

Positive Activities for Young People (PAYP) Programme

February Activities Brochure 13 - 17 February 2012



February Activities Brochure

NAME	CONTACT DETAILS	SERVICE	OPENING TIMES
New Start	Akhtar Rahim 1st Floor, Kitcat Terrace, Bow E3 2SA Tel: 020 7364 5834 Fax: 020 7364 2418 akhtar.rahim@towerhamlets.gov.uk	<ul style="list-style-type: none"> ■ One-to-one personal adviser support for young people aged 15-19 and up to 25 for those with special educational needs or learning difficulties or disabilities. ■ Personal development opportunities, one-to-one tutorial support and other development opportunities. 	9.00am - 5.30pm
Transition Support Team	Mostak Ahmed One Stop Shop, Ground Floor, 150 Burdett Road E3 4JT Tel: 020 7364 3154 Fax: 020 7364 2700 mostak.ahmed@towerhamlets.gov.uk	<ul style="list-style-type: none"> ■ Early identification and prevention support for young people. ■ Transitional one-to-one support for young people aged 13-19 and up to 25 for those with special educational needs or learning difficulties or disabilities. 	9.00am - 5.00pm
Tower Hamlets Careers Service	Martha Barden Connexions Tower Hamlets 35 Bow Road, E3 2AD Tel: 020 7364 6133/1401 martha.barden@towerhamlets.gov.uk	<ul style="list-style-type: none"> ■ Careers information, advice and guidance support for young people aged 13-19 and up to 25 for those with special educational needs or learning difficulties or disabilities. 	9.00am - 5.00pm
Detached and Response Team	Saifur Rahman Mulberry Place 5 Clove Crescent E14 2BG Tel: 020 7364 3215 Fax: 020 7364 4816 saifur.rahman@towerhamlets.gov.uk	<ul style="list-style-type: none"> ■ Early intervention and prevention of criminal activity and anti-social behaviour, through conflict resolution, mediation and activities. ■ Targeting 13-19 year olds and up to 25 for those with special educational needs or learning difficulties or disabilities. 	9.00am - 5.00pm
Youth Involvement Team	Phil Long Mulberry Place 5 Clove Crescent E14 2BG Tel: 020 7364 3092 Mobile: 07940 023543 phil.long@towerhamlets.gov.uk	<ul style="list-style-type: none"> ■ To support and empower all young people to engage with decision makers on issues which affect their lives by: <ul style="list-style-type: none"> ● supporting young people to work together; ● leading on and developing local and borough-wide projects; ● creating a safe and supportive environment for all young people to express their views; ● creating opportunities for young people to work closely with decision-makers 	Monday 10.00am - 6.00pm Tuesday 10.00am - 8.00pm Wednesday 10.00am - 9.00pm Thursday 10.00am - 8.00pm Friday 9.00am - 5.00pm

February half-term activities

The half-term programme offers activities and workshops across the borough, in a range of different areas including: arts and crafts, music, ICT, media, interpersonal skill development, customer services, healthy lifestyles, driving lessons and first aid training. The programme also offers residential trips, day trips (to cinemas and theatres for example) and projects for young people with special needs.

Over 20 organisations have been contracted by the council's Youth and Connexions Services to deliver the half-term programme. These organisations will ensure that activities are provided across all eight Local Area Partnerships (LAPs).

The borough's eight LAPs are as follows:

LAP 1 – Bethnal Green North, Mile End and Globe Town, and Weavers.

LAP 2 – Spitalfields and Banglatown, and Bethnal Green South.

LAP 3 – St Dunstan's and Stepney Green, and Whitechapel.

LAP 4 – St Katharine's and Wapping, and Shadwell.

LAP 5 – Bow East and Bow West.

LAP 6 – Bromley by Bow and Mile End East.

LAP 7 – East India and Lansbury, and Limehouse.

LAP 8 – Blackwall and Cubitt Town, and Millwall.

For further information, please contact:

Abul Basher Ali

PAYP Co-ordinator

Children, Schools and Families Directorate

LBTH Youth & Connexion Services

Mulberry Place, 5 Clove Crescent, London E14 2BG

Tel: 020 7364 0797

Fax: 020 7364 4816

Mobile: 07538 806 607

Email: abul.ali@towerhamlets.gov.uk

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List of organisations providing PAYP activities this February half-term:

4	Actiondog (special needs project)	Media and advertising	6
8	ASG Foundation	Level 1 Award in Dance Leadership	6
5	Central Foundation Girls' School	Film workshop	7
7	City Gateway (LAP 7 project)	Sports leadership programme	7
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4	Green Shoes Arts Community (girls' project)	'In a Positive Light' drama and art project	8
1	Headliners	Introduction to journalism	9
6	Ian Mikardo School	Introduction to hair and beauty	9
5	IndyMedia3	Photography	10
3	Ocean Youth Connexions (for young people not in education, employment or training)	Cycle training levels 1-3, bowling, crazy golf	10
2	Osmani Trust (Amaal girls' project)	Residential trip	11
2	Osmani Trust (boys' project)	Ice skating, driving practise, cinema trip, workshops	11
7	Poplar Harca (boys and girls)	Residential trip, team challenge, sports activities	12
6	Poplar HARCA (Linc Senior Youth)	Conflict resolution (accredited), day trip	12
8	RollingSound	Creative media (web, photography, music, graphics)	13
1	Somali Education and Cultural Project	Food hygiene, team building, football tournament	13
2	Somali Integration Team	Baking, bowling, day trips, arts and crafts	14
5	Somali Parent and Children Play Association	Leadership and confidence building	14
1	St Hilda's Community Centre	Integrated activities	15
1	Step Forward	Variety of workshops, evaluation, day trip	15
6	Streets of Growth	CV writing, perfume making, screen printing	16
7	Thames Gateway	Thames Gateway multi-sports programme	16
2	The Arbour	Young leaders	17
4	The Rooted Forum	Effective communication	17
3	Village Club Young Women's Development Work (girls' project)	Food hygiene, hair and beauty, bowling, cinema trip	18
4	Wapping Youth Centre (boys' project)	Inter-club competition	18
3	Whitechapel Youth Project (girls' project)	Web design, cinema trip, bowling, outdoor activities	19

Please note that these activities are subject to change. Please contact the service providers directly for further details.

Actiondog

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none"> Media and advertising: 13 - 17 February (participants need to attend every day and complete the whole course) 	10.00am - 12.30pm and 1.30pm - 4.00pm	Bishop Challoner School, E1 0LB	15 young people (aged 8 - 25 with special educational needs and learning difficulties or disabilities only)

This project will give participants the skills and 'know how' to create their own advertising campaign, focusing on a topic of their choice. This course will cover all aspects of putting an advert campaign together, including: planning and writing (writing the idea, storyboarding, picking locations); the editing process (including titles, graphics, pack shots and colour grading); and presenting their campaign. The youngsters will work in small groups to explain their ideas and concepts to the rest of the group in a two minute presentation.

Some of the project activities may take place off-site, for further information please contact Tim Barklem on 07943 804 043.

ASG Foundation

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none"> Level 1 Dance Leadership course: 13 - 17 February 	10.00am - 1.00pm and 1.00pm - 4.00pm	Island House, Roserton Street, E14 3PG	12 young people (aged 13 - 19)

Using dance, this project will give young people the chance to develop skills such as planning and organising, teamwork and communication. Participants will be working towards Level 1 Award in Dance Leadership.

For further information please contact Steven Hill or Kevin Doherty on 020 7531 0314.



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Central Foundation Girls' School

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none">Documentary film workshop: 14 - 17 February	11.00am - 3.00pm	Central Foundation Girls' School, Harley Grove, E3 2AT	15 young people (aged 13 - 16)

The aim of the project is to develop young people's skills so they are able to participate fully in society as independent, mature and responsible individuals.

Some of the project activities may take place off-site, for further information please contact Ben Cole on 020 8981 1131 ext 235.

City Gateway (LAP 7 project)

ACTIVITIES	TIMES	VENUES	PLACES
<ul style="list-style-type: none">Rock climbing (AQA accredited): 13 - 17 FebruaryBowling: 13 FebruaryHigh ropes at Shadwell Basin: 14 FebruaryCooking workshop: 15 FebruaryArchery at Limehouse Youth Centre: 16 FebruaryCinema trip: 17 February	10.00am - 1.00pm and 2.00pm - 4.30pm	<ul style="list-style-type: none">Limehouse Youth Centre, Limehouse Causeway, E14 8BNShadwell Basin, 3 - 4 Shadwell Pierhead, Glamis Road, E1W 3TD	15 young people (aged 16 - 19)

The project primarily targets young people who aren't working, at school or in training (NEET), or are at risk of becoming so. It provides them with positive cross culture and cross gender activities to promote a more cohesive and constructive community.

Some of the project activities may take place off-site, for further information please contact Randy Ashie on 020 7531 6199.

City Gateway (LAP 8 project)

ACTIVITIES	TIMES	VENUES	PLACES
<ul style="list-style-type: none"> ● Introduction, group contract and 'ice breaker' session: 13 February ● Role models, self confidence and DIY skills: 13 - 16 February ● Budgeting/money management (AQA accredited): 13 - 16 February ● Go-karting (at the Raceway, Charlton): 14 February ● Healthy cooking taster: 15 February ● Bowling: 16 February ● Goal-setting and de-brief: 17 February ● Cinema trip: 17 February 	10.00am - 1.00pm and 2.00pm - 4.30pm	<ul style="list-style-type: none"> ● Limehouse Youth Centre, Limehouse Causeway, E14 8BN ● Weavers Community Space, Kelsey Street, Bethnal Green, E2 6HD ● The Raceway, 3 Herringham Road, Charlton, SE7 8NJ (for go-karting on 14 February) 	15 young people (aged 13 - 19)

This programme aims to engage young people, particularly young women, who want to participate in less mainstream sports and become peer leaders to encourage other young people to do the same.

Some of the project activities may take place off-site, for further information please contact Randy Ashie on 020 7531 6199.

Green Shoes Arts Community Project (girls' project)

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none"> ● 'In a Positive Light': 13 - 17 February 	11.00am - 4.00pm	Bishop Challoner School, Stepney, E1 0AA	10 young women (aged 11 - 15)

'In a Positive Light' aims to use the creative arts to raise self-esteem and confidence in young women so that they approach the next stages of their lives with added self-assurance, assertion and self-belief. The project aims to help young women feel good about themselves through drama and creative art, and to give them the opportunity to understand and take control over some of the factors that can lead to low self-esteem. Participants will have the chance to gain a Bronze Arts Award.

Some of the activities may take place off-site, for further information please contact Miles Openshaw on 07762 557 394.

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Headliners

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none">Intensive introduction to journalism (five day intensive OCN accredited course): 13 - 17 February	11.00am - 1.00pm and 1.30pm - 4.30pm	The Rich Mix Cultural Centre, 35 - 47 Bethnal Green Road, E1 6LA	13 young people (aged 14 - 19)

This course will give young people the opportunity to work alongside media professionals to produce a film documentary, print article or podcasts on issues that affect them. Participants will learn about journalism and media skills, and interview decision-makers to affect change.

Over the five day project young people will have the chance to be a video, radio and print journalist as well as a director, editor, camera person, photographer and researcher. Young people will work in teams to create their own stories and can gain an OCN accreditation.

Some of the project activities may take place off-site, for further information please contact Sam Hepworth on 020 7749 9365.

Ian Mikardo School

ACTIVITIES	TIMES	VENUES	PLACES
<ul style="list-style-type: none">Introduction to Hair and Beauty (Edexcel BTEC entry level award): 13 - 17 February	10.00am - 3.00pm	Ian Mikardo School, 60 William Guy Gardens, Talwin Street, E3 3LF	14 young people (aged 14 - 19 and 14 - 25 for young people with special needs)

This course will give participants the chance to gain an Edexcel BTEC entry level award in Hair and Beauty. Participants will have two mandatory classes: introduction to the hair and beauty sector and presenting a professional image in a salon, and a choice of four optional courses. Optional courses are: hand care, skin care, shampooing and conditioning, and hair plaiting.

To book places and for more information, please contact admin@ianmikardo.towerhamlets.sch.uk

IndyMedia3

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none"> ● Introduction and enrolment: 13 February ● Introduction to photography workshop: 14 February ● Group discussion on photography/scripting: 14 February ● Photography (on location): 15 February ● Learning new digital image modification software (Xara Pro5): 16 February ● Cinema trip: 16 February 	10.00am - 1.00pm, 1.00pm - 5.00pm and 5.00pm - 9.00pm	IndyMedia3 Youth Media Academy, 51 Bow Common Lane, E3 4AU	16 young people (aged 16 - 19)

This project will provide digital photography training where young people will work in small teams to initiate ideas into a storyboard and use still images to creatively tell a story.

Some of the project activities may take place off-site, for further information please contact Kalim Uddin on 020 8177 6933 or 07939 398 262.

Ocean Youth Connexions (for young people who are not in education, employment or training)

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none"> ● Bowling, crazy golf: 14 February ● Cycle training level 1: 15 February ● Cycle training level 2: 16 February ● Cycle training level 2/3: 17 February 	11.00am - 12.00pm and 12.00pm - 4.00pm	Stepping Stones Farm, Stepney Way, E1 3DG	12 young people (aged 13 - 19)

This programme will give young people the opportunity to learn about personal safety, road theory, road signs, how to ride safely and how to fix and maintain a bike. The cycle training will also show participants how cycling can be a cheaper and healthier option to driving, in the hope that more youngsters will cycle.

Some of the project activities may take place off-site, for further information please contact Mohammed Adnan Miah on 07960 259 259.

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Osmani Trust (Amaal girls' project)

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none"> Residential trip to Ullswater valley, Cumbria (rock climbing, abseiling, camping, high ropes, raft building, a movie night and a barbeque): 15 - 19 February 	Throughout the trip, sessions will run at the following times: 9.00am - 1.00pm, 2.00pm - 5.00pm, 4.00pm - 7.30pm and 8.00pm - 10.00pm	Ullswater, Cumbria, Lake District	20 young people (aged 13 - 19 years, girls only)

During the residential trip, the group will take part in a number of activities including rock climbing, abseiling, camping, high ropes, raft building, a movie night and a barbeque. The aim of the trip is to develop young people's skills and capabilities to enable them to participate fully in society as independent, mature and responsible individuals.

Some of the project activities may take place off-site, for further information please contact Khadeja Begum on 07506 572 985 or 020 7247 8080.

Osmani Trust (boys' project)

ACTIVITIES	TIMES	VENUES	PLACES
<ul style="list-style-type: none"> Registration: 13 February Indoor sports: 13 February Ice skating and drop-in session: 14 February Centre based activities: 15 February Training: young people's grant making day 1 and 2 (introduction): 16 - 17 February Driving practice at Cardrome: 17 February 	10.00am - 2.00pm, 2.00pm - 6.00pm and 6.00pm - 9.00pm	<ul style="list-style-type: none"> Osmani Youth Centre, Vallance Road, E1 5AB Hornchurch Cardrome, Upper Rainham Road, Hornchurch, RM12 4EU 	12 - 30 young people (aged 8 - 19, boys only)

The aim of the project is to develop young people's skills so they are able to participate fully in society as independent, mature and responsible individuals.

Some of the project activities may take place off-site, for further information please contact Muhinur Choudhury on 020 7247 8080 or 07837 634 283.



Poplar Boys and Girls

ACTIVITIES	TIMES	VENUES	PLACES
<ul style="list-style-type: none"> Residential trip to Woodrow High House, Buckinghamshire (swimming, football, team challenges, archery and map reading): 13 - 17 February 	10.00am - 4.00pm	<ul style="list-style-type: none"> Poplar Boys and Girls, 75 Chrisp Street, Poplar, E14 6LP Woodrow High House, Woodrow High House, Cherry Lane, Woodrow, Bucks, HP7 0QG 	12 - 21 young people (aged 8 - 13)

During the trip, the group will participate in a number of activities including swimming, archery, football, team challenges, archery and map reading. The aim of the trip is to develop young people's skills so they are able to participate fully in society as independent, mature and responsible individuals.

Some of the project activities may take place off-site, for further information please contact Rufus Clarke on 020 7005 0706 or 07947 645 898.

Poplar HARCA (Linc Senior Youth)

ACTIVITIES	TIMES	VENUES	PLACES
<ul style="list-style-type: none"> Conflict resolution (AQA accredited): 13 - 15 February Day trip to Sittingbourne, Kent (archery): 16 February 	9.00am - 6.00pm, 1.00pm - 6.00pm	<ul style="list-style-type: none"> Marnar Centre, Devas Street, Bromley-by-Bow, E3 3LL Wormdale Farm, Wormdale Hill, Sittingbourne, Kent, ME9 7PX (for the archery trip on 16 February) 	12 young people (aged 8 - 13)

The aim of the project is to develop young people's skills so they are able to participate fully in society as independent, mature and responsible individuals.

Some of the project activities may take place off-site, for further information please contact Shabul Miah on 020 7510 0571 or 07764 421 993.

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RollingSound

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none"> Step into creative media programme (web, photography, music and graphics): 13 - 17 February 	10.00am - 12.30pm and 1.00pm - 3.30pm	Central Foundation School, College Terrace Centre (6th Form), College Terrace, Bow, E3 5AN	

The programme will offer participants a week of fun and stimulating multi-media workshops, which will get them working with professional tutors in photography and music production to produce their very own finished piece of work. Participants will then work on the latest in web and blog design systems to design and create their very own web-based platform to showcase their work. Learners will engage in activities that will increase their new media knowledge, skills and technical know how, as well as develop their confidence levels and teamwork skills.

Students will be able to take their produced CDs home and access their online platform at any time after the course. Learners will also gain an AQA accreditation.

For further information and for referrals please contact Ayo Osideinde at RollingSound on 020 8694 6201.



Somali Education and Cultural Project

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none"> Indoor activities: 13 - 16 February Food hygiene level 2 accreditation: 14 February Tournament event: 16 February Team building: 17 February 	9.15am - 4.30pm	Tarling Community Centre, 63 Martha Street, E1 2PA	12 - 16 young people (aged 12 - 19)

The aim of the project is to support young people by developing their skills and capabilities, enabling them to participate fully in society as independent, mature and responsible individuals.

Some of the project activities may take place off-site, for further information please contact Mohammed Liban on 020 7790 7105 or 07956 948 656.

Somali Integration Team

ACTIVITIES	TIMES	VENUES	PLACES
<ul style="list-style-type: none"> ● Planning and research: 13 February ● Poster design, model making, DVD session and baking: 14 February ● Trip to the Natural History Museum and bowling: 15 February ● Raising community awareness: 16 February ● Baking and trip to a restaurant: 17 February 	12.00noon - 5.00pm and 2.00pm - 7.00pm	<ul style="list-style-type: none"> ● Chicksand Friendly Club, Hanbury Street, E1 5JN ● Bancroft TMC, 12 Wickford Street, E1 5QN 	15 young people (aged 13 - 19)

This project inspires young female leaders to achieve, enjoy their free time, make a positive contribution to society and achieve economic well-being.

Some of the project activities may take place off-site, for further information please contact Sherihan Hassan on 07429 158 248 and 020 7790 2650.

Somali Parent and Children Play Association

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none"> ● Registration: 13 February ● Leadership and confidence building workshop: 14 February ● ICT: Windows XP Professional: 15 - 17 February 	11.00am - 4.00pm and 1.00pm - 5.00pm	102 Mile End Road, E1 4UN	12 - 15 young people (aged 13 - 19)

The aim of the project is to work very closely with Somali young people and their families to provide stimulating activities in a safe environment.

Some of the project activities may take place off-site, for further information please contact Khadra Sarman on 0750 605 5523 or 07946 835 849.

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St Hilda's Community Centre

ACTIVITIES	TIMES	VENUES	PLACES
<ul style="list-style-type: none"> • Trip to Kew Gardens: 11 February • Indoor sports and games: 14 February • Arts, crafts and games: 15 February • Careers workshop: 15 February • Making animations using CAD: 16 February • Eid card making, using ICT: 16 February • Cinema trip: 18 February 	9.30am - 1.00pm and 2.00pm - 4.00pm	<ul style="list-style-type: none"> • Kew Gardens, Royal Botanic Gardens, Surrey, TW9 3AB • St Hilda's East Community Centre, 18 Club Row, E2 7EY 	12 - 15 young people (aged 13 - 24)

The aim of the project is to engage young people in a safe and friendly environment, and develop their skills and capabilities to enable them to participate fully in society as independent, mature and responsible individuals.

Some of the project activities may take place off-site, for further information please contact Aulad Miah on 020 7739 8066.

Step Forward

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none"> • Workshops (drugs, healthy living, cooking, relationships): 13 - 16 February • Evaluation and trip (location to be confirmed by the group): 17 February 	10.00am - 6.00pm	234 Bethnal Green Road, E2 0AA	

Some of the project activities may take place off-site, for further information please contact Solyma Khatun on 020 7739 3082.



Streets of Growth

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none"> ● Transition into careers (CV writing, job searches and career support): 13 - 17 February ● Business enterprise (perfume making): 13 - 17 February ● Artxcite programme (screen printing): 13 and 14 February ● Artxcite programme (t-shirt design): 15 and 17 February ● Drop-in programme: 17 February 	11.00am - 1.00pm, 2.00pm - 5.00pm and 5.00pm - 11.00pm	Streets of Growth, 160 Chrisp Street, E14 6NL	6 - 15 young people (aged 13 - 19)

The aim of the programme is to engage young people in positive activities so they gain in confidence, increase their knowledge, and develop their skills.

Some of the project activities may take place off-site, for further information please contact Lucky Nessa on 07960 332 879 or Koyes Ali on 07984 259 007.

Thames Gateway

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none"> ● Table tennis: 13 and 17 February ● TBC: 15 February ● Football: 14 and 16 February ● TBC: 17 February 	9.00am - 4.00pm, 1.30pm - 5.30pm and 7.00pm - 10.00pm	Eastside Youth Centre, 62 Parnell Road, E3 2EX	20 - 30 young people (aged 16 - 19 and up to 25 for young people with special educational needs)

The aim of the programme is to engage young people in positive activities so they gain in confidence, increase their knowledge, and develop their skills.

Some of the project activities may take place off-site, for further information please contact Ophelia Soares on 07718 964 436 or Eastside Youth Centre on 020 8983 9040.

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The Arbour

ACTIVITIES	TIMES	VENUES	PLACES
<ul style="list-style-type: none"> ● Introduction, team building, Young Leader Award and boxing: 13 February ● Young Leader Award (morning), swimming (afternoon): 14 February ● Young Leader Award (morning), football (afternoon): 15 February ● Young Leader Award (morning), mini sports day (afternoon): 16 February ● Trip to Waterfront Leisure Centre, Woolwich: 17 February 	10.00am - 5.00pm	<ul style="list-style-type: none"> ● Robin Hood Gardens Community Hall, Woolmore Street, E14 ● St George's Pools, The Highway, E1 (for swimming on 14 February) ● Bartlett Park, Lindfield Street, E14 (for mini sports day on 16 February) ● Waterfront Leisure Centre, Woolwich High Road, SE18 (for the trip on 17 February) 	24 young people

Some of the activities may take place off-site, for further information please contact Zakaria Hussain on 020 7790 6578.



The Rooted Forum

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none"> ● Introduction to effective communication and the role of the media: 13 February ● Effective communication workshop using music: 14 February ● Effective communication workshop using video games: 15 February ● Effective communication workshop using magazines: 16 February ● Effective communication workshop using film: 17 February ● Youth club session: 13, 15 and 17 February 	2.00pm - 5.00pm and 6.00pm - 9.00pm	The Rooted Forum, Tarling East Community Centre, 63 Martha Street, E1 2PA	20 - 25 young people (aged 13 - 19)

The aim of the programme is to engage young people in positive activities so they gain in confidence, increase their knowledge, and develop their skills.

Some of the project activities may take place off-site, for further information please contact Nur Choudhury on 020 7423 9146.

Village Club Young Women's Development Work (girls' project)

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none"> ● Food hygiene: 13 February ● Bowling: 13 February ● Hair and beauty: 14 February ● Cinema: 14 February 	11.30am - 1.00pm and 4.30pm - 8.00pm	Bishop Challoner School, Stepney, E1 0AA	12 - 15 young people (aged 13 - 19)

The aim of the project is to engage young people in structured social and educational activities to bring about positive change in their lives. The project will create opportunities for young people to undertake volunteering work which could lead to further education and employment opportunities.

Some of the project activities may take place off-site, for further information please contact Holly Samed on 020 7488 4065 or 07920 027 668.

Wapping Youth Centre (boys' project)

ACTIVITIES	TIMES	VENUE	PLACES
<ul style="list-style-type: none"> ● Inter-club competition (Olympic sports): 13, 14, 16 and 17 February ● Day trip (to be confirmed): 15 February ● Award ceremony: 17 February 	11.00am - 1.00pm and 2.00pm - 5.00pm	Wapping Youth Centre, Tench Street, E1W 2QD	12 - 30 young men (aged 16 - 19 and up to 25 for young people with special needs)

The aim of the programme is to get young people into structured social educational activities to create positive change in their lives.

Some of the project activities may take place off-site, for further information please contact Feroz Alam on 020 7488 4065 or 07920 027 672.

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Whitechapel Youth Project (girls' project)

ACTIVITIES	TIMES	VENUES	PLACES
<ul style="list-style-type: none">• ICT web design: 13 February• Junior top golf tournament: 14 February• Day trip to Spa London: 16 February• Cinema and bowling trip: 16 February	10.00am - 1.00pm and 2.00pm - 5.00pm	<ul style="list-style-type: none">• Whitechapel Youth Centre, Myrdle Street, E1 1HL	10 young women (aged 13 - 19 years and up to 25 for young people with special needs)

The aim of the programme is to support young people by involving them in positive activities so they gain in confidence, increase their knowledge, and develop their skills.

Some of the project activities may take place off-site, for further information please contact Shenaly Miah on 07949 274 307 or 020 7377 5930.



Useful Contacts

Ambrose King Centre

Royal London Hospital, Whitechapel
Road E1 1BB

(building is fully accessible)

Call: 020 7377 7331

Visit: www.bartsandthelondon.org.uk

They offer a young people's sexual health clinic on Tuesdays from 4.00pm - 6.00pm, doors open from 3.30pm. They have a specialist young person's worker offering advice, support and counselling sessions to anyone aged 20 and under. Young people can call or just drop in if they have any questions about their sexual health.

Cost: Free

Getting there:

Whitechapel tube, buses 254, 205, 25

Docklands Outreach

St Luke's Hall, Havannah Street
E14 8NA

(building is not fully accessible, but provision can be made for people with disabilities)

Call: 020 7538 1601

Email: info@dockout.org.uk

Visit: www.dockout.org.uk

Young people can pop in for one-to-one support, advice and counselling.

Cost: Free

Getting there:

DLR South Quay, buses D7, D3, D8, 277

Lifeline - Tower Hamlets Young People's Substance Misuse Service

Unit 59 Skylines, Limeharbour,
Near Marsh Wall E14 9TS

Call: 020 7093 3007

Email: enquiries-yps@lifeline.org.uk

Visit: www.lifeline.org.uk

They offer advice and information on any substance, and run activities and programmes that offer rewards to young people. Young people can meet Lifeline wherever is convenient for them – all they have to do is call to arrange a time and place.

Cost: Free and 100% confidential

Nafas

179 -181 Whitechapel Road E1 1DN

Call: 020 7377 0676

Visit: www.nafas.org

This culturally sensitive drugs agency works with black and minority ethnic communities, providing treatment and aftercare, drugs education, advice and guidance.

Cost: Free

Getting there:

Whitechapel tube

NSPCC Tower Hamlets

2-12 Cambridge Heath Road E1 5QH
(building is accessible)

Call: 020 7791 9600

Email: thypc@nspcc.org.uk

They offer advice and counselling to young people aged 9-18, as well as a place to hang out or use a PC.

Cost: Free

February Activities Brochure

Options Young People's Sexual Health Service

Sylvia Pankhurst Centre, Mile End Hospital, 275 Bancroft Road E1 4DG
Call: 020 7377 7898

They offer drop-in advice and contraception to young people under 26, as well as pregnancy counselling, abortion services and advice.

Appointments for terminations can be made by calling the Sylvia Pankhurst Women's Health Centre on 020 7377 7870. Young people will need a referral letter from their GP or community women's health doctor/nurse.

Services are available at:

- Bethnal Green Health Centre
- Leopold Street Clinic
- Mile End Hospital
- Newby Place Health Centre
- Spitalfields Health Centre
- Steel's Lane Health Centre
- The Mission Practice
- The Sylvia Pankhurst Women's Health Centre
- Wellington Way Centre

Praxis

Pott Street E2 0EF
Call: 020 7729 0154
Visit: www.praxis.org.uk

They support migrating individuals and new communities by helping them with education, training and career development, and offering them advice about local services.

Cost: Free

Getting there:

Bethnal Green tube and rail stations, buses 8, 106, 253, 254, 309, 388 and D6

Smoking Cessation Team

Royal London Hospital, Philpot Street E1 2JH (building is fully accessible)

Call: 0800 169 1943

Email: smokers-clinic@qmul.ac.uk

This is a community clinic that offers free treatment for smokers (psychological help and patches etc)

Cost: Free

Getting there:

Whitechapel station and buses to Whitechapel High Street

Step Forward

234 Bethnal Green Road E2 0AA (building is accessible)

Call: 020 7739 3082

Visit: www.stepforward-web.org

They offer information, advice, counselling and personal development training to 11 to 25 year olds. This includes support for young people at risk of becoming homeless, victims of sexual offending and LGBT (lesbian, gay, bisexual and transgender) young people, as well as a weekly sexual health clinic.

Getting there:

Bethnal Green tube, buses 8, 388, D6, D8

The Havens, Whitechapel

The Medical Centre, 9 Brady Street E1 5DB (building is fully accessible)

Call: 020 7247 4787

Visit: www.thehavens.co.uk

This is a sexual assault referral centre that offers forensic examinations and follow up care after a rape or sexual assault. Young people who have experienced such an incident in the past year can book an appointment.

Cost: Free

Getting there:

Whitechapel tube and buses to Whitechapel High Street

Tower Hamlets Law Centre

214 Whitechapel Road E1 1BJ
Call: 020 7247 8998
Email: info@thlc.co.uk
Visit: www.thlc.co.uk

They offer legal advice on lots of issues including housing, immigration, welfare benefits and education, to people who live or work in Tower Hamlets. Timeslots are available from Monday to Friday, for specific areas of advice. Some minority languages are spoken and the centre can offer interpreters.

Tower Hamlets Multi Agency

Preventative (MAP) Project
62 Roman Road E1 0QJ
Call: 020 7364 2185 or 020 7364 2097

This project works with Bangladeshi boys who are under-achieving and seen as being at risk of developing mental health problems. The project gets youth workers, social workers and clinical psychologists working together to address issues of emotional well being.

Whitechapel (East End)

Citizens Advice Bureau
Unit 32, Greatorex Street E1 5NP
(building is fully accessible)
Call: 0870 126 4014
Visit: www.eastendcab.org.uk

The Citizens Advice service helps people resolve their legal, money and other problems by providing free information and advice, and by influencing policy makers.

Drop-in advice sessions are:

- Mondays 9.45am-3.00pm
(first come, first served)
- Tuesdays 9.45am-3.00pm
(tickets given out at 9.45am)
- Wednesdays 9.45am-3.00pm
(appointments only)
- Telephone advice on Tuesdays, Wednesdays and Thursdays 1.00pm-3.00pm.

Young Carers' Group

Urban Adventure Base/One Stop Shop,
150 Burdett Road, Mile End Park, E3 4JT
Call: Transition Support Team on 020 7364 1956

They offer fun activities for young carers aged 8-18 in the evenings and weekends. Activities include cookery, swimming, photography and outdoor activities. Club sessions are open on Mondays (6.30pm - 8.30pm) for 13-18 year olds and Tuesdays (5.30pm - 7.30pm) for 8-13 year olds.