

Creative Arts & Sports Activities at a glance...

Intervention summary:

Free activities across the borough in community spaces offering a variety of high quality creative and sports activities, from dance, music production, screen printing, parkour, handball, fencing and much more.

Available in: community settings

Delivered by: East London Dance, Ape Media, Aston Mansfield and Active Newham

No. of sessions: between 6 – 12 weeks dependent on course

Length: between 1.5 and 2 hour sessions

No. of pupils: between 10 -15 young people per group

Course structure: Group work building on young peoples skills and developing their talent. Underpinned with 1:1 support for participants.

Find out more about the courses:

<https://www.aston-mansfield.org.uk/headstart>

<http://www.eastlondondance.org/news/headstart>

<http://www.activenewham.org.uk/head-start>

<http://www.yourbeatsyourwords.co.uk/2017/01/05/hello-world/>

The Creative Arts and Sports Activities provide young people with real opportunities to develop their own interests, talents and hobbies. The activities are provided out of school hours in community based settings across the borough and create a safe and welcoming space for young people to expand their horizons, meet new people and develop relationships.

Check out what's on offer in Newham:

East London Dance offers inspiring, high quality, bespoke dance services including workshops, performances and projects.

Ape Media offers an 8-week Creative Song Writer course across various locations in Newham. In this time, young people learn all the elements of the song writing craft and how to perform in front of a live audience.

Aston Mansfield offers 6 week courses designed to help young people express themselves through the arts. Each half term will see a new course which builds on the learning of the course before.

Active Newham offers young people an opportunity to try their hand at a variety of sporting activities. Whatever a young person's level or interests, the courses offer a great opportunity to build new skills and make friends.

Key benefits for young people

- ➔ Make new friends
- ➔ Have a hobby and interest they enjoy doing
- ➔ Knowing what they are good at

Key benefits for schools

- ➔ Improved attendance
- ➔ Improved school attainment
- ➔ Improved pupil and teacher relationships

What are young people saying about HeadStart?

"HeadStart is so cool, we learn so much things and we have lots of different activities and they have so much that I can do."