

Provider	Activity	Time	Age(s)	Description of Event	Venue	Booking Contact
Active Newham	Boxing	3:30 - 5:00pm	10 to 16	Learn how your stance, guard and footwork supports your punches and how to best defend yourself in the ring. You can continue beyond the course on the Boxing Pathway with our Boxing Tutors Award.	Lister Community School, E13 9AE	0300 124 0123 <a href="mailto:craig.hughes@activenewham.org.uk">craig.hughes@activenewham.org.uk</a>
CGL, Ape Media	Creative Writing Workshop	5:00-7:00pm	10 to 16	Whether you like pop, rock, hip-hop, R&B, or country, we'll show you how to write songs that soar.	Ape Studio's, 49 The Broadway, E15 4BQ (Stratford)	<a href="https://www.changegrowlive.org/young-people/headstart-newham">https://www.changegrowlive.org/young-people/headstart-newham</a> <a href="mailto:nfo@yourbeatsyourwords.co.uk">nfo@yourbeatsyourwords.co.uk</a>

Provider	Activity	Time of Session	Age(s)	Description of Event	Venue	Booking Contact
East London Dance	Challenge 59 Easter Dance and Film Project	10am-12.30pm & 1.30pm - 4pm	10 to 16	Have fun whilst developing your dance and film skills over Easter half term. Create a 59 second dance film that will be submitted into the challenge 59 film competition.	TBC	020 8279 1050 hello@eastlondondance.org
Active Newham	Judo	4:00 - 5:30pm	10 to 16	Fight for Peace provide an 8 week beginners programme of Judo Originating in Japan, Judo develops physical and mental energy which allows you to control emotions and impulses whilst developing yourself and improving fitness. Learn about grip, foot placement, and develop knowledge on how to outwit your opponent whilst developing your own creativity and building resilience.	Fight for Peace, Woodman Street, London, E16 2LS	0300 124 0123 <a href="mailto:craig.hughes@activenewham.org.uk">craig.hughes@activenewham.org.uk</a>

Provider	Activity	Time	Age(s)	Description of Event	Venue	Booking/Contact
Aston Mansfield	Creative Writing	4:00 - 6:00pm	10 to 16	A focus on story. Different types of story. Character arcs, scenes as a currency change. You choose a story you want to tell and whether you want to do this through the medium of film or theatre.	Well Community Centre, 49 Vicarage Lane, London, E6 6DQ	
Aston Mansfield	Creative Writing	6:30 - 8:30pm	10 to 16		The Froud Community Centre, 1 Toronto Avenue, Manor Park, London, E12 5JF	
Active Newham	Fencing	17:00 - 18:00pm	10 to 16	Lunge, Parry, Riposte! Fencing provides a unique mix of physical, intellectual and emotional stimulation. You could go on to become a Fencing Leader with British Fencing.	East Ham Leisure Centre, 324 Barking Rd, London E6 2RT	0300 124 0123 <a href="mailto:craig.hughes@activenewham.org.uk">craig.hughes@activenewham.org.uk</a>



# Tuesday



Provider	Activity	Time of Session	Age(s)	Description of Event	Venue	Booking Contact
East London Dance	On the Move - Dance Classes	4.30pm - 6pm	10 to 16	Free dance activities for you to express yourself, build your confidence and discover your inner dancer. Feel good dance classes and projects that are open to all abilities.	Forest Gate Youth Zone, 1 Woodford Road, Forest Gate, E7 0DH	020 8279 1050 <a href="mailto:hello@eastlondondance.org">hello@eastlondondance.org</a>
East London Dance	Challenge 59 Easter Dance and Film Project	10am-12.30pm & 1.30pm - 4pm	10 to 16	Have fun whilst developing your dance and film skills over Easter half term. Create a 59 second dance film that will be submitted into the challenge 59 film competition.	Venue TBC	020 8279 1050 <a href="mailto:hello@eastlondondance.org">hello@eastlondondance.org</a>



# Tuesday



Provider	Activity	Time	Age(s)	Description of Event	Venue	Booking Contact
Aston Mansfield	Creative Writing (Rap/hip hop/freestyle)	4.00pm to 6.00pm	10 to 16	Expanding Imagination: through story, poetry, music and rhyme. A focus on story. Different types of story. Character arcs, scenes as a currency change. You choose a story you want to tell and whether you want to do this through the medium of film or theatre.	Well Community Centre, 49 Vicarage Lane, London, E6 6DQ	<a href="tel:02033553981">0203 355 3981</a> <a href="http://www.aston-mansfield.org.uk/headstart">www.aston-mansfield.org.uk/headstart</a>
Aston Mansfield	Creative Writing (Rap/hip hop/freestyle)	6.30pm to 8.30pm	10 to 16	Expanding Imagination: through story, poetry, music and rhyme. A focus on story. Different types of story. Character arcs, scenes as a currency change. You choose a story you want to tell and whether you want to do this through the medium of film or theatre.	The Froud Community Centre, 1 Toronto Avenue, Manor Park, London, E12 5JF	<a href="tel:02033553981">0203 355 3981</a> <a href="http://www.aston-mansfield.org.uk/headstart">www.aston-mansfield.org.uk/headstart</a>



# Wednesday



Provider	Activity	Time	Age(s)	Description of Event	Venue	Booking/Contact
<b>CGL, Ape</b>	Music Production Workshop	5:00-7:00pm	10 to 16	You come up with the ideas and, we will teach you the sound design and help you with the music production. Plus get free studio time to lay down your ideas.	Ape Studio's, 49 The Broadway, E15 4BQ (Stratford)	<a href="mailto:info@yourbeatsyourords.co.uk">info@yourbeatsyourords.co.uk</a>
<b>Aston Mansfield</b>	Film and Digital Art	4:00 – 6:00pm	10 to 16	Try out a variety of drawing, painting and illustration Apps. Look at carefully selected examples of digital art from Hockney to graphic novels. projects will be devised by and for YP attending the course. create a poster for Headstart, a local event, club/band flyer. illustration for a novel/children's book.	The Froud Community Centre, 1 Toronto Avenue, Manor Park, London, E12 5JF	0203 355 3981 <a href="http://www.aston-mansfield.org.uk/headstart">www.aston-mansfield.org.uk/headstart</a>



# Wednesday



Provider	Activity	Time of Session	Age(s)	Description of Event	Venue	Booking/Contact
East London Dance	On the Move - Dance Classes	4.30pm - 6pm	10 to 16	Free dance activities for you to express yourself, build your confidence and discover your inner dancer. Feel good dance classes and projects that are open to all abilities.	Stratford Circus, Theatre Square, Stratford, London, E15 1BX	020 8279 1050 <a href="mailto:hello@eastlondondance.org">hello@eastlondondance.org</a>
East London Dance	Challenge 59 Easter Dance and Film Project	10am-12.30pm & 1.30pm - 4pm	10 to 16	Have fun whilst developing your dance and film skills over Easter half term. Create a 59 second dance film that will be submitted into the challenge 59 film competition.	Venue TBC	020 8279 1050 <a href="mailto:hello@eastlondondance.org">hello@eastlondondance.org</a>
Active Newham	Girls Only Boxing	4:00 - 5:30pm	10 to 16	GIRLS ONLY boxing is a beginner's programme delivered by Fight for Peace. Designed and delivered by a Female Boxing coach the programme focuses on punches, guard, agility, and fitness flexibility. what it take to put on the gloves? Sign up today!	Ithaca House (INUF Building), 27 Romford Road, E15 4JL	0300 124 0123 <a href="mailto:craig.hughes@activenewham.org.uk">craig.hughes@activenewham.org.uk</a>



# Wednesday



Provider	Activity	Time of Session	Age(s)	Description of Event	Venue	Booking/Contact
<b>Aston Mansfield</b>	Film Animation and Digital Art	4.00pm to 6.00pm	10 to 16	Self identity project using a combination of iPad and creative Apps to produce a CV or personal scrap book.	The Froud Community Centre, 1 Toronto Avenue, Manor Park, London, E12 5JF	0203 355 3981  www.aston-mansfield.org.uk/headstart
<b>Aston Mansfield</b>	Film Animation and Digital Art	4.00pm to 6.00pm	10 to 16	Self identity project using a combination of iPad and creative Apps to produce a CV or personal scrap book.	Well Community Centre, 49 Vicarage Lane, London, E6 6DQ	0203 355 3981  www.aston-mansfield.org.uk/headstart





# Thursday



Provider	Activity	Time of Session	Age(s)	Description of Event	Venue	Booking/Contact
Aston Mansfield	Film and Digital Art	04:00 – 6:00pm	10 to16	Try out a variety of drawing, painting and illustration Apps. Look at carefully selected examples of digital art from Hockney to graphic novels. projects will be devised by and for YP attending the course.	Well Community Centre, 49 Vicarage Lane, London, E6 6DQ	0203 355 3981 <a href="http://www.aston-mansfield.org.uk/headstart">www.aston-mansfield.org.uk/headstart</a>
Active Newham	Parkour	04:15 - 05:45 pm	10 to 16	Parkour/Free running a non competitive physical activity to move freely using your body. Running, jumping and climbing. You will develop functional strength, balance, agility and creative vision. You could progress to a Parkour Activators qualification.	Victory Park (Behind Westfield's), E15 2ER	0300 124 0123 <a href="mailto:craig.hughes@activenewham.org.uk">craig.hughes@activenewham.org.uk</a>
CGL, Ape	Creative Writing	07:00-9:00pm	10 to16	Whether you like pop, rock, hip-hop, R&B, or country, we'll show you how to write songs or dramatic text that soars.	The Arc in the Park, Hermit Recreation Ground, Bethell Avenue, London E16 4JT	<a href="mailto:info@yourbeatsyourwords.co.uk">info@yourbeatsyourwords.co.uk</a>



# Thursday



Provider	Activity	Time of Session	Age	Description of Event	Venue	Booking/Contact
Active Newham	Urban Golf	4:00 - 5:00pm	10 to 16	Urban Golf changes the way you think about Golf. Swap the Greens and fairways for parks and streets and take on the new style of play as you navigate the urban terrain, chipping, driving, and putting your way through the environment you live in. Urban golf will test your drive, ambition, and resilience as you score your way through East London, across East Ham park, Stratford park, and the Olympic park.	West Ham Park, Upton Lane, E7 9PU (Meeting point - Playground on North East Side of Park near Tennis Courts)	0300 124 0123 <a href="mailto:craig.hughes@activenewham.org.uk">craig.hughes@activenewham.org.uk</a>
Active Newham	StreetGym	01:40 - 04:40pm	13 To16	YMCA Street Gym closed session with Education Links pupil referral unit	Education Links, Chandos road, Stratford, E15 1TT	Closed session



# Thursday



Provider	Activity	Time of Session	Age(s)	Description of Event	Venue	Booking/Contact
East London Dance	On the Move - Dance Classes	5pm - 6.30pm	10 to 16	Free dance activities for you to express yourself, build your confidence and discover your inner dancer. Feel good dance classes and projects that are open to all abilities.	ASTA Community Centre, 14a Camel Road, Silvertown, E16 2DE	020 8279 1050 <a href="mailto:hello@eastlondondance.org">hello@eastlondondance.org</a>
East London Dance	Challenge 59 Easter Dance and Film Project	10am-12.30pm 1.30pm - 4pm	10 to 16	Have fun whilst developing your dance and film skills over Easter half term. Create a 59 second dance film that will be submitted into the challenge 59 film competition.	Venue TBC	020 8279 1050 <a href="mailto:hello@eastlondondance.org">hello@eastlondondance.org</a>



# Friday



Provider	Activity	Time of Session	Age(s)	Description of Event	Venue	Booking/Contact
East London Dance	Challenge 59 Easter Dance and Film Project	10am-12.30pm & 1.30pm - 4pm	10 to 16	Have fun whilst developing your dance and film skills over Easter half term. Create a 59 second dance film that will be submitted into the challenge 59 film competition.	Venue TBC	020 8279 1050 <a href="mailto:hello@eastlondondance.org">hello@eastlondondance.org</a>

Provider	Activity	Time of Session	Age(s)	Description of Event	Venue	Booking/Contact
Active Newham	Multi-Sports	10:00 - 12:00 pm	10 to13	An abundance of sports, team building sessions including sporting themed community activity led by You! With basketball, rock climbing and orienteering.	Arc in the park, E16 4JT	0300 124 0123 <a href="mailto:craig.hughes@activenewham.org.uk">craig.hughes@activenewham.org.uk</a>
Aston Mansfield	Screen Printing	1:00 – 3:00pm	10 to16	Introduction to Screen printing. Using T-shirts, Tea Towels and Canvas Bags.	The Froud Centre, 1 Toronto Avenue, Manor Park, E12 5JF	0203 355 3981  <a href="http://www.aston-mansfield.org.uk/headstart">www.aston-mansfield.org.uk/headstart</a>
	Screen Printing	4:30-6:30pm	10 to16			
East London Dance	Open Technique Class - with Youth Company	10am - 11.30am	13 to16	Free weekly open technique class for young people wanting to develop their skills in Urban Contemporary Dance.	University of East London, 1 Salway Place	020 8279 1050  <a href="mailto:hello@eastlondondance.org">hello@eastlondondance.org</a>

Provider	Activity	Time of Session	Age(s)	Description of Event	Venue	Booking Contact
<b>Aston Mansfield</b>	Specialist Arts and Crafts (Lino Printing)	1pm to 3pm	10 to 16	Introduction to Clay. Using Plaster of paris, Moulds, Sculpting, Tiles and ceramics	The Froud Centre, 1 Toronto Avenue, Manor Park, E12 5JF	0203 355 3981  www.aston-mansfield.org.uk/headstart
<b>Aston Mansfield</b>	Specialist Arts and Crafts (Lino Printing)	4.30pm to 6.30pm	10 to 16	Introduction to Clay. Using Plaster of paris, Moulds, Sculpting, Tiles and ceramics	The Froud Centre, 1 Toronto Avenue, Manor Park, E12 5JF	0203 355 3981  www.aston-mansfield.org.uk/headstart