





**EARLY SUPPORT
WEALDSTONE HUB YOUTH OFFER**

SUMMER ACTIVITIES 2022



follow us on insta @wealdstone.youthhub - the best place
for keeping up to date with any changes and amazing
opportunities



INFO



Learn to Cook

Children will have fun learning how to make a range of healthy foods and experiment with unusual ingredients. All ingredients will be purchased by the centre and any use of kitchen is supervised by staff. Please advise staff of any dietary requirements/allergies

Games in the park

Games in the park a fun sport session for all levels. With a variety of sports on offer from rounders to football. Winning may not be guaranteed but laughter and fun is.

Youth club hang out session

A fun, chilled out environment with PlayStation, pool, computer room, table tennis and fun games. A place where young people can hang out and find out what we have for the next 5 weeks.

OUTDOOR Football and milkshakes making at Cedars with Watford

A 1 hour football session at the Cedars youth club, this will be followed by a milkshake making giving young people a chance to learn a skill and learn about different type of milkshakes

Arts and craft

Young people will be able to chill out and so some arts and craft this will involve cutting, drawing colouring at plenty others

Steet doctors

This is a very informative session that gives young people basic training on how to deal with cuts, wounds and the recovery position.

Abianda (female session only)

Build healthy relationships
Recognise signs of exploitation
Grow strategies to keep themselves safe
Grow self-esteem
Feel confident accessing services that are open to them (within and outside of school)

Drama Artfidence

This is a creative initiative that allows young people to explore the dramatic arts through acting and games

Learn about the Windrush generation (Caribbean & England history)

Young people will learn in a fun creative way about the history of the windrush and how it is linked to carnival



INFO



Film day

What are film are we watching Shhhhh it is a secret, come down to watch a film, with some drinks, popcorn, sweets and snacks, (film will be a 12A)

Introduction to barbering (Meet and pick up at Wealdstone youth club)

Young people will get the chance to learn about cutting male hair, this will involve the creative side and the business side

LCK volunteering

Young people will help people in the community by packing and sorting bags for london community Kitchen to give away food and household needs to those less fortunate. Those who attend will be listed for a trip as a reward

Cinema

Young people will have the chance to visit the cinema and watch the latest movie

Summer social hang out

Young people will have a space to hang out, play games and have a recap of the summer

Music writing and production

Young people will get the opportunity to learn how to produce an original song from start to finish.

Hair Braiding

Braiding is a skill that has multiple uses and is an excellent form of expression. Come and Learn how to braid hair in a variety of braiding styles.



INFO

Street Dance hosted by City Academy

young people will have the chance to learn some cool street dance moves by a dance teacher who has been in many music videos and performed at award shows, this is open to all people no matter the ability level.

Senior Youth Club

A space for young people aged 16+ to engage in activities that increase their well-being and aspirations Activities include:

Pool & Table tennis,
Discussion
Xbox/Playstation,
Film
Music production

Gym/Fitness

The aim of this session is to promote and teach young people the benefits of living a healthy and positive lifestyle. This session will help young people to:

Improve fitness
Increase Health education
Improve self-esteem & confidence
Reduce stress

Emotional well being

Mental toughness is defined as:

The ability to deal effectively with stressors, pressure and challenge irrespective of the prevailing circumstances and environment

The four C's model:

The four C's model of the mental toughness Control, Commitment, Challenge, and Confidence - provides a way of successfully managing the rapid pace of change in our world and increases feelings of self-efficacy and pride in what can be achieved using a performance measure



HARROW EARLY SUPPORT YOUTH OFFER

SUMMER TIMETABLE

WEEK 1: 25-28 JULY

MONDAY

25 July

**YOUTH CLUB
HANG OUT
SESSION AT
WEALDSTONE
YOUTH CENTRE**

- TIME: 11:00-1:00 PM
AGES: 9-14

PLEASE BOOK

TUESDAY

26 July

**HAIR
BRAIDING AT
WEALDSTONE
YOUTH CENTRE**

- TIME: 11:00-1:00 PM
AGES: 9-19/25SEN
(AGES: MAY BE SPLIT)

PLEASE BOOK

WEDNESDAY

27 July

**LEARN TO COOK
AT
WEALDSTONE
YOUTH CENTRE**

- TIME: 11:00-1:00 PM
AGES: 9-19/25SEN
(AGES: MAY BE SPLIT)

PLEASE BOOK

THURSDAY

28 July

**GYM AT HARROW
LEISURE CENTRE**

- TIME: 11:00-12:00 PM
AGES: 9-14

- TIME: 12:00-1:00 PM
AGES: 15-19/25SEN

PLEASE BOOK

**FOOTBALL AND
MILKSHAKES
MAKING AT
CEDARS YOUTH
& COMMUNITY
WITH WATFORD**

- TIME: 12:00-2:00 PM
AGES: 9-19/25SEN
(AGES: MAY BE SPLIT)

PLEASE BOOK

**MUSIC WRITING
AND
PRODUCTION AT
WEALDSTONE
YOUTH CENTRE**

- TIME: 1:30-3:30 PM
AGES: 9-19/25SEN
(AGES: MAY BE SPLIT)

PLEASE BOOK

**TERRANCE
HIGGINS TRUST
(THT) AT
WEALDSTONE
YOUTH CENTRE**

- TIME: 1:30-3:30 PM
AGES: 15-19/25SEN

PLEASE BOOK

**GAMES & FUN
IN THE PARK AT
BYRON PARK**

- TIME: 1:30-3:30 PM
AGES: 9-14

PLEASE BOOK



HARROW EARLY SUPPORT YOUTH OFFER

SUMMER TIMETABLE

WEEK 2: 1-4 AUGUST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1 August

GAMING DAY AT WEALDSTONE YOUTH CENTRE

- TIME: 11:00-1:00 PM
AGES: 9-14

PLEASE BOOK

2 August

HAIR BRAIDING AT WEALDSTONE YOUTH CENTRE

- TIME: 11:00-1:00 PM
AGES: 9-19/25SEN
(AGES: MAY BE SPLIT)

PLEASE BOOK

3 August

ARTS AND CRAFT AT WEALDSTONE YOUTH CENTRE

- TIME: 11:00-1:00 PM
AGES: 9-19/25SEN
(AGES: MAY BE SPLIT)

PLEASE BOOK

4 August

GAMES & FUN AT BYRON PARK

- TIME: 11:00-1:00 PM
AGES: 9-14

PLEASE BOOK

FOOTBALL AT CEDERS YOUTH & COMMUNITY WITH WATFORD FC AND COMPASS

- TIME: 12:00-2:00 PM
AGES: 9-19/25SEN
(AGES: MAY BE SPLIT)

PLEASE BOOK

MUSIC WRITING AND PRODUCTION AT WEALDSTONE YOUTH CENTRE

- TIME: 1:30-3:30 PM
AGES: 9-19/25SEN
(AGES: MAY BE SPLIT)

PLEASE BOOK

GAMING DAY AT WEALDSTONE YOUTH CENTRE

- TIME: 1:30-3:30 PM
AGES: 15-19/25SEN

PLEASE BOOK

STREET DOCTORS AT WEALDSTONE YOUTH CENTRE

- TIME: 1:30-2:30 PM
AGES: 9-14
- TIME: 2:30-3:30 PM
AGES: 15-19/25SEN

PLEASE BOOK



HARROW EARLY SUPPORT YOUTH OFFER

SUMMER TIMETABLE

WEEK 3: 8-11 AUGUST

MONDAY

8 August

**STREET DANCE
HOSTED BY CITY
ACADEMY**

TIME: 11:00-12:00 PM
AGES: 9-14

TIME: 12:00-1:00 PM
AGES: 15-19/25SEN

PLEASE BOOK

TUESDAY

9 August

**EMOTIONAL
WELL BEING AT
WEALDSTONE
YOUTH CENTRE**

TIME: 11:00-1:00 PM
AGES: 9-14

PLEASE BOOK

WEDNESDAY

10 August

**LEARN TO COOK
AT LONDON
COMMUNITY
KITCHEN**

TIME: 11:00-1:00 PM
AGES: 9-19/25SEN
(AGES: MAY BE SPLIT)

PLEASE BOOK

THURSDAY

11 August

**GYM AT HARROW
LEISURE CENTRE**

TIME: 11:00-12:00 PM
AGES: 9-14

TIME: 12:00-1:00 PM
AGES: 15-19/25SEN

PLEASE BOOK

**JUNIOR YOUTH
CLUB AT
WEALDSTONE
YOUTH CENTRE**

TIME: 1:30-3:30 PM
AGES: 9-14

PLEASE BOOK

**MUSIC WRITING
AND
PRODUCTION AT
WEALDSTONE
YOUTH CENTRE**

• TIME: 1:30-3:30 PM
AGES: 9-19/25SEN
(AGES: MAY BE SPLIT)

PLEASE BOOK

**DRAMA AT
WEALDSTONE
YOUTH CENTRE**

TIME: 1:30-3:30 PM
AGES: 9-14

PLEASE BOOK

**GAMES AND
FUN AT BYRON
PARK**

TIME: 1:30-3:30 PM
AGES: 9-14

PLEASE BOOK

**JOBS AND
APPRENTICESHIPS
WORKSHOP
YJS/PROSPECTS
AT WEALDSTONE
CENTRE**

TIME: 1:30-3:30 PM
AGES: 15-19/25SEN

PLEASE BOOK



HARROW EARLY SUPPORT YOUTH OFFER

SUMMER TIMETABLE

WEEK 4: 15-18 AUGUST

MONDAY

15 August

LEARN TO COOK AT WEALDSTONE CENTRE (CARNIVAL THEME)

TIME: 11:00-1:00 PM
AGES: 9-19/25SEN
(AGES: MAY BE SPLIT)

PLEASE BOOK

LEARN ABOUT THE WINDRUSH GENERATION (CARIBBEAN & ENGLAND)

TIME: 1:30-3:30 PM
AGES: 9-14

PLEASE BOOK

TUESDAY

16 August

EMOTIONAL WELL BEING AT WEALDSTONE YOUTH CENTRE

TIME: 11:00-1:00 PM
AGES: 15-19/25SEN

PLEASE BOOK

MUSIC WRITING AND PRODUCTION AT WEALDSTONE YOUTH CENTRE

• TIME: 1:30-3:30 PM
AGES: 9-19/25SEN
(AGES: MAY BE SPLIT)

PLEASE BOOK

WEDNESDAY

17 August

ABIANDA AT WEALDSTONE YOUTH CENTRE (FEMALE ONLY SESSION)

TIME: 11:00-12:00 PM
AGES: 9-14
TIME: 12:00-1:00 PM
AGES: 15-19/25SEN

PLEASE BOOK

FILM DAY AT WEALDSTONE YOUTH CENTRE

TIME: 1:30-3:30 PM
AGES: 9-19/25SEN
(AGES: MAY BE SPLIT)

PLEASE BOOK

THURSDAY

18 August

GYM AT HARROW LEISURE CENTRE

TIME: 11:00-12:00 PM
AGES: 9-14
TIME: 12:00-1:00 PM
AGES: 15-19/25SEN

PLEASE BOOK

GAMES AND FUN AT THE BYRON PARK

TIME: 1:30-3:30 PM
AGES: 9-14

PLEASE BOOK



HARROW EARLY SUPPORT YOUTH OFFER

SUMMER TIMETABLE

WEEK 5: 22-25 AUGUST

MONDAY

22 August

BARBERING AT WEALDSTONE YOUTH CENTRE

TIME: 11:00-1:00 PM

AGES: 9-19/25SEN

(AGES: MAY BE SPLIT)

PLEASE BOOK

TUESDAY

23 August

DRAMA AT WEALDSTONE YOUTH CENTRE

TIME: 11:00-1:00 PM

AGES: 9-19/25SEN

(AGES: MAY BE SPLIT)

PLEASE BOOK

WEDNESDAY

24 August

LONDON COMMUNITY KITCHEN VOLUNTEERING

TIME: 11:00-1:00 PM

AGES: 9-19/25SEN

(AGES: MAY BE SPLIT)

PLEASE BOOK

THURSDAY

25 August

CINEMA

TIME: ALL DAY

AGES: 9-19/25SEN

(AGES: MAY BE SPLIT)

(Time & Film TBC)

PLEASE BOOK

JUNIOR YOUTH CLUB AT WEALDSTONE YOUTH CENTRE

TIME: 1:30-3:30 PM

AGES: 9-14

PLEASE BOOK

MUSIC WRITING AND PRODUCTION AT WEALDSTONE YOUTH CENTRE

• TIME: 1:30-3:30 PM

AGES: 9-19/25SEN

(AGES: MAY BE SPLIT)

PLEASE BOOK

SUMMER SOCIAL HANG OUT AT WEALDSTONE YOUTH CENTRE

TIME: 1:30-3:30 PM

AGES: 9-14

PLEASE BOOK



IF YOU ARE FEELING UNSAFE OR ARE EXPERIENCING
DOMESTIC VIOLENCE, YOU CAN SEEK SUPPORT BY
CALLING:

THE GOLDEN NUMBER
020 8901 2690

THE DA HELPLINE
020 8907 8148

24HRS
0808 2000 247

STAY SAFE!

SAFEGUARDING IS **EVERYONE'S RESPONSIBILITY!**

IF YOU ARE CONCERNED ABOUT A CHILD OR YOUNG
PERSON'S SAFETY CALL

020 8901 2690

ON WEEKENDS OR AFTER 5PM CALL
020 8424 0999



CONTACT US

CONTACT:

0208 416 8667

EMAIL:

WEALDSTONEHUBBYOUTH.OFFER@HARROW.GOV.UK

INSTAGRAM:

@WEALDSTONE.YOUTHUB



Early Support
Small Steps - Lasting Change

ARE YOU INTERESTED IN MUSIC PRODUCTION?



WOULD YOU
LIKE TO
KNOW HOW
TO PRODUCE
BEATS?

OUR TEAM
COULD
HELP YOU



EARLY SUPPORT
PRESENTS

MUSIC

ONLINE SESSIONS

PRODUCTION



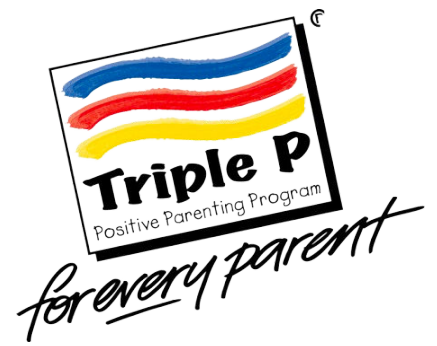
Early Support
Small Steps - Lasting Change

CONTACT:
0208 416 8667

WEALDSTONEHUBBYOUTHoffer@HARROW.GOV.UK

Triple P

Positive Parenting Program
for every parent



What is Triple P?

Triple P is a parenting program, but it doesn't tell you how to parent. It's more like a toolbox of ideas. You choose the strategies you need. It's all about making Triple P work for you.



What does Triple P Do?

Raise happy, confident kids, manage problem behaviour, set rules and routines, encourage behaviour you like, and develop positive relationships, learn to take care of yourself as a parent



THE AIM:

It aims to manage problems in the family, school, and community before they arise and to create family environments that encourage children to realize their potential.

Triple P draws on social learning, cognitive behavioural, and developmental theory. It aims to equip parents with the skills and confidence they need to be self-sufficient and to be able to manage family issues without ongoing support.

It is universally successful in improving behavioural issues as well as having a real focus on developing positive relationships, attitudes and conduct.



TIMETABLE

Week 1:

What is Positive Parenting? Factors Influencing teens behaviour

Week 2:

Developing a good relationship and encouraging positive behaviour

Week 3:

Managing Problem behaviour

Week 4:

Dealing with risky behaviour and family survival tips

Where: Wealdstone Youth Centre

Contact: 0208 416 8667

Email: wealdstonehubyouthoffer@harrow.gov.uk



Early Support
Small Steps - Lasting Change

EMOTIONAL COACHING

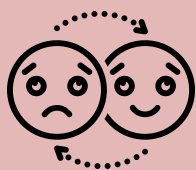
SUMMER
TIMETABLE

PARTICIPANTS WILL LEARN:

- How to express anger
- Conflict resolution
- Be able to express hurt and disappointment
- Trigger points and underlying emotions associated with anger

TRIED-AND-TESTED

The tried-and-tested programme based on effective cognitive behavioural therapy principle will be implemented by engaging the young person in fun activities which will aid their understanding of anger and the effects of anger on self as well as others



THE GOAL

The goal is for the young person to have gained skills to manage angry thoughts and behaviours

- The group will meet for 4 weeks
- For ALL AGES
- 1 session a week
- Start Date: 27 July
- Days: Tuesdays
- Time: 11:00-1:00pm
- At Wealdstone Youth Centre



H.O.M.E.

Healing

Ourselves

Moving

Everyday

WORKOUT

1:1 or group Health & Fitness sessions for 9 – 19yrs olds

*All Sessions are based on participants ability

Sessions held at Harrow Leisure Centre or on Zoom

Download [Zoom](#) from Apple app store or Google Play

Please book by calling 0208 416 8667