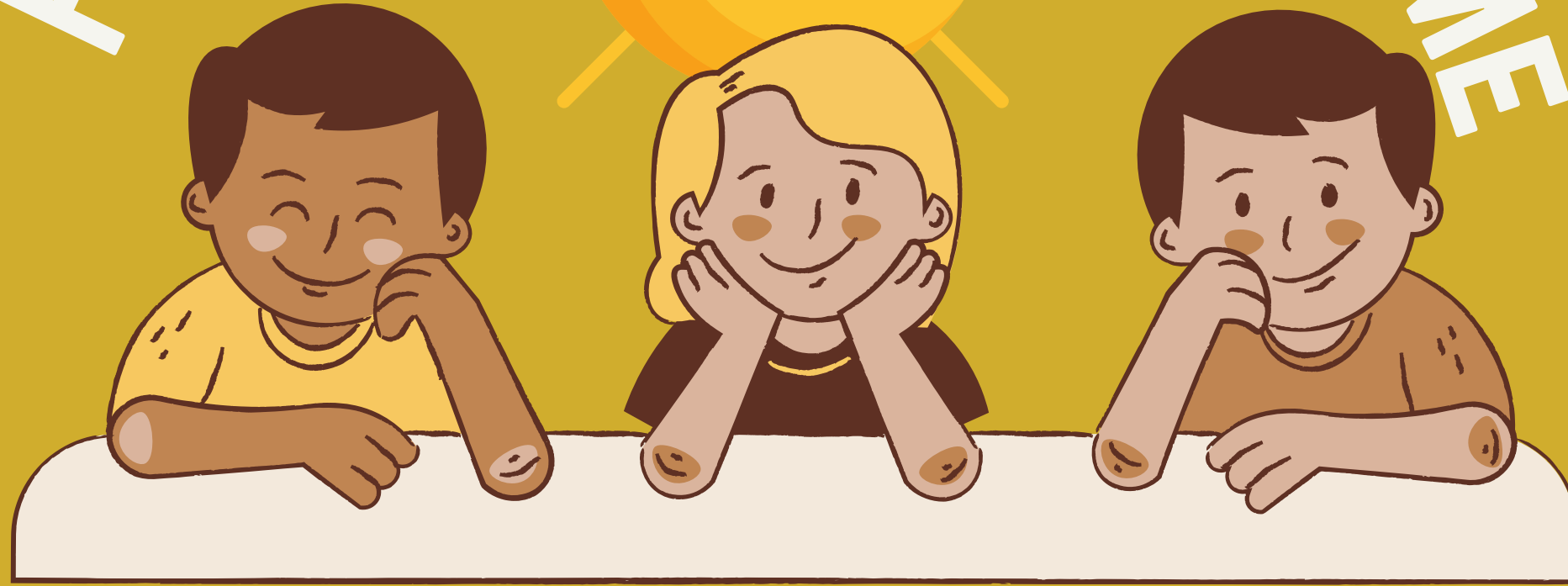


10AM START
EVERYDAY

Newham London

FREE SUMMER PROGRAMME



For young people aged 9-19

26/07/21 - 20/08/21

Outdoor sports
Music Production and Performance

Healthy Eating

Gardening

Table Tennis

PS4

Self-Defence

Volunteering in the Community

Crafts – Candle and Soap Making

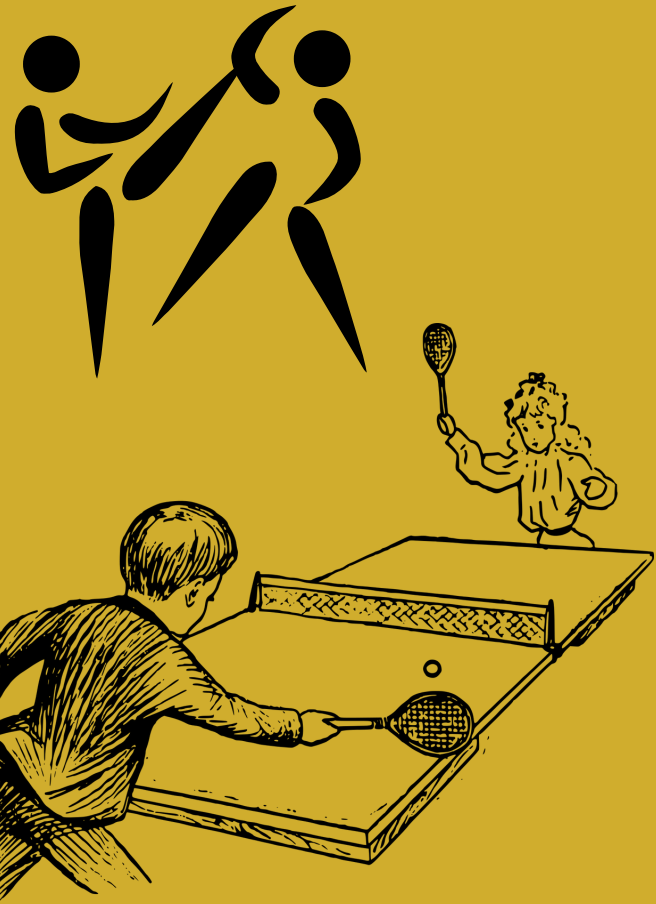
Photography

Henna Tattoos

Trips

& So much more

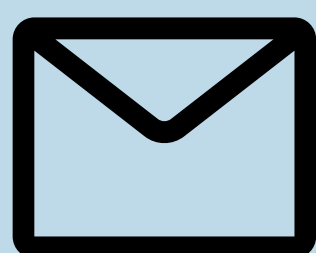
Lunch to be provided each day!



**REIN/ The Mix
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Rights & Equalities in Newham (REIN) Summer Activity Programme 2021

26th July – 20th August

10am – 2pm - main programme

For young people aged 9yrs – 19yrs

Building on our track record of delivering the HAF Easter pilot and feedback from young people, schools and parents, we have incorporated our learning into our HAF summer and Christmas programme. We will deliver a structured daily activity programme, focusing on both physical and mental health and wellbeing, incorporating indoor and outdoor activities and encouraging young people to 'try different things'; we will work with external providers and training organisations to build knowledge and awareness of healthy eating and lifestyles with young people, parents/ carers.

We have designed a varied but themed programme to meet a number of needs each week, activity based, the four key weekly themes are:

Healthy eating and fitness

Culture, arts, crafts and creativity

Volunteering and community action

Youth voice, youth action and equalities.

Each theme will enable young people to increase their knowledge and awareness of local and global issues, learn more about healthy eating / living, increase health and fitness, reduce isolation, improve mental health and wellbeing.

Young people will be supported in the summer and throughout the year to access certificated Training via 'Our Training Hub', courses are created specifically for young people and will include:

- Food Safety & Hygiene
- Health, Nutrition & Wellbeing
- Eating Disorders
- Self-Esteem Building in Children & Young People
- LGBT Youth – Be in the know
- Drug and Alcohol Awareness
- Social Networking & Internet Safety
- Loneliness and Isolation
- First Aid
- Fire Safety

Mon 26/07/21	Tue 27/07/21	Wed 28/07/21	Thu 29/07/21	Fri 30/07/21	Activities / themes
10:00-16:00 Games, music, crafts, lunch, 190 young people supported	10:00-14:00 HAF: outdoor sports & games, Pizza making	10:00-14:00 HAF: swimming / fun and lessons	10:00-14:00 HAF: smoothie making, ball games	10:00-14:00 HAF: self-defence, TABLE TENNIS	Healthy eating & fitness
Mon 02/08/21	Tue 03/08/21	Wed 04/08/21	Thu 05/08/21	Fri 06/08/21	Culture, Arts and Crafts, creativity
10:00-16:00 Music production & performance	10:00-14:00 HAF: Candle making, soap making, lavender bags	10:00-14:00 HAF: photography, local people & places	10-00-14:00 HAF: Culture-Henna tattoos, flag making	10:00-14:00 HAF: Music production & performance	
Mon 09/08/21	Tue 10/08/21	Wed 11/08/21	Thu 12/08/21	Fri 13/08/21	
10:00-16:00	10:00-14:00 HAF	10:00-14:00 HAF	10:00-14:00 HAF	10:00-14:00 HAF	
Community action & Volunteering Food hygiene, health, nutrition & wellbeing training	Community action & Volunteering Food hygiene, health, nutrition & wellbeing training	Community action & Volunteering Food hygiene, health, nutrition & wellbeing training	Community action & Volunteering Food hygiene, health, nutrition & wellbeing training	Community action & Volunteering Food hygiene, health, nutrition & wellbeing training	Volunteering and community action
Community litter pick	Community surveys	Heritage walks	Capturing Local history	Supporting foodbanks	
Mon 16/08/21	Tue 17/08/21	Wed 18/08/21	Thu 19/08/21	Fri 20/08/21	Youth voice and youth action
10am – 4pm	10am – 2pm	10am – 2pm	10am – 2pm	10am – 2pm	
Football competition / sports Community safety	Football competition / sports Community safety	Football competition / sports Community safety	Football competition / sports Community safety	Football competition / sports Community safety	
BLM, discussions	Cooking made simple	Cooking made simple	Cooking made simple	Cooking made simple	

We may extend the programme for another week, to the end of August – subject to funding.

For more information contact: Email: sarah@rein.uk.com

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