Harrow Youth Offer
9 – 19/25 year olds

Parenting support, advice and guidance sessions
Contact:
Cedars Hub
020 87236 6222
Hillview Hub
020 8422 4692

Summer Activities & Services
24 July – 1 September 2017

Every Saturday
Youth Clubs
11 – 15 year olds
11am – 1pm
16 – 18 year olds
1 - 3pm
No Saturday group on the 26 August 2017 due to bank holiday weekend.

YP Group
(For parents aged 16 – 24 years)
1 – 2.30pm
Whitefriars Delivery Site,
Whitefriars Avenue,
Wealdstone, HA3 5RQ

KICKS BOOTS
(Football – Byron Park)
Watford FC
4 – 6pm

Every Saturday
Drop in unless stated otherwise

Services are targeted at young people aged 9 – 19 years old or 25 years old where the young person has SEN

September – December 2017 offer will be available from mid August.
Outdoor Park Sessions

Make the most of the sunshine by having a fun day in the park, team sports like rounders, football fridays, tennis tuesdays, olympics in the park, bootcamp and other activities of your choice can be set up for you and your friends to come along and join.

KICKS – Boots sessions - In partnership with Cedars Youth Centre / Watford FC

Learn to play football like a pro! Coaching sessions will be delivered by Watford FC alongside youth staff in the open parks – they will also introduce you to activities going on at Cedars Youth Centre you may be interested in accessing.

Learn to Cook

Learn how to cook quick and easy meals from scratch with an element of how much it costs to make a meal. Young people can attend either one session or a series as everyday there will be new things being cooked and walk away with a booklet of recipes so they can practice their culinary skills in their own times. All recipe booklets come with a breakdown of approximate cost of meal. Please call the centre to book your place!

Studio Sessions

Explore your creativity in the music studio; learn how to mix music, sound engineer, record music, music production and technical awareness.

Drama

Come and take part in a drama group a variety of activities to help develop your acting skills, build self-confidence, learn how to work as part of a team and develop your own stage production to showcase to others if you want!

CV and Interview Skills – In partnership with Prospects

Learn how to get your CV recognised by potential employers. Prospects offer careers information, advice, guidance and support services to young people living in Harrow aged 16-19 and are delivering workshops on CV writing as well as workshops on interview skills.

Make and Create

You don’t need to be an artist to be creative, Paint, draw, and create something out of nothing!
What’s What?!

Healthy MIND – In partnership with MIND

Workshops for young people (aged 14 - 19/25), providing information on emotional well being. Volunteers who have experience and tools to help young people manage difficult thoughts, feelings and challenges. A light touch session supporting young people to engage in discussions regarding thoughts and feelings delivered by charity organisation MIND. They also provide every young person with a free Headspace subscription, an app which give 1 years access to simple Mindfulness exercises.

Mental toughness taster sessions / mental toughness programme

Mental Toughness describes the mind-set that every person adopts in everything they do. It is closely related to qualities such as character, resilience, etc. Mental toughness is defined as, the ability to deal effectively with pressure and challenge. This is a taster session for you, but is a programme that runs for a number of sessions helping you to build your resilience and learn to adapt to changing environments around you.

What’s hot and What’s not?

What’s trending on social media, what’s the latest hot topic in young peoples lives, what’s the latest craze?? Every session will have a “hot topic” suggested by you to increase awareness of / discuss / debate and create a healthy safe space to have ideas challenged and thinking around topics explored.

How do people see me?

How do people perceive you? What messages do you give out to others by how you communicate? How does your body language tell someone whether you are interested to speak to them or not? These sessions are designed to explore our understanding of ourselves and how we communicate with the world, they consider social skills, verbal and nonverbal communication, public speaking and presentation skills all designed to increase self-awareness and ensure opportunities are not lost through communication!

Creative Writing

Let your creative juices flow! Creative writing is writing that expresses ideas and thoughts in an imaginative way. Come and share your thoughts, feelings and emotions by way of poetry, short stories, song lyrics etc.
What’s What?!

**Fashion and Design**
Whether it’s designing a fashion garment or learning how to make a simple creation, come along to the fashion and design workshop where you will have the chance to experiment with different materials, design your own T-shirt’s and learn new skills!

**Drug and alcohol awareness workshops - In partnership with Compass**
Compass will deliver awareness workshops on the legal and social impacts of cannabis and alcohol supporting you to have the right information and understanding about the impact of drug / alcohol

**Junior Youth Club – aged 10 -15 years old**
A range of activities on offer including board games, access to MAC computer room, pool table, table football, arts and crafts activities

**Senior Youth Club – aged 16 – 19/25 years old**
A range of activities on offer including board games, access to MAC computer room, pool table, table football, music studio

**Meet your local Construction Employment + Skills Broker - In partnership with Xcite**
Xcite support young people of Harrow into work via advice & guidance and matching you to local employment opportunities. They have a number of opportunities available in employment and apprenticeships – come along and meet those who may be able to support you in gaining an exciting opportunity as an apprentice or employee

**Movie nights**
Chill out on one of our movie nights – free film and popcorn for you and your friends

**LGBT Group**
A space to come in and chill out, get to know some people and have a chat about anything that’s on your mind and get issues affecting LGBT youth on the agenda. Come and escape the stresses of normal life!
### WEEK 1

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<tr>
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<tr>
<td>5 – 7pm Junior Youth Club (10 – 15 years)</td>
<td>7 – 9pm Senior Youth Club (16 – 19 years) MIND (delivered as part of senior youth club session)</td>
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<td>6 – 8pm LGBT</td>
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### WEEK 2

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<thead>
<tr>
<th>Monday 31 July 2017</th>
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<td>7 – 9pm Senior Youth Club – studio session (16 – 19 years)</td>
<td>4 – 6.30pm Movie Night (11 – 15 years)</td>
<td>6 – 8pm LGBT</td>
<td>7 – 9pm Senior Youth Club (16 – 19 years)</td>
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### WEEK 3

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<thead>
<tr>
<th>Monday 7 August 2017</th>
<th>Tuesday 8 August 2017</th>
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<td>6 – 8pm LGBT</td>
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<td>7 – 9pm Senior Youth Club (16 – 19 years)</td>
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<td>11am – 2pm Compass</td>
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<tr>
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### WEEK 6

**BANK HOLIDAY CLOSED**

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<th>Monday 28 August 2017</th>
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<td>2 – 5pm Celebrations &amp; Successes Event</td>
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Celebrations and Successes

The studio will be open for you and your friends to sing, mix and be creative!

Friday 1 September 2017

2 – 5pm

Open mic afternoon

Come along and celebrate your successes and achievements over the summer.

Awards presentation, bingo, open mic, team quizzes, pool, table tennis, MAC room and lots lots more!

Early Support
Small Steps – Lasting Change

For other local youth activities across your borough call:

Wealdstone Early Support Hub: 020 8416 8667
Cedars Youth & Community Centre on: 020 8421 4676
OR
The Beacon Centre on: 0300 1317922