pm Intermediates Club 5pm – 7pm Hair and Beauty 7pm- 9pm Senior Club 7pm – 9.30pm Music Workshops 7pm- 9.30pm			

TIMETABLE OF ACTIVITIES (HOGARTH YOUTH CENTRE)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 Aug	7 Aug	8 Aug	9 Aug	10 Aug	11 Aug
Multi Sports 10.30 – 12.30pm Senior Club 7pm- 9.30pm Circuit Training 7.30pm-8.30pm Hair and Beauty 7pm- 9pm Music Workshops 7pm- 9.30pm	Multi Sports 10.30 – 12.30pm Senior Club 7pm- 9.30pm Circuit Training 7.30pm-8.30pm Hair and Beauty 7pm- 9pm Music Workshops 7pm- 9.30pm	Multi Sports 10.30 – 12.30pm Intermediates Club 5pm – 7pm Jewellery Making 5pm-7pm Hair and Beauty 7pm- 9pm Senior Club 7pm- 9.30pm Music Workshops 7pm- 9.30pm	Young people Residential 15 young people	Young people Residential 15 young people	Young people Residential 15 young people
13 Aug	14 Aug	15 Aug	16 Aug	17 Aug	18 Aug
Multi Sports 10.30 – 12.30pm Senior Club 7pm- 9.30pm Circuit Training 7.30pm-8.30pm Hair and Beauty 7pm- 9pm Music Workshops 7pm- 9.30pm	Multi Sports 10.30 – 12.30pm Junior Club 3.30pm-6pm	Multi Sports 10.30 – 12.30pm Senior Club Trip Cinema 12.30pm-6pm 10 young people Intermediates Club 5pm – 7pm Jewellery Making 5pm-7pm Hair and Beauty 7pm- 9pm Senior Club 7pm- 9.30pm Music Workshops 7pm- 9.30pm	Carol Heap Cup £1 entry to play 8-18 year olds 12.30pm-6pm		
20 Aug	21 Aug	22 Aug	23 Aug	24 Aug	25 Aug
Multi Sports 10.30 – 12.30pm Senior Club 7pm- 9.30pm Circuit Training 7.30pm-8.30pm Hair and Beauty 7pm- 9pm Music Workshops 7pm- 9.30pm	Multi Sports 10.30 – 12.30pm Junior Club 3.30pm-6pm	Multi Sports 10.30 – 12.30pm Intermediates Club 5pm – 7pm Hair and Beauty 7pm- 9pm Senior Club 7pm- 9.30pm Music Workshops 7pm- 9.30pm	Community Arts Day 12.30pm-6pm Art; Drama; Face painting; Jewellery Making; Cooking and lots more fun activities Open to all age groups Under 5's to be supervised by a responsible adult		



WONDER OF WORDS AT WATERMANS: TIMETABLE OF ACTIVITIES

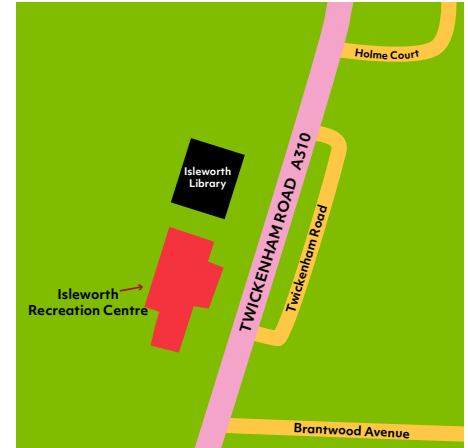
Monday	Tuesday	Wednesday	Thursday	Friday
30 Jul	31 Jul	1 Aug	2 Aug	3 Aug
	Rastamouse and Da Easy crew Ages 4-8s 11am & 3pm Meet the famous author of Rastamouse! Aerial Stories Ages 4-8s 10am & 11.45am Learn to fly in an aerial cocoon with your child Print your own Book Ages 4-8s 10am, 11am, midday Use printing techniques to create a book Aerial Stories Ages 8-12s 2pm Learn to fly in an aerial cocoon with your child	Aerial Stories Ages 12+ 2pm Learn to fly in an aerial cocoon with your child Yoga Stories For all the family. 10am, 11.45am Relax and unwind with your child in an aerial cocoon Dance Party For all the family. 11am, 12.15pm Join this outstanding South Asian dance troupe to party!	Aerial Stories Ages 4-8s 10am & 11.45am Snuggle and storytell in an aerial cocoon Aerial Stories Ages 8-12s 2pm Learn to fly in an aerial cocoon with your child	Yoga Stories For all the family. 10am, 11.45am Relax and unwind with your child in an aerial cocoon
	6 Aug	7 Aug	8 Aug	9 Aug
	Books that go Wow! Ages 8-12s 11am Make an electronic interactive book Books that go Bang! Ages 12+ 2pm Make an electronic interactive book Drama Adventure Ages 8-12s 10am & 11.45am Movement and craft inspired by poem 'The Comet'	Drama Adventure Ages 4-8s 10am, 11am, Midday Drama fun based on the book The Elephant and the Bad Baby Drama Magic Ages 8-12s 2pm Drama fun based on the book The Magic Finger Rhythm and Rhyme Ages 8-12s 12.30pm Create your own rap with leading poet and hip hop artist	Screen print a book bag Ages 4-8s 10am, 11am, midday Learn to screen print and take home a lovely bag! The Tiger who came to Tea Party Ages 4-8s 1pm - 3pm DROP IN Celebrate the 50 years of this wonderful book with fun crafts	
13 Aug	14 Aug	15 Aug	16 Aug	17 Aug
Screen print a book bag Ages 4-8s 10am, 11am, midday Learn to screen print and take home a lovely bag!	Books that go Pop! Ages 4-8s 10am, 11.30am Make an electronic interactive book	Screen printing Ages 4-8s 10am, 11am, midday Learn to screen print Heat Press Printing Ages 12+ 2pm Learn a new printing technique using metallic foiling	Words in Motion For all the family. 10am, 11.45am A wordy treasure hunt around Watermans Poetry in Motion Ages 8-12s 2pm Creative movement and dance based on poem The Shadow Boy	

SUMMER ACTIVITIES 2018

Detached East & Central

Detached East and Central are delighted to present a **FREE**, high energy programme for young people to participate in over the summer holidays. Priority will be given to referrals and young people who attend Detached East & Central projects. All other bookings will be on a reserve list which will be allocated on a first come first served basis.

Contact: Jason Chhetri on 07908 226027 or email: Jason.chhetri@hounslow.gov.uk



Meeting point/drop off:

Isleworth Leisure Centre

Twickenham Road TW7 7EU

Travel by minibus; latecomers will be left behind.

See individual activities for times of events (time may be subject to change.)

Please bring a full packed lunch and water as well as appropriate clothing and footwear. Remember to bring any medication you may need.

All activities require a Hounslow Council completed consent form. Other activities require a separate consent form** – see description for more details.

Please note some activities are subject to medical clearance*. If you do not follow the activity information your child may not be able to participate.



Junior Week 8 – 13 yrs

Oakwood Youth Challenge – Wokingham

This is an outdoor activity centre where young people will be taking part in climbing challenges.

Session will be led by trained professionals. Sportswear & trainers must be worn, tracksuit bottoms and leggings are preferred. Hairstyle must accommodate helmet.

**Additional consent form required

Kidzania – Westfield

Don't forget your kidZos!!! Young people will be taking part in running their own indoor city and sampling several jobs and careers. This trip is designed for young people to learn responsibility whilst having fun! Leggings, shorts or tracksuit bottoms and flat shoes or trainers must be worn.

Go Karting - Acton

Young people are given the opportunity to experience healthy competition and learn the rules of driving – This activity is fast paced and fun. Find out your fastest lap time! Sportswear must be worn. Hairstyle must accommodate helmet. Trainers must be worn.

*Medical clearance may be required.

Senior Week 13 – 19 yrs

Military Assault Course – Henford Lakes

Are you brave enough and are you tough enough? This course will push you to your limits - assault course includes: cargo nets, mud and water. If you are a team player and ready to take on this course, then come along. You will need to wear clothes and shoes that can be thrown away. You will also need a change of clean clothes, a towel, shower gel and shampoo!

*Medical clearance required.

**Additional consent form required

Indoor Skydiving - Milton Keynes

Fly high with this amazing experience, young people will find out what it feels like to jump out of a plane in a safe environment. If you want to know what it feels like to fly – then this is the activity for you. Young people must wear sportswear and fully laced up trainers.

*Medical clearance required

*Additional consent form required.

Go Karting - Surbiton

Test your driving skills on this outdoor track. Want to compete for pole position? Want to get to the chequered flag in first place? Join this day out for some F1 style fun. Sportswear must be worn. Hairstyle must accommodate helmet. Trainers must be worn.

* Medical clearance may be required.

* Additional consent form required

Mixed Week - Junior, Inters & Seniors 11 – 18 yrs

Oxygen Free jumping – Acton

How high can you jump? Bounce around the new activities at the trampoline park. Get active and challenge yourself to reach new heights. Sportswear must be worn, leggings, shorts, tracksuit bottoms.

NO Jewellery.

Jump socks will be provided

* additional consent form required.

Lion King (The Musical) Lyceum Theatre

“Hakuna Matata”. Come and watch this award winning West End production of Disney’s Lion King, guaranteed to entertain and inspire you. Young people can bring some spending money.

Go Karting - Acton

Young people are given the opportunity to experience healthy competition and learn the rules of driving – This activity is fast paced and fun. Find out your fastest lap time! Sportswear must be worn. Hairstyle must accommodate helmet. Trainers must be worn.

*Medical clearance may be required.

TIMETABLE OF ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
Junior Week 8 – 13 yrs				
30 Jul	31 Jul	1 Aug	2 Aug	3 Aug
	Oakwood Youth Challenge	Kidzania	Go Karting - Acton	
Senior Week 13 – 19 yrs				
6 Aug	7 Aug	8 Aug	9 Aug	10 Aug
	Military Assault Course	Indoor Sky Diving	Go Karting	
Mixed Week 11 – 18 yrs				
13 Aug	14 Aug	15 Aug	16 Aug	17 Aug
	Oxygen freejumping	Lion King	Go Karting – Acton	

YOUNG HOUNSLOW WEBSITE FOR YOUNG PEOPLE LAUNCHED

Sometimes it may be difficult for children and young people to cope and they may not know where to turn.

Hounslow Council has improved the way in which children and young people can access support services, by launching an online information portal that will provide them with a range of advice and support.

Not only is the website for children and you people, it also provides information for parents, carers and professionals. Young Hounslow has information about activities for young people, opportunities to volunteer as well as how to get involved with the Youth Council.

Young Hounslow aims to:

- Empower young people by providing information to help them to help themselves

- Signpost children and young people and their families to the right services
- Provide a go-to resource for parents and carers to support their understanding of services available
- Offer advice and support to prevent issues such as mental health, substance misuse and provide education and learning advice and support
- Help with early identification so children and young people are supported as soon as problems arise to prevent more serious problems developing

- Provide information about arts, music and open access activities

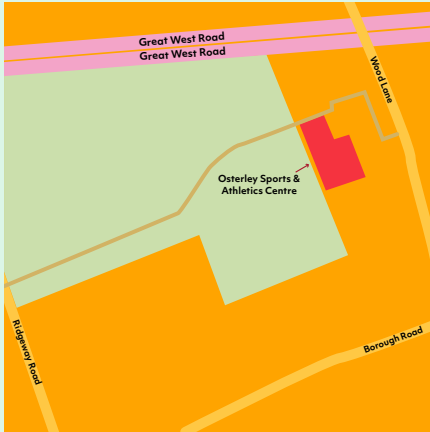
We also want children and young people to feel comfortable tackling topics that concern them the most such as; puberty, relationships, alcohol, self-harm, smoking, contraceptive choices, drugs, body confidence, peer pressure and mental health.

To find out more about Young Hounslow visit

www.younghounslow.info



WHY NOT VISIT YOUR LOCAL LEISURE CENTRE TO SEE WHAT IS ON OFFER DURING THE SUMMER HOLIDAY!



Osterley Sports & Athletics Centre

120 Wood Lane, Isleworth
TW7 5FF

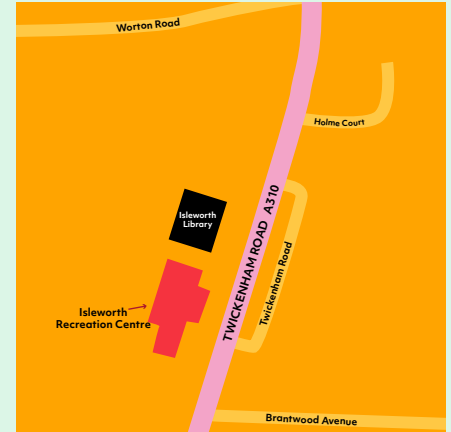
Tel: 0345 456 6675 (Option 6)
<http://www.fusion-lifestyle.com>



Hanworth Air Park Leisure Centre & Library

Uxbridge Road, Hanworth,
Middlesex, TW13 5EG

Tel: 0345 456 6675 (Option 2)
<http://www.fusion-lifestyle.com>



Isleworth Leisure Centre & Library

Twickenham Road, Isleworth,
London, TW7 7EU

Tel: 0345 456 6675 (Option 4)
<http://www.fusion-lifestyle.com>



New Chiswick Pool

Edensor Road, Chiswick
London, W4 2RG

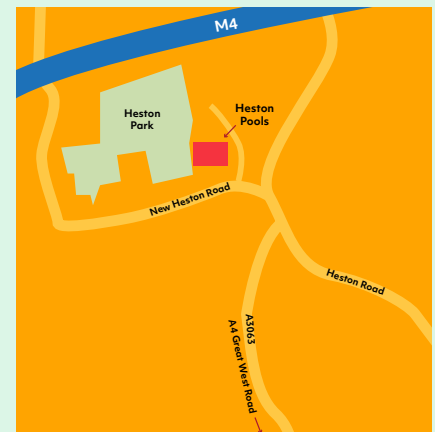
Tel: 0345 456 6675 (Option 5)
<http://www.fusion-lifestyle.com>



Brentford Fountain Leisure Centre

658 Chiswick High Road,
Brentford TW8 0HJ

Tel: 0345 456 6675 (Option 1)
<http://www.fusion-lifestyle.com>



Heston Pool & Fitness

New Heston Road, Heston,
Hounslow, TW5 0LW

Tel: 0345 456 6675 (Option 3)
<http://www.fusion-lifestyle.com>

Fusion Lifestyle is a highly experienced sports and leisure management organisation who works in partnership with Hounslow Council to provide recreational sport, health and fitness activities to the local community. Please visit your local leisure centre to see what is on offer during the summer holiday!



IS THIS YOU?

You are friends
with people
older than you

Your boyfriend or girlfriend
wants you to do things that
don't feel right

You stay out late,
sometimes all night

You don't always
go to school

You don't have
anyone to talk to

You spend a lot of time online
with people you've never met

You use drugs or alcohol

You feel pressured
into having sex

If you answer yes
to more than two of
these, you might want
to talk to someone.

Have you heard of sexual exploitation?

Sexual exploitation can happen to anyone.
If you want some advice, or are worried about
yourself or someone else, contact Protect and
Respect so we can help you work it out.

NSPCC Service Centre
Alexandra Ciardi House
7 - 8, Greenland Place
London NW1 0AP
Tel: 020 3772 9905



TERMS AND CONDITIONS

- Please note places are not guaranteed for trips/ activities
- Trips will be booked on a first come, first served basis at the discretion of the respective youth centre/organisation
- Transport will be provided for some external trips where listed but you are expected to make your own way to and from the sessions with each organisation holding no responsibility for anything that happens away from sessions.
- Membership/consent forms must be completed with the relevant youth group for their activities where applicable.
- Where appropriate, staff with a valid emergency first aid certificate on site will administer any emergency medical treatment, including signing a consent form where medical services are required.
- You acknowledge that members of staff are only responsible for participants whilst they are attending the session/activity. However, young people are free to come and go as they please during sessions, and staff cannot be held responsible for their welfare once they have left the site.
- No liability will be held in respect of any loss or damage to persons or property whilst in attendance on the applied sessions, and that the members of staff may reserve the right to refuse admission.

Rules of Respect: participants agree to make every effort to make these sessions fun and enjoyable by:

- Avoiding racist, sexist or abusive language or behaviour
- Not smoking or spitting during or around sessions
- Respecting the rules of the centre/organisation and sessions
- Not participating under the influence of drugs or alcohol
- Respecting all members of staff and each other

For further details on summer activities taking place other than at council venues please visit The London Borough of Hounslow Family Service Directory via the web address <http://fsd.hounslow.gov.uk>