

REIN Sizzlin' Summer HAF at The Mix (4th August – 29th August 2025)

Rights & Equalities in Newham

Note: Chess, Table Tennis, Pool, PS5 available daily unless on trips.

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Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 (4-8 Aug)	Icebreaker games, Chess intro, Arts & Crafts, Music Production, Mini Games, PS5	In-centre: Music Jam (Guitar), Hand Painting, Jewellery Making Theatre Trip: Hamilton 23 Spaces	Slime & Clay Modelling, Menu Planning, Music Production – Lyric Writing	Cooking, Storytelling Workshop, Painting, Budget Meals with Parents/Carers	Open Mic/Karaoke, Cooking & Healthy Eating, Arts & Crafts, Debate Club Intro, Mini Game Tournaments
Multi-Sport Activities	Table Tennis, Chair Volleyball, Self-Defence	Table Tennis, Pool, Indoor Relay Challenges	Dodgeball, Table Tennis, Obstacle Challenges	Self-Defence, Movement Sessions, Table Tennis	Table Tennis, Badminton, Pool
Week 2 (11-15 Aug)	In Centre: Music Jam, Arts & Crafts, Gardening, VR Games Trip: Photography Walk & Picnic (West Ham Park)	DIY Science Projects, Arts & Crafts, Mug Painting, Cooking: Baking Basics	Gardening & Recycling Project, Menu Planning / Cooking Trip: Thrope Park	In Centre: Music Jam, Arts & Crafts, Cooking & Healthy Eating,	Arts & Crafts – Mandala / Abstract, Debate Club, Photography & Videography Exhibition Mini Game Tournaments
Multi-Sport Activities	Table Tennis, Chair Volleyball, Self-Defence	Table Tennis, Pool, Indoor Relay Challenges	Dodgeball, Table Tennis, Obstacle Challenges	Self-Defence, Movement Sessions, Table Tennis	Table Tennis, Badminton, Pool
Week 3 (18-22 Aug)	Gardening & Recycling Project, Vision Board, Safe social media, Music Production	YPs & Parents/Carers Combined Workshop: Cooking, Thumb Painting	In-centre: Pool, PS5, Arts & Crafts, Music Jam Trip: British Museum/ Bowling	Career & Life Skills, Arts & Crafts, Budget Meals with Parents/Carers	Debate Club, Cooking & Healthy Eating, Arts & Crafts, Mini Game Tournaments
Multi-Sport Activities	Table Tennis, Chair Volleyball, Self-Defence	Table Tennis, Pool, Indoor Relay Challenges	Dodgeball, Table Tennis, Obstacle Challenges	Self-Defence, Movement Sessions, Table Tennis	Table Tennis, Badminton, Pool
Week 4 (25-29 Aug)	Bank Holiday	Self-Care Toolkit, Arts & Crafts - Mask Making, Mental Health Workshop	In-centre: Pool, PS5, Arts & Crafts, Music Jam Trip: Swimming	Time Capsule Making, Arts & Crafts – Jewellery Making, Gratitude Jars, "10 Years" Discussion	Final Day: Market Project, Mini Game Tournaments, "5 Things I Learned"
Multi-Sport Activities	Bank Holiday	Table Tennis, Pool, Indoor Relay Challenges	Dodgeball, Table Tennis, Obstacle Challenges	Self-Defence, Movement Sessions, Table Tennis	Table Tennis, Badminton, Pool

For more information, please contact: 0207 473 5349/0203 929 9869

or email: info@rein.uk.com / haf@rein.uk.com

REIN Sizzlin' Summer HAF at Lister (4th August – 29th August 2025)

Rights & Equalities in Newham

Note: Chess, Table Tennis, Pool, PS5 available daily unless on trips

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Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 (4-8 Aug)	Icebreaker games, Chess intro, Arts & Crafts, Mini Games, PS5 & VR Games	In-centre: Music Jam (Guitar), Hand Painting, Arts & Crafts Theatre Trip: Hamilton 23 Spaces	Slime & Clay Modelling, Menu Planning, Music Production – Lyric Writing	Cooking, Storytelling Workshop, Painting, Budget Meals with Parents/Carers	Open Mic/Karaoke, Cooking & Healthy Eating, Arts & Crafts, Debate Club Intro, Mini Game Tournaments
Multi-Sport Activities	Football, Netball, Obstacle Challenges	Basketball, Relay Races, Football, Netball	Dodgeball, Football, Cricket, Tug-of-war	Football, Self-Defense, Movement Sessions, Rounders	Table Tennis, Badminton, Football, Capture the Flag
Week 2 (11-15 Aug)	In Centre: Music Jam, Outdoor Games, Arts & Crafts Trip: Photography Walk & Picnic (West Ham Park)	DIY Science Projects, Arts & Crafts, Mug Painting, Cooking: Baking Basics	Recycling Project, Menu Planning / Cooking Trip: Thrope Park	Music Jam, Arts & Crafts, Cooking & Healthy Eating,	Arts & Crafts – Mandala / Abstract, Debate Club, Photography & Videography Exhibition Mini Game Tournaments
Multi-Sport Activities	Football, Netball, Obstacle Challenges	Basketball, Relay Races, Football, Netball	Dodgeball, Football, Cricket, Tug-of-war	Football, Self-Defense, Movement Sessions, Rounders	Table Tennis, Badminton, Football, Capture the Flag
Week 3 (18-22 Aug)	Recycling Project, Vision Board, Safe social media	YPs & Parents/Carers Combined Workshop: Cooking, Thumb Painting	In-centre: Pool, PS5, Arts & Crafts, Music Jam, Trip: British Museum/ Bowling	Career & Life Skills, Arts & Crafts, Budget Meals with Parents/Carers	Debate Club, Cooking & Healthy Eating, Mini Game Tournaments
Multi-Sport Activities	Football, Netball, Obstacle Challenges	Basketball, Relay Races, Football, Netball	Dodgeball, Football, Cricket, Tug-of-war	Football, Self-Defense, Movement Sessions, Rounders	Table Tennis, Badminton, Football, Capture the Flag
Week 4 (25-29 Aug)	Bank Holiday	Self-Care Toolkit, Arts & Crafts - Mask Making, Mental Health Workshop	In-centre: Pool, PS5, Arts & Crafts, Music Jam Trip: Swimming	Time Capsule Making, Arts & Crafts – Jewellery Making, Gratitude Jars, "10 Years" Discussion	Final Day: Market Project, Mini Game Tournaments, "5 Things I Learned"
Multi-Sport Activities	Bank Holiday	Basketball, Relay Races, Football, Netball	Dodgeball, Football, Cricket, Tug-of-war	Football, Self-Defense, Movement Sessions, Rounders	Table Tennis, Badminton, Football, Capture the Flag

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