

www.lbhf.gov.uk/ winterfun







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# WELCOME

# Welcome to our fantastic Winter Festive Fun programme.

Building on the momentum from our hugely successful Summer in the City programme, Hammersmith & Fulham Council is continuing to work with local youth activity provider LMP Action and the Holiday Activity and Food Programme to offer activities and events for children and young people.

We have many different providers delivering across H&F and we've got something for everyone! Sport, dance, cookery, Film School, arts and crafts, and family fun for four to 18-year-olds – or up to 25 for those with additional needs. We also have several one-off events for families to enjoy together.

The most important thing, this winter, is that every event is FREE.

Our Winter Festive Fun programme is about offering fun and enriching activity for children and young

people an spaces for families to come and enjoy the warm.

We are also working hard to ensure that children can have access to a regular source of free nutritious meals over the Christmas holidays, whether at a local club, event or other community activity. Many of our providers will be providing our Winter Festive Fun bags for families to enjoy over the holiday period, containing recipes, food, activities and more.

We hope this digital guide will help families and young people to access new exciting opportunities, get involved, be part of their community and have an opportunity to celebrate at this festive time of year.

Looking forward to seeing you there!

Clir Alex Sanderson Cabinet Member for Children & Education

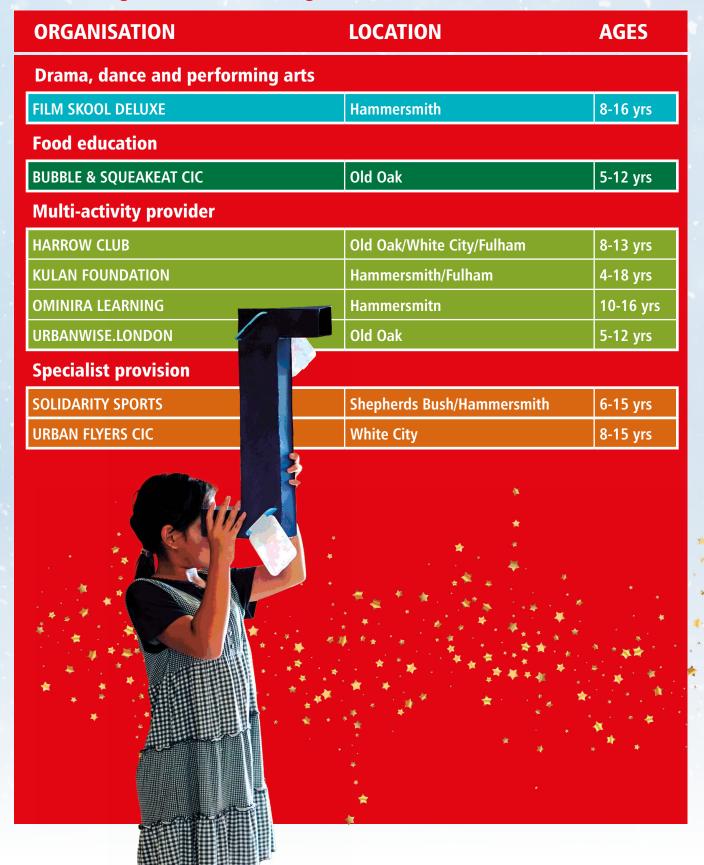
# **Activities - week 1**

# **Monday 19 - Sunday 25 December**

ľ	ORGANISATION	LOCATION	AGES		
ſ	Drama, dance and performing arts				
ı	DANCEWEST	Sands End, Fulham and Lyric Hammersmith	5-11 yrs		
	Food education				
	BUBBLE & SQUEAKE AT CIC	Old Oak	5-12 yrs		
	NOURISH HUB	Shepherds Bush	12-18 yrs		
	Multi-activity provider				
	HARROW CLUB	Old Oak/White City/Fulham	8-13 yrs		
	KULAN FOUNDATION	Hammersmith/Fulham	4-18 yrs		
	SHEPHERDS BUSH FAMILIES PROJECT	Shepherds Bush Hammersmith	5-16 yrs		
	SEAPIA	Sands End, Fulham	4-13 yrs		
	URBANWISE.LONDON	Old Oak	5-12 yrs		
	Specialist provision				
	H&F MENCAP	Hammersmith	13-25 yrs		
ı	SOLIDARITY SPORTS	Shepherds Bush/Hammersmith	6-15 yrs		
ı	URBAN FLYERS CIC	White City	8-15 yrs		
	Sports provision				
	CHELSEA FC FOUNDATION	Fulham	8-18 yrs		
	THE EALING TRAILFINDERS FOUNDATION	Hammersmith	7-12 yrs		

# **Activities - week 2**

# **Monday 26 - Sunday 30 December**



# **Events**





**Urban Flyers** is hosting

# **Urban Family Game Night**

Come and join our game night where families and young people can socialise, meet new people and enjoy healthy food whilst also enjoying technology from the past, present and future. Attendees will be able to engage in a variety of activities including retro arcades, tech guizzes and drone and robotic stimulators.

#### Saturday 17 December

Our Lady of Fatima Parish Centre Commonwealth Ave, W12 7QR To book. click here



## **Christmas Show** and Party

**BubbleSqueakEat** will be hosting a Christmas show and Christmas Party for children, young people and families.

**Christmas Party:** 

Saturday 17 December

1-3pm

**Christmas Show:** Sunday 18 December

5.30-7.30pm

**Old Oak Community Centre** 76 Braybrook St, W12 0AP

To book, email:

bubblesqueakeat@gmail.com

### Not So Silent Night

Sands End Associated Projects In **Action (SEAPIA)** will be hosting the 'Not So Silent Night' free Christmas party for young people, ages 11-16 years old, to attend. There will be food, drinks, photo booths, as well as a DJ and open mic.

#### Friday 16 December

7-9pm

Sands End Adventure Playground Marinefield Rd, SW6 2LL

No booking required, last entry at 7:30pm

#### Festive Celebration

**DanceWest** will be hosting a Festive Celebration on Wednesday 21 December. The event will be for the whole family and will include a DJ, dancefloor, pop up festive dance workshops, two professional performances, festive crafts as well as lunch and drinks.

Sands End Arts and Community Centre, Peterborough Rd, SW6 3EZ

#### Wednesday 21 December

1-5pm

To book, visit:

http://www.dancewest.co.uk/ christmas-party









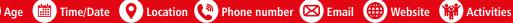












# Drama, dance and performing arts

#### **DanceWest**



We will be hosting an exciting list of themed activities from nutritional education to physical, health and wellbeing activities that include themed dance workshops.

Monday 19 – Friday 23 December 10am - 2pm

Sands End Arts and Community Centre, Petersborough Road, SW6 3EZ Lyric Hammersmith Theatre, Lyric Square, King St, W6 0QL

admin@dancewest.co.uk

http://www.dancewest.co.uk/ **holidayclub** for bookings

#### Film Skool Deluxe

**Ages: 8-16** 

Activities will include outdoor sport and physical activity, arts and crafts, food education, STEM activities as well as a large emphasis on film.

Tuesday 27 – Friday 30 December 10am - 2pm

**St Thomas of Canterbury Catholic** Primary School, Estcourt Rd, SW6 7HB

Please email for booking link



















# Food education

## **Bubble & Squeak**

- Ages: 5-12
- We will be running a wide range of activities such as sports, arts and crafts, STEM activities as well as cooking sessions.
- Monday 19 Friday 23 December Tuesday 27 – Friday 30 December 10am - 2pm
- Old Oak Community Centre, 76 Braybrook St, W12 OAP
- bubblesqueakeat@gmail.com Please email us to book your place or receive more information

### **Nourish Hub**

- **Y** Ages: 12-18
- Cooking sessions and a holiday multi-generational surplus supper.
- Tuesday 20 Thursday 22 December 9.30am - 12pm Tuesday and Thursday 4 - 6pm Wednesday
- Nourish Hub, 1a St Ann's Rd, W11 4SS
- info@nourishhub.org.uk **Email for booking form**







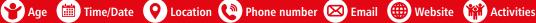












# Multi-activity provider

#### **Harrow Club**

- **Ages: 8-13**
- Activities range from indoor sports, music and games to arts and crafts to cooking and group chats.
- Tuesday 20 Wednesday 21 December **Tuesday 20 – Wednesday 21st December** 1 - 5pm
- Email for location information.
- info@harrowclub.org Please email to reserve a place

### **Ominira Learning**

- **Y** Ages: 10-16
- We will provide a wide range of activities that include arts and crafts, nutritional sessions, technology and physical activity.
- Tuesday 27 Friday 30 December 10am - 2pm
- **Email for location information**
- info@ominiralearning.com
- www.ominiralearning.com for bookings

#### **Kulan Foundation**

- **P** Ages: 4-18
- Kulan Fouation is offering multi-activities and food over the Christmas Holiday. These activities include indoor and outdoor physical activity, nutritional education as well as interactive guizzes and arts and craft.
- Monday 19 Thursday 22 December Monday 26 - Thursday 29 December 10am - 2pm
- Multiple locations. Email for more information.
- admin@kulanfoundation.com Please email to book a space

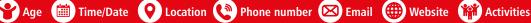


















# Multi-activity provider

## **Sands End Adventure Playground (SEAPIA)**

- **P** Ages: 4-13
- **SEAPIA** will deliver a wide range of activities that include, cooking and planning menus, music, arts and crafts, sports and messy play.
- Monday 19 Thursday 22 December 10am - 2pm
- Sands End Adventure Playground, Marinefield, SW6 2LL
- 🔼 info@seapia.org Email to reserve your place

# **Shepherds Bush Families Project**

- **Y** Ages: 5-16
- **W** We will be providing activities including, art and crafts, role play, tabletop games and board games that are for children, young people and parents.
- Monday 19 Thursday 22 December 10am - 3pm
- **Email for location information**
- info@sbfp.org beatrice@sbfp.org for bookings

#### **Urbanwise**

- 😭 Ages: 5-12
- Activities will forest activities as well as arts and crafts activities that includes visiting The Saatchi Gallery.
- Monday 19 Friday 23 December Tuesday 27 - Friday 30 December 2 - 6pm
- Old Oak Community Centre, 76 Braybrook St, W12 0AP
- □ Iydia@urbanswise.london for bookings









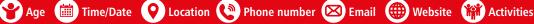














# Specialist provision

## **Hammersmith & Fulham Mencap**

- **Ages: 13-25**
- Our activities are specially designed to boost teenagers' self-confidence and self-esteem: cycling, movie night with cooking and tasting, arts, games and much more. Young people will have the opportunity to learn to deal with challenges, to communicate with different individuals and to build up life skills in a supportive environment.
- Monday 19 Thursday 22 December Varied times and locations. Please contact for more details.
- **9** 72 Bolingbroke Road, W14 0AH
- http://www.hfmencap.org/
- jolita.anupreviciute@hfmencap.org to reserve a place.

## **Solidarity Sports**

- **P** Ages: 6-15
- We are providing an exciting list of Christmas activities that prioritise healthy with physical activities like sports. As well as activities that include board games and healthy eating sessions.
- Monday 19 Friday 23 December Tuesday 27 - Friday 30 December 10am - 3:30pm
- Multiple locations. Email for more information.
- info@solidaritysports.org A referral is needed from Social Services or RBKC Children's Services.

# **Urban Flyers C.I.C**

- **Ages: 8-15**
- Activities will include tech sessions that include drones, cameras, intelligent robots and so much more.
- Monday 19 Thursday 22 December Tuesday 27 – Friday 30 December 1 - 5pm
- Our Lady of Fatima Parish Centre, Commonwealth Avenue, W12 7QR
- info@urbanflyers.co.uk
- https://forms.office.com/r/Pujnd8Jk9q for bookings



















# Sports provider

### **Chelsea FC Foundation**

- **Ages: 8-18**
- Activities will include sports and physical activity, cooking education and nutritional education
- Monday 19 Thursday 22 December 10am - 2pm
- **Fulham Boys School,** 532 Fulham Road, SW6 5PY
- community.enquiries@chelseafc.com
- https://www.chelseasoccerschools. co.uk/soccerschools/courses/ courses.htm?coursesSearch =search&typeId=147

For bookings:

Under the course code section in the course search area (left of screen) input the following code:

CFK-SB-L-5 (to book Monday 19 December)

CFK-SB-L-6

(to book Tuesday 20 December)

CFK-SB-L-7

(to book Wednesday 21 December)

CFK-SB-L-8

(to book Thursday 22 December)

To complete booking use the invite code: HAF



### **The Ealing Trailfinders Foundation**

- **Ages: 7-12**
- We will be providing a plethora of activities including a range of sports and games such as football, netball, hockey as well as nutritional information and much more.
- Monday 19 Friday 23 December 10am - 3pm
- **Email for more information**
- community@etprm.com
- www.ealingtrailfinders.org.uk

















# Healthy living

#### **NATIONAL SERVICES**

#### Change4Life

Change4Life aims to help families make small, sustainable yet significant improvements to their diet and activity levels.



https://www.nhs.uk/change4life

#### Couch to 5K

Healthy changes start with little changes. Whether you want to lose weight, get more active or improve your mood, the NHS Better Health and Couch to 5K app will be here to support you.



https://itunes.apple.com/gb/app/ one-you-couch-to-5k/ id1082307672?mt=8

https://play.google.com/store/apps/ details?id = com.phe.couchto5K

#### **Nourish Hub**

'Donate as you dine' meals and cooking courses in Hammersmith.



https://www.nourishhub.org.uk/

#### One You

One You offer resources to help make small changes that fit your life, so you feel better and healthier every day. It's about making vou find that balance!



https://www.nhs.uk/onevou/ for-your-body/

#### Race to Health

Race to Health is an award winning online physical activity challenge for primary and secondary school children that encourages them to participate in daily physical activity. The aim is to increase the number of children that are meeting the physical activity guidelines of 60 minutes per day.



https://www.racetohealth.co.uk/

### The Body Coach

Joe Wicks is the face of the Body Coach where he promotes fitness and wellbeing for all!

YouTube:

https://www.youtube.com/ channel/UCAxW1XT0iEJo0TYlRfn6rYQ

















# Support services

## Crosslight

Free face-to-face debt advice

https://www.crosslightadvice.org/hf

### **Family Friends**

Parent befriending Service for parents with children aged 0-16 years.

**Q** 020 8960 9099

info@familyfriends.uk.com

https://www.familyfriends.uk.com/

### **Hammersmith & Fulham Council – Family Support Services**

Family Support is here to support families at every stage to build stronger brains and build resilience.

**Q** 020 8753 6070

★ familyservices@lbhf.gov.uk

https://www.lbhf.gov.uk/ children-and-young-people/ children-and-family-care/ family-support-service

## **H&F Community Connect**

Support for residents needing urgent support with food, loneliness or isolation.

https://www.lbhf.gov.uk/ health-and-care/community-connect

## Help for residents facing financial hardship

Information for residents struggling with paying bills

https://www.lbhf.gov.uk/ cost-living-crisis-find-help-here

#### **Mencap**

HF Mencap is an independent local charity supporting children and adults with learning disabilities and their carers and families.

https://hfmencap.org/contact-us/

### **West London Action** for Children

Promotes the wellbeing of children in need, working with them, their families and carers to help them achieve positive change.

https://www.wlac.org.uk/

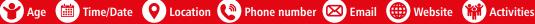




















Do contact each provider directly.

Have a wonderful winter of fun!

