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.

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 ‘Downloadable Documents’. 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
Tel: 020 8583 2920 or 07983 155 089

The Play Team are offering a range of activities across the borough from Monday 31 July to Friday 25 August. All activities are free unless a cost is indicated.

Estate Play
An inclusive play scheme across the borough with indoor and outdoor activities, sports, games and arts & crafts on Mondays to Fridays as follows:

- **Mon:** Clayponds Community Centre
- **Tues:** Hanworth Youth Centre
- **Weds:** Mission Hall, Brentford
- **Thurs:** Bridgelink Centre, Ivybridge
- **Fri:** Belvedere House, Feltham

**Hours:** 11-3pm
**Ages:** 5-11 (under 5’s can attend but must be accompanied by a parent/carer)

ADHD Play Scheme
A mobile play scheme for children with ADHD – spaces must be pre-booked. Various activities across the borough. Age range 9-16 years. Monday to Friday for 4 weeks. Scheme times vary depending on activity.

Redlees Play Scheme
A fully inclusive play scheme with indoor and outdoor activities, sports, games and arts & crafts for children aged 5-11 with a diagnosis of ASD and children from local mainstream schools aged 5-8 years. Monday to Friday, 9.30am-12.30pm for 4 weeks.

Reflections Play Scheme
A play scheme for children and young people aged 5-18 years with severe and complex disabilities. Children and young people can only attend this play scheme if they are referred by SWTCD. Monday to Friday, 10am-4pm for 4 weeks.

Tiny Tots Play Scheme
Midsummer Park Children’s Centre, 292 Staines Road, Hounslow, TW4 5BA. A play scheme for children with severe and complex disabilities aged 18 months to 5 years. Monday to Thursday, 9.30am -12.30pm for 4 weeks. Access by referral only.

Summer Youth Club
A youth club for young people aged 11-18 years with additional needs/disabilities. Indoor and outdoor activities are provided as well as sports, games and arts and crafts. Monday to Friday, 5pm-8pm for 4 weeks.
Citizenship and Participation

Make Your Mark Street Team 2017

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 10,000 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 events like the London Mela.

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 – from bowling to museums.
- 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.

For more information get in touch with Stephen at Hounslow Youth Centre on 07890 536 107 or email stephen.hutchinson@hounslow.gov.uk

REMEMBER: If you can’t take part in our Street Team this year, you can still vote in Make Your Mark online from August 15 onwards at http://www.mi-voice.com/mym/

All activities start from, Hounslow Youth Centre, Kingsley Road, Hounslow TW3 1QA

Cost: Free
Ages: 14-21

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

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<td>Accredited training day led by Hounslow Youth Council 11-4pm</td>
<td>Make Your Mark Introduction and training for volunteers 11-4pm</td>
<td>Make Your Mark Street Team 11am-4pm</td>
<td>Make Your Mark Street Team 11am-4pm</td>
<td>Make Your Mark Street Team Reward Trip (Bowling at Feltham) 11am-3pm</td>
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<td>Accredited training day led by Hounslow Youth Council 11-4pm</td>
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<td>Make Your Mark Street Team 11am-4pm</td>
<td>Make Your Mark Street Team Reward Trip (London Museums)</td>
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<td>31 Aug</td>
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<td>Bank Holiday</td>
<td>Make Your Mark Street Team 11am-4pm</td>
<td>Make Your Mark Street Team 11am-4pm</td>
<td>Make Your Mark Street Team/Get Lost In London Trip 11-4pm</td>
<td>Make Your Mark End-of-summer review and reward trip (theatre)</td>
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Youth Activities Summer 2017

Central Area

The Hub Youth Centre
103 Salisbury Road, Hounslow TW4 7NW

To book, email: kuldip.sandhu@hounslow.gov.uk or phone 020 8583 2853 or 07939 314 220.

Please book early to avoid disappointment.

See also page 18 for Detached Central activities.

Young Leaders Training

Want to volunteer, become part of a team and help design and deliver our fun packed summer programme called SP17. Get an AQA qualification. You must attend all training days.

This training is open to all young people aged: 16-19 (25 with disabilities).

Email booking at kuldip.sandhu@hounslow.gov.uk or phone 020 8583 2853.

SP17 Summer Camp Hub Juniors

This is a 1 week summer camp for all children aged 8-11 years, filled with fun group games/exercises and workshops as well as fun trips out to try new activities. You must book on for the full 1 week programme.

Email booking at kuldip.sandhu@hounslow.gov.uk or phone 020 8583 2853.

SP17 Summer Camp Hub Seniors

Fun team games & trips out to try new activities and challenges for older teens aged 11-16 years. You must book on for the full 1 week programme.

Email booking at kuldip.sandhu@hounslow.gov.uk or phone 020 8583 2853.

Timetable of activities

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<th>Monday</th>
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<td>Young Leaders Training 12pm – 3pm</td>
<td>Young Leaders Training 12pm – 3pm</td>
<td>Young Leaders Training 12pm – 3pm</td>
<td>Young leaders &amp; staff team building bowling activity &amp; training evaluation 6-10pm</td>
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<td>31 Jul</td>
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<tr>
<td>SP17 Hub Juniors 10am – 4.30pm Registration/fun group games/exercises &amp; ice skating</td>
<td>SP17 Hub Juniors 11am – 4.30pm Fun group games/exercises &amp; workshops – art/dance/lyric writing/photography</td>
<td>SP17 Hub Juniors 11am – 4.30pm Fun group games/exercises &amp; workshops – art/dance/lyric writing/photography</td>
<td>SP17 Hub Juniors 11am – 5pm Westway Climbing – come and have a go on indoor climbing walls with different walls for different challenges from beginners to experts!</td>
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<tr>
<td>SP17 Hub Seniors 11.30am – 4pm Fun team games/exercises &amp; team bowling trip</td>
<td>SP17 Hub Seniors 11.30am – 4.30pm Fun team games/exercises &amp; Osterley Park picnic and games</td>
<td>SP17 Hub Seniors 8.30am – 5pm Team trip – Sledging at Snowzone Milton Keynes</td>
<td>SP17 Hub Seniors 9am – 6pm End of summer camp trip to Thorpe Park</td>
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</table>
Hounslow Youth Centre
Kingsley Road, Hounslow TW3 1QA

SP17 Summer Camp
Fun team games and trips out to try new activities and challenges for the older teens aged 11-16 years. You must book on for the full 2 week programme.

To book phone 020 8583 2853 or email kuldip.sandhu@hounslow.gov.uk

Please book early to avoid disappointment.

See also page 18 for Detached Central activities.

Timetable of activities

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<td>SP17 Summer Camp 10am-5pm</td>
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<td>SP17 Summer Camp 10.30am-4pm</td>
<td>SP17 Summer Camp 10am-5pm</td>
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<tr>
<td>Registration/fun group games/exercises &amp; ice skating</td>
<td>Trip - Oxygen Acton</td>
<td>Fun team games/exercises &amp; Osterley Park picnic and games</td>
<td>Get Lost in London Graffiti Art trail</td>
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<tr>
<td>SP17 Summer Camp 10.30am-4pm</td>
<td>SP17 Summer Camp 11am-5pm</td>
<td>Northolt Hills Picnic &amp; Kite flying</td>
<td>SP17 Summer Camp 11am-5pm</td>
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<tr>
<td>Fun group games/exercises &amp; workshops – art/dance/lyric writing/photography</td>
<td>Fun group games/exercises &amp; workshops – art/dance/lyric writing/photography</td>
<td>Community fun day, party &amp; presentations</td>
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Hounslow PHAB Group

All activities start from Hounslow Youth Centre:

**Railway Children Theatre Trip**
Theatre trip to Richmond Theatre to see The Railway Children on Thursday 31 August, 5pm – 11pm.
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.

For more information about Hounslow PHAB’s activities for children and young people all year round, please get in touch on 020 8572 8842.

**Sno-tubing**
Sno-tubing at John Nike Leisuresport Complex, Bracknell followed by barbeque at Hounslow Youth Centre.
**Thursday 24 August, 10am – 7pm.**
Open to members of Hounslow PHAB for young people with disabilities aged 11-25.

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**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.

**Contraception**
Effectively using contraception can protect you or your partner from becoming pregnant.

**Sexual Health Check-up**
Sexual Health clinics offer testing and treatment for sexually transmitted diseases (STIs).

**Pregnancy test and termination referral**
All our clinics provide pregnancy testing. You can also consider your options with a specialist nurse or health adviser.

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**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.

Activities are free unless a cost is indicated.

The Jam
Football, basketball, dance mats, Xbox, table tennis, dance studio, art, DJing, decks room – make some beats or some street poetry – these are some of the things that are happening at the Jam. For 12-19yrs (up to 24 for those with learning or physical disabilities). Cost: Free. Booking is not required. Contact: Mark Wainwright 07903 205 039.

Fun Zone
A mixture of play and youth work which offers; fun games, sports, art, cooking, indoor games, dancing, circus skills, music making and adventure trips in the holidays. For 7-11yrs. Contact: Danielle Hutchinson 07816 538 911.

The Weekender
Weekend activities which include recreational and sports sessions, independent living skills and advice, support, guidance and advocacy. For 12-19yrs (up to 24 for those with learning or physical disabilities). Session is free and no booking is required. Contact: John Hepple 020 8898 0892.

Anti-Bullying Community Day and BBQ Trip
Come and take part in a range of workshops and gain information about the effects bullying can have and how to deal with bullying. After the workshops, we will go down to our allotment and have a community BBQ in order to create community cohesion and enjoy some wonderful sun and food. Contact: Danielle Hutchinson 07816 538 911.

Multi Sports
Come and take part in a range of multi sports with friends and youth workers. Our special coach will help you develop skills in a range sports and help improve your physical fitness in a fun way. For young people aged 7-13 years old. Contact: Danielle Hutchinson 07816 538 911.

White Water Rafting
Experience the rapids at the Lee Valley Olympic Water Park. Limited spaces, children must be able to swim and be confident in water Ages 14-19. Limited to 10 spaces. Contact: Mark Wainwright 07903 205 039.

Carol Heap Cup
Come and play against other young people from across the borough in this charity football tournament at Hogarth Youth Centre. For 7-12 year olds. £1 per person. Limited spaces and consent form required. Contact: Danielle Hutchinson 07816 538 911.

NCS
Come and take part in youth led projects from the National Citizen’s Service. Where young people will deliver photography workshops, sports programmes and media training. Cost: Free. For ages 7-12. Contact: Danielle Hutchinson 07816 538 911.

BBQ Trip
Join us, as we take you to our allotment to see our bee’s, chickens and a wide variety of fruit and vegetables. We will also enjoy some food as we cook and eat together. Contact: Danielle Hutchinson 07816 538 911.

Mash-up Memoirs
Join bestselling writers, performance artists and rappers for an exciting writing project where you will write about your life using a mash-up of creative writing, rap and poetry. Stories will be published in a book that will be edited and published by Vanguard Editions publishing company. Vanguard Editions is run by Richard Skinner, Fiction Programme Director of the famous Faber Academy writing school which has produced some of the country’s best-selling authors, such as SJ Watson (Before She Goes to Sleep). If you have a story to tell and want to be a published author join the weekly sessions. Everyone has a story to tell and we’ll help you to tell it. Don’t worry if your writing skills, grammar or spelling are not great. It’s all about your creativity and imagination. Contact: Danielle Hutchinson 07816 538 911.
**Water Sports Trip**
Come and take part in a day full of sailing, kayaking and windsurfing. We are able to offer 13 young people a spot on the trip; all activities are led by fully qualified staff at the Docklands Sailing and Watersports Centre. Contact: Danielle Hutchinson 07816 538 911.

**Photography Trips**
Use your critical eye and take wildlife photographs with our trained team at Bushy Park and Hampton Court Palace. Please bring your Oyster Card. Limited spaces, six persons per session. Contact Mark Wainwright: 07903 205 039.

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### Timetable of activities

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<td>Bournemouth Trip</td>
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<td>Photography</td>
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<td>Carol Heap Cup Trip</td>
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<td>Hampton Court</td>
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<td>Creative Writing</td>
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<td>NCS Media/Creative Writing</td>
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<td>Multi Sports</td>
<td>Anti Bullying</td>
<td>The Weekender</td>
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<td>Bushy Park</td>
<td>3pm – 5pm</td>
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<td>Community Day/BBQ Trip</td>
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The Southville Community Centre

Southville Road, Bedfont TW14 8AP

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

Jump Giants
Jump Giants Trampoline Parks are cutting-edge indoor entertainment, fitness and sports facilities.
Offering fun for the entire family, our parks combined offer 118,000 square feet of jumping surfaces, foam pits with launch pads, extreme dodgeball courts, slam dunk basketball, junior jump zones, ninja courts and battle beams.

Available for all the family. For ages 8-14 years.

Jump Giants Trampoline Park
Unit 2 Coln Industrial Estate, Old Bath Road, Slough, West Berkshire SL3 0NJ

Go Karting
A free club for children aged 8-14. Booking is required.
Race in a multi-level karting experience at one of the fastest courses in the country.
Contact: Susan Peters on 020 8583 2855 or email susan.peters@hounslow.gov.uk

Timetable of activities

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<td>10am – 1 pm</td>
<td>Tenpin Bowling Feltham 10am – 3pm</td>
<td>Jump Giants 10am – 3pm</td>
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<td>Arts</td>
<td>2 games plus food package</td>
<td>Trampolining fitness</td>
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<td>Crafts</td>
<td>10 young people</td>
<td>and fun</td>
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<td>Sports activities</td>
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<td>10 young people</td>
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Young Carers Project – Southville Community Centre

These activities are only available to young carers who are providing care, and giving help, practically and emotionally to family members. You can call, text or email to reserve your place, to get your name on the list by contacting Jane below.

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

Tale be Told
This is your chance to take part in an exciting theatre production - writing, directing and performing a play about being a young carer, supported by professional actors and culminating in a live performance at Hounslow Arts Centre. Ages 10-16 only.

Media and Enterprise Days
At West Thames College for children age. 8-16 years. You need to book and bring a packed lunch.

Samba based percussion music
Music making activity for young carers aged 8-16, led by young volunteers from the National Citizen Service.

Hobbledown Farm
Trip to a Family farm attraction with costumed characters, wooden play areas, a play barn and a picnic area.

Rock Box
Crazy climbing wall fun for ages 5 and up at the Guildford Spectrum centre.

Holiday Club
We also have a number of places available at the Reach Academy Holiday Club, featuring a wide variety of activities including sports, music and cooking and on a break run by the Honeypot Children’s Charity, please get in touch for more details.

Timetable of activities

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<td>Young Carers Activity Groups at Southville Centre</td>
<td>Wisley Gardens</td>
<td>Natural History Museum</td>
<td>Media and Enterprise Days</td>
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<td>2-5pm, 5-12 years old</td>
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<td>Young Carers Activity Groups at Southville Centre</td>
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Alluminae Dance Project

Contact: Charlene Grant on 07807 285 761 for more details of these events or email charlene.grant@hounslow.gov.uk

Alluminae Summer Vibes Dance Show
Come and experience a creative dance show by young people. £6 Adults £4 children. A night not to be missed. At Watermans Arts Centre, 7–9.30pm. Book tickets direct from Watermans Arts Centre at £6 adults, £4 children.

Street Dance Weekender
By Scariofunk featuring ‘Da Clash Down Competition’ & ‘Can’t touch this street dance battles’. Exciting street dance competition in Battersea. 11am-7pm. Cost: £5. At Harris Academy, Dagnall Street, Battersea SW11 5DN.

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: £2 per day. Priority will be given to those who book for the whole week. Please bring a packed lunch.

Contemporary Dance Class at Spring West Academy
Come learn contemporary dance skills. Cost: £1.

Love Heritage Festival
A family and community event at Spring West Academy featuring family fun, outdoor arts, dance, sports, fashion show, face painting, 5-a-side football tournament, food and more. Alluminae performing. £5 entry for those aged 16+.

Dance Video Creation
Two-day workshop at Spring West Academy, to create your own dance video. You will choose concept, music and be guided in movement choreography. This will then be edited into a Dance video. You must attend both days. £3 deposit refundable on the last day.

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12 | Youth Activities Summer 2017
GIRLS ONLY
AGED 5 TO 14 YEARS OLD
PLAYERS OF ALL ABILITIES CATERED FOR

Soccer schools is supported by:

SPORT
Move and Learn Project

BRENTFORD FC
COMMUNITY SPORTS TRUST

VENUE DETAILS
Goals Soccer Centre
MacFarlane Lane, Osterley,
Hounslow - TW7 5DB

Girls only camps:
Wed 2, 16 & 30 August
10am to 3pm

PRICES STARTING FROM
£15 per day*

*Based on Summer Season ticket

For more information, please email:
soccerschools@brentfordfccst.com
or call 0644 247 1889

BOOK ONLINE
brentfordfccst.com
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.

**Junior Club**
A free club for children aged 8-11. No booking required.
Come along to participate in various multi sports and group games; as well as learning how to cook and bake. We have t-shirt printing/art room, computer room and Wii games.

**Junior Club Trips**
The Junior Club is offering free trips to go ice skating and to go to the London Dungeon for children aged 8-11. Booking is required.

**Intermediates Club**
A free club for children aged 11-14. No booking required.
Come along to participate in multi sports; learn how to cook and bake. We have an art room, computer room, table tennis, pool table and Wii games.
Contact Denny Anthony 07939 883 937/020 8747 1999.

**Senior Club**
Come along to participate in multi sports; learn how to cook and bake. We have art room, computer room, table tennis, pool table and Wii games as well as a music studio for your creative skills: sing, rap or dance.
Contact Denny Anthony 07939 883 937/020 8747 1999.

**Community Car Wash**
Community car wash will be an opportunity for young people to raise money for ERASE foundation which is charity based in Gambia.
Contact Denny Anthony 07939 883 937/020 8747 1999.

**Youth Fit Dance**
A free club for children aged 8-13. No booking required.

**Youth Fit Basketball**
A free club for children aged 8-13. No booking required.

**Cooking**
A free club for children aged 8-13. No booking required.

**Hair and Beauty**
Come and learn hair and beauty techniques to use on yourself and others.

**Art**
A free club for children aged 8-13. No booking required.
Come and take part in arts and crafts with friends and youth workers.

**Music Production**
A free club for children aged 11–19. No booking required.
Young people can use the facilities to produce music tracks, mix tapes and record songs.
Contact Denny Anthony 07939 883 937/ 020 8747 1999.

**Drama**
In drama sessions young people will learn how to improvise, role play and perform poetry. Drama sessions are between 2-4pm for 8 years to 13 and 7-9pm for 11-19 year olds.

**Carol Heap Cup**
Booking is not required. The Carol Heap cup is a charity football tournament against other young people and teams.
Contact Denny Anthony 07939 883 937/ 020 8747 1999.
### Community Arts Day
A free club for children of all ages. No booking required. Young people will enjoy arts and crafts on the day ranging from t-shirt making to biscuit decorating, jewellery making, getting your face painted, dance and many more activities. Bring some money for food, drink and fundraising games. **Contact Denny Anthony 07939 883 937/020 8747 1999.**

### Young People’s Residential
We will be taking 15 young people aged 11-19 away for a free weekend at an activity centre. They will be taking part in all types of physical and educational activities. Consent and membership form required. **Contact Denny Anthony 07939 883 937/020 8747 1999.**

### Young Women’s Session
A free club for young women aged 11-19. No booking required. Sessions will include learning about hygiene, sexual health/exploitation and looking at relationships and how to be safe online. **Contact: Akikun Nessa 07807 286 350/020 8747 1999.**

### Young Men’s Session
A free club for young men aged 11-19. No booking required. Young men’s session will consist of learning about hygiene, sexual health, gang culture and how to stay safe. **Contact Denny Anthony 07939 883 937/020 8747 1999.**

## Youth Activities Summer 2017

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<td>Hair &amp; Beauty 5pm-7pm</td>
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<td>Young Women’s Session 7.30pm-8.30pm</td>
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<td>Junior Club Trip 12.30pm-6pm</td>
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<td>Art 2pm-4pm</td>
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<td>(11-19 year olds)</td>
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<td>Senior Club 5pm-7pm</td>
<td>Senior Club 8pm-9pm</td>
<td>(11-19 year olds)</td>
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Note: For more information, contact Box Office: 020 8232 1010 or visit watermans.org.uk.
Summer Workshops for 4-16s

Travel Unravelled

Music, visual art, textiles and more... Hop on board for our three week travel adventure for young people and their families!

Box Office: 020 8232 1010  watermans.org.uk
Hounslow Volunteer Police Cadets

Do you want to join the Isleworth Cadets in September?

From Wednesday 13 September to the end of October 2017 we will be welcoming new starters to our Wednesday sessions in Isleworth.

If you are interested, just turn up with a parent/guardian on the first week. 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!

Isleworth Police Cadets are run Wednesdays during term time.

Juniors (10-13) Marlborough Primary School (Isleworth) 5-6pm
Senior (13-19) The Green School (Isleworth) 6.30-9pm

Why join the cadets?

Police cadets help in the community by getting involved in a number of ways:

• stewarding in local events such as career fairs, town shows and carnivals.
• working along side Trading Standards and Police Officers to help crack down on the selling of tobacco, weapons, alcohol, fireworks and other items that are illegally sold to young people.
• leaflet drops, crime prevention initiatives, community safety events and street surveys.
• senior cadets engage in the Duke of Edinburgh Award Scheme and will have the opportunity to go on expeditions and camps.

We also run sessions at Cranford Community College on Thursdays for both junior and senior cadets, however at this stage we are unable to offer places to the Cranford units.

If you specifically wish to join the Cranford side then email andrew.pidding@met.police.uk and he will be in contact.

Further details on the Metropolitan Police Volunteer Police Cadets can also be found on www.met.police.uk or should you require further information please contact PC Andrew Pidding, Hounslow Volunteer Police Cadet Coordinator at andrew.pidding@met.police.uk
MIXED GROUPS
AGED 5 TO 12 YEARS OLD
PLAYERS OF ALL ABILITIES CATERED FOR

Soccer schools is supported by:

+SPORT
Move and Learn Project

GOALS

VENUE DETAILS
Goals Soccer Centre
MacFarlane Lane, Osterley,
Hounslow - TW7 5DB

Mixed group camps:
Thurs 17 July to Fri 1 September
10am to 3pm

PRICES STARTING FROM
£12.50 per day*

*Based on Summer Season ticket

For more information, please email:
soccerschools@brentfordfccst.com
or call 0844 247 1899

BOOK ONLINE
brentfordfccst.com
Detached Summer Activities

Contact: Chiara Edwards on 07984 111400 chiara.edwards@hounslow.gov.uk or Jason Chhetri on 07908 226027 jason.chhetri@hounslow.gov.uk

Oakwood Youth Challenge
A free trip to this outdoor activities centre for children aged 8 – 13. Booking and consent form required. Priority to referrals and existing detached project members.
Pick up/drop off by minibus from Isleworth Leisure Centre, Twickenham Road, Isleworth TW7 7EU.
Activities include high ropes, mountain boarding and leap of faith. Bring a full packed lunch and drink and wear suitable clothing like leggings, tracksuit bottoms and trainers. Hairstyle must accommodate helmet.

Wicked The Musical
A free trip for children aged 8-13 to watch Wicked, one of the most successful shows in the west end. Booking and consent form required. Priority to referrals and existing detached project members.
Pick up/ drop off by minibus from Isleworth Leisure Centre, Twickenham Road, Isleworth TW7 7EU. Bring a packed lunch and drink.

Oxygen Trampoline Park
A free trip for children aged 8-13 to Oxygen Trampoline Park. Booking and consent form required. Priority to referrals and existing detached project members.
Pick up/ drop off by minibus from Isleworth Leisure Centre, Twickenham Road, Isleworth TW7 7EU. Bring a packed lunch and drink.
You must wear leggings, tracksuit bottoms, shorts, T-shirt. No jewellery or watches, hair must be tied back.

Multi-Sports Camp and Reward Trip to Oxygen Trampoline Park
A free activity for young people aged 11-18. Booking and consent forms required.
Multi-sports camp this year is a 4 day event where young people get to know each other, take part in team games and challenges. Activities on offer will include; mixed martial arts, basketball, athletics, football & dodgeball. There is a reward trip for the participants on the last day.
Sports camp will take place at Osterley Sports & Athletics Centre, 120 Wood Lane Isleworth, TW7 5FF. Young people will need to wear sportswear and trainers and have a packed lunch and water (no fizzy) every day.

Reward trip to Oxygen Trampoline Park
Only available to sports camp participants. Priority will be given to young people who attend every day of the camp. Pick up/ drop off by minibus from Osterley Sports Centre (latecomers will be left behind).
Young people must wear leggings, tracksuit bottoms shorts, t-shirt. No jewellery or watches, hair must be tied back. Light snack and drink required.
Contact: Jason Chhetri 07908 226 027 or email jason.chhetri@hounslow.gov.uk

Arcelor Mittal Orbit slide
A free trip for young people aged 13-19. Booking and consent forms required. Priority to referrals and existing detached project members. Based at the Olympic Park the Mittal Orbit slide is named as Time Out London’s number 1 thing to do. Young people will see lovely views of London and enjoy the world’s longest slide. Wear suitable clothing such as leggings, tracksuit bottoms and trainers.
Pick up/drop off by minibus from Isleworth Leisure Centre, Twickenham Road, Isleworth TW7 7EU. Bring a packed lunch and drink. Times: 10.30am-4.30pm.
Slide involves heights and tunnel slide, young people must be willing to take part.
Basketball
If you love Basketball, this is the right session for you.
Young people can come with their friends and make teams. Play short games and work on their skills.
Session is at Osterley Sports & Athletics Centre, 120 Wood Lane TW7 5FF
Must wear sportswear – no spectators allowed.
Thursday’s 4pm-6pm *no session on 10 August.

Thorpe Park
A free trip to Thorpe Park for young people aged 13-19. Booking and consent forms required. Priority to referrals and existing detached project members
Young people will need to wear suitable clothing like leggings, tracksuit bottoms and trainers (no flip-flops or shoes that can come off).
Pick up/drop off by minibus from Isleworth Leisure Centre, Twickenham Road, Isleworth TW7 7EU.
Bring a packed lunch and drink, a ruck sack or sports bag to carry lunch. Spending money is recommended.
Height & health restrictions apply to rides. See Thorpe Park website for more info.

Military Assault Course
Work as a team to complete obstacles like rope swings, tunnels and tyres - this will be a fun, muddy, challenging experience.
Pick up/drop off by minibus from Isleworth Leisure Centre, Twickenham Road, Isleworth TW7 7EU.
Bring a packed lunch and drink and wear old clothes and shoes which can get ruined! Also bring a change of clothes and towel.

Timetable of activities

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>24 Jul</td>
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<td>26 Jul</td>
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<tr>
<td>Oakwood Youth Challenge 12pm-6pm</td>
<td>Wicked the Musical 12pm-6.30pm</td>
<td>Oxygen trampoline park 11am-3pm</td>
<td>Basketball 4pm-6pm</td>
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<tr>
<th>31 Jul</th>
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<tr>
<td>Multi-Sports Camp 11.45am-3pm</td>
<td>Multi-Sports Camp 12-3pm</td>
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<td>Multi-Sports Camp reward trip</td>
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<th>14 Aug</th>
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<tr>
<td>Basketball 4pm-6pm</td>
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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

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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 use drugs or alcohol

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

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

Contact us: 020 3772 9905

NSPCC
Cruelty to children must stop. FULL STOP.
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

Hounslow Youth Service
London Borough of Hounslow
Lampton Road
Hounslow TW3 4DN
Tel: 020 8583 2947/2948
www.hounslow.gov.uk

London Borough of Hounslow
June 2017