

h&f's Winter Festive Fun



**Activity programme
of winter food and fun
for children and young people
Monday 19 to Friday 30 December**



[www.lbhf.gov.uk/
winterfun](http://www.lbhf.gov.uk/winterfun)

**H&F
Winter
Wellbeing**


LMP ACTION
COMMUNITY INTEREST COMPANY

h&f
hammersmith & fulham

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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 and spaces for families to come and enjoy the winter.

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!

Cllr Alex Sanderson
Cabinet Member for
Children & Education

Activities - week 1


Monday 19 - Sunday 25 December

ORGANISATION	LOCATION	AGES
Drama, dance and performing arts		
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
SOLIDARITY SPORTS	Shepherds Bush/Hammersmith	6-15 yrs
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

ORGANISATION	LOCATION	AGES
Drama, dance and performing arts		
FILM SKOOL DELUXE	Hammersmith	8-16 yrs
Food education		
BUBBLE & SQUEAKEAT CIC	Old Oak	5-12 yrs
Multi-activity provider		
HARROW CLUB	Old Oak/White City/Fulham	8-13 yrs
KULAN FOUNDATION	Hammersmith/Fulham	4-18 yrs
OMINIRA LEARNING	Hammersmith	10-16 yrs
URBANWISE.LONDON	Old Oak	5-12 yrs
Specialist provision		
SOLIDARITY SPORTS	Shepherds Bush/Hammersmith	6-15 yrs
URBAN FLYERS CIC	White City	8-15 yrs



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 quizzes and drone and robotic stimulators.

Saturday 17 December

4-7pm

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



Ages: 5-11



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



filmskooldeluxe@gmail.com
Please email for booking link



Age



Time/Date



Location



Phone number



Email



Website



Activities



Access for someone with physical disability/difficulty



Access for someone with learning disability

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 0AP
-  bubblesqueakeat@gmail.com
Please email us to book your place or
receive more information
-  

Nourish Hub

-  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

-  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

-  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 quizzes 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)

-  **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

-  **Ages: 5-16**
-  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@sbf.org**
beatrice@sbf.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
-  **lydia@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.

 72 Bolingbroke Road, W14 0AH


 <http://www.hfmencap.org/>


 jolita.anupreviciute@hfmencap.org
to reserve a place.



Solidarity Sports

 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&typed=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



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 you find that balance!

 <https://www.nhs.uk/oneyou/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.

 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.

 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/>





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**Do contact each provider
directly.**

**Have a wonderful
winter of fun!**

