

Multi-sports Activities at Tantony Green Park Every Thursday

Discover new sports whilst making friends this summer. At Sports and Life Skills activities are more than just a sports activities. The multi-sport programme is aimed at tackling anti-social behaviour, changing the reputation of young people in the area by building their confidence, enhancing life skills whilst learning about a variety of sports.

Join the team every Thursday evening starting 7th July, between 3.30-7pm for age specific session.
Contact **07940 359 009** for more information about the time slot relevant to your child.



Happy Healthy Me Summer Programme

This is an exciting programme where young people will learn about positive body image techniques, tips on eating healthy snacks on a budget and learn fun fitness exercises alongside a smoothies bike. Starting Friday 29th July 2022.

2.00-2.45pm: Under 12's session

3:00 -3.45pm: 12-18 session



**How to register
Text / call Shan
on 07742163445**

Street Dancing at Marks Gate Community Hub

Join our bubbly youth fitness instructor to learn a variety of street dancing moves over the summer holidays.

This FREE drop-in activity is open to all under 18's in the area. Join us every Tuesday from 26th July 2022.

3.30pm - 4:15pm Age 6-12

4.30pm-6.00pm Age 12-18



Nutrition Workshops

Fun and engaging workshops which will offer young people and their legal guardian an opportunity to learn practical cooking skills and how to source healthy ingredients. 3 Weeks programme, starting Tuesday 5th July 2022.

3.30pm - 4:15pm Age 6-12

4.30pm-6.00pm Age 12-18

Parents or guardians can also join session



How to register?

Drop-in session no registration required spaces are based on capacity

Family Bonding activities at local amusement & leisure centres

We have a limited number of tickets to offer families the opportunity to plan day trips over the summer holidays:

- West Ham Tickets to watch live matches in Stratford (maximum of 4 tickets per family , 1 adult and up to 3 children)
- Tickets for under 12's to visit a play centre in Becontree (Maximum of 4 tickets per family)
- Tickets to play Golf at Golf Kingdom (Maximum of 4 tickets per family)
- Trampoline Park Tickets (Maximum of 4 tickets per family)
- Bowling tickets (Maximum of 4 tickets per family)



Text 07748878702 to book tickets

Eligibility requirements apply: family must be based in Marks Gate or North Chadwell Heath

Additional activities for under 18's in the area

- Mon - Fri **Summer Multisport Programme** at Tantony Grove Park. Contact 07940 359 009 for more information:
4-9 year olds: 10.00 -11.30am
10-15 year olds: 11.30 -1:00pm
- Mon 5-8pm **Community Catch-up** over a hot meal at Marks Gate Community Hub
Summer Opening Dates: 25th July/8th Aug/22nd Aug
- Mon 15th Aug 5:30-6pm **Mum & Baby / Toddler Fitness** at Marks Gate Community Hub
Contact 0755 108 1178
- Mon 15th Aug 6-8pm **Marks Gate Relief Project Allotments**
Contact 07448057268 for directions to the allotment. All ages welcome
- Tues 9.30 -11.30 **Messy Crafts** at Marks Gate Community Hub for under 18's
- Weds 9.30 -10.30 **Buggy Run**: Meet up point Tantony Green Contact 07742163445
- Fri 5.00-6pm **Boxing Club** (Limited sessions over the summer) at Marks Gate Community Hub
- Thurs 7.30-8.15 **Toddler and Parent Fitness** at Marks Gate Community Hub
Contact 07742163445
- Saturday 16th July 2pm **Marks Gate Funday** at Tantony Green Park
- **Wellgate Farm under 18's activities**: Visit www.wellgatefarm.org for more information
Sat and Sun (AM&PM Sessions) Young Farmers Club at Wellgate Farm for age 8yr+ £5 per session
Beaks & Squeaks for ages 3-8yr £10 per session
Farmer for a day for age 8-16yr £30 per session 10am-2pm
- Mon & Tues in August 9.30 -2.30 **Holiday Activities & Food Programme** at Marks Gate Community Hub. **Eligibility criteria**: children from low income families. Visit the Community Hub for more information
- **Everyone Everyday cooking workshops** at Marks Gate Community Hub
Weds 10th August 4.30-5.30pm
Weds 24th August 12-1pm