

## Summer in the City Free Activities & Food – Book Now!

Below is a list of organisations (in alphabetical order) that will be providing provision for young people throughout the Summer Holidays (Monday 25<sup>th</sup> July – Friday 26<sup>th</sup> August). They will deliver **FREE** activities and food to children and young people. Each provider has provided further information on how you can book a space for your child(ren).

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<b>Provider:</b>	<b>Action on Disability</b>
<b>Description:</b>	We will deliver a holiday project to young, disabled people. There will be a range of fun and engaging activities where young people can learn new skills, make new friends and have fun! Activities range from swimming, art, drama, dance, cooking, sports and much more! We also provide a transport service.
<b>Dates:</b>	Tuesday 26 <sup>th</sup> July – Friday 29 <sup>th</sup> July 2022 Monday 1 <sup>st</sup> August – Thursday 4 <sup>th</sup> August 2022 Monday 8 <sup>th</sup> August – Thursday 11 <sup>th</sup> August 2022 Monday 15 <sup>th</sup> August – Thursday 18 <sup>th</sup> August 2022
<b>Time:</b>	9am – 3.30pm
<b>Age range:</b>	11-25 years old
<b>Booking:</b>	We are a member's organisation so anyone wanting to access our service will need to become a member and complete our membership form. This will initiate the referral process. Please email for more information.
<b>Email:</b>	<a href="mailto:admin.youth@aod.org.uk">admin.youth@aod.org.uk</a>
<b>Physical disability/difficulty provision:</b>	<b>Yes</b>
<b>Learning disability/difficulty provision:</b>	<b>Yes</b>

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<b>Provider:</b>	<b>Bubble &amp; Squeak</b>
<b>Description:</b>	We will be running a wide range of activities such as sports, arts & crafts, STEM activities as well as cooking and gardening sessions.
<b>Dates:</b>	Monday 25 <sup>th</sup> July – Friday 29 <sup>th</sup> July & Sunday 31 <sup>st</sup> July 2022 Monday 1 <sup>st</sup> August – Friday 5 <sup>th</sup> August & Sunday 7 <sup>th</sup> August 2022 Monday 8 <sup>th</sup> August – Friday 12 <sup>th</sup> August & Sunday 14 <sup>th</sup> August 2022 Monday 15 <sup>th</sup> August – Friday 19 <sup>th</sup> August & Sunday 21 <sup>st</sup> August 2022 Monday 22 <sup>nd</sup> August – Friday 26 <sup>th</sup> August 2022
<b>Time:</b>	10am -12pm
<b>Age range:</b>	5-12 years old
<b>Booking:</b>	Please email us to book your place or receive more information.
<b>Email:</b>	<a href="mailto:bubblesqueakeat@gmail.com">bubblesqueakeat@gmail.com</a>
<b>Physical disability/difficulty provision:</b>	<b>Yes</b>
<b>Learning disability/difficulty provision:</b>	<b>Yes</b>

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<b>Provider:</b>	<b>DanceWest</b>
<b>Description:</b>	We will be hosting an exciting list of activities from nutritional education to physical, health and wellbeing activities that include yoga, salsa dancing and Hip-Hop dancing.
<b>Dates:</b>	Monday 25 <sup>th</sup> July – Thursday 28 <sup>th</sup> July 2022 Monday 1 <sup>st</sup> August – Thursday 4 <sup>th</sup> August 2022
<b>Time:</b>	Please contact us for precise times.
<b>Age range:</b>	5-11 years old
<b>Booking:</b>	To book on please visit us at: <a href="http://www.dancewest.co.uk">www.dancewest.co.uk</a> , call us via 0749 513 079 or send an email.
<b>Email:</b>	<a href="mailto:admin@dancewest.co.uk">admin@dancewest.co.uk</a>
<b>Physical disability/difficulty provision:</b>	<b>Yes</b>
<b>Learning disability/difficulty provision:</b>	<b>Yes</b>

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<b>Provider:</b>	<b>The Ealing Trailfinders Foundation</b>
<b>Description:</b>	We will be providing a plethora of activities including a range of sports, games, colouring, puzzles, nutritional information and much more.
<b>Dates:</b>	Monday 25 <sup>th</sup> July – Friday 29 <sup>th</sup> July 2022 Monday 8 <sup>th</sup> August – Friday 12 <sup>th</sup> August 2022 Monday 15 <sup>th</sup> August – Friday 19 <sup>th</sup> August 2022
<b>Time:</b>	Please contact for times.
<b>Age range:</b>	6-11 years old
<b>Booking:</b>	Using our specialist booking system, <a href="https://www.ticketco.com">TicketCo</a> - search for the camp information and follow the user-friendly link.
<b>Email:</b>	<a href="mailto:camps@etprm.com">camps@etprm.com</a>
<b>Physical disability/difficulty provision:</b>	<b>Yes</b>
<b>Learning disability/difficulty provision:</b>	<b>No</b>

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<b>Provider:</b>	<b>Fulham Reach Boat Club</b>
<b>Description:</b>	We will be providing a fun Summer programme with on-water and off-water activities along the River Thames with nutrition, health & wellbeing centred activities.
<b>Dates:</b>	Monday 1 <sup>st</sup> August – Friday 5 <sup>th</sup> August 2022 Monday 8 <sup>th</sup> August – Friday 12 <sup>th</sup> August 2022 Monday 15 <sup>th</sup> August – Friday 19 <sup>th</sup> August 2022
<b>Time:</b>	9:30am – 12:30pm
<b>Age range:</b>	13-18 years old
<b>Booking:</b>	To book, please send us an email or give us a call on 02033567154
<b>Email:</b>	<a href="mailto:info@fulhamreachboatclub.com">info@fulhamreachboatclub.com</a>
<b>Physical disability/difficulty provision:</b>	<b>Yes</b>
<b>Learning disability/difficulty provision:</b>	<b>Yes</b>

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**Provider:** **Hammersmith & Fulham Mencap**  
**Description:** 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.  
**Dates:** Tuesday 26<sup>th</sup> July – Friday 29<sup>th</sup> July 2022  
Tuesday 2<sup>nd</sup> August – Friday 5<sup>th</sup> August 2022  
Tuesday 9<sup>th</sup> August – Friday 12<sup>th</sup> August 2022  
Tuesday 16<sup>th</sup> August – Friday 19<sup>th</sup> August 2022  
Tuesday 23<sup>rd</sup> August – Friday 26<sup>th</sup> August 2022  
**Time:** Varied times and locations. Please contact for more details.  
**Age range:** 13-25 years old  
**Booking:** Visit our website: <http://www.hfmencap.org/> or email [jolita.anupreviciute@hfmencap.org](mailto:jolita.anupreviciute@hfmencap.org) to reserve a place.  
**Physical disability/difficulty provision:** **Yes**  
**Learning disability/difficulty provision:** **Yes**

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**Provider:** **Hammersmith & Fulham Sports Development**  
**Description:** We will be providing an exciting list of activities including sports, cooking sessions, cycling sessions, paddleboarding sessions and much more.  
**Dates:** Monday 25<sup>th</sup> July – Friday 29<sup>th</sup> July 2022  
Monday 1<sup>st</sup> August – Friday 5<sup>th</sup> August 2022  
Monday 8<sup>th</sup> August – Friday 12<sup>th</sup> August 2022  
Monday 15<sup>th</sup> August – Friday 19<sup>th</sup> August 2022  
Monday 22<sup>nd</sup> August – Friday 26<sup>th</sup> August 2022  
**Time:** Contact for time details.  
**Age range:** 13+ years  
**Booking:** Book via the Hammersmith & Fulham website.  
**Email:** [sportsdevelopment@lbhf.gov.uk](mailto:sportsdevelopment@lbhf.gov.uk)  
**Physical disability/difficulty provision:** **Yes**  
**Learning disability/difficulty provision:** **Yes**

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**Provider:** **Harrow Club**  
**Description:** We are offering a large selection of activities over this Summer with activities ranging from sports, media, music and games to arts & and crafts and outdoor adventure activities including an escape room.  
**Dates:** Monday 25<sup>th</sup> July – Saturday 30 July 2022  
Monday 1<sup>st</sup> August – Saturday 6<sup>th</sup> August 2022  
Monday 8<sup>th</sup> August – Saturday 13<sup>th</sup> August 2022  
Monday 15<sup>th</sup> August – Saturday 20<sup>th</sup> August 2022  
**Time:** Daytime, please enquire via email.  
**Age range:** 11-19 years old  
**Booking:** Please email to reserve a place.  
**Email:** [info@harrowclubw10.org](mailto:info@harrowclubw10.org)  
**Physical disability/difficulty provision:** **Yes**  
**Learning disability/difficulty provision:** **Yes**

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**Provider:** **Kulan Foundation**  
**Description:** Kulan Foundation is offering multi activities and food over the Easter Holiday. These activities include indoor and outdoor physical activity, nutritional education as well as interactive quizzes and arts & craft.  
**Dates:** Monday 25<sup>th</sup> July – Thursday 28<sup>th</sup> July 2022  
Monday 1<sup>st</sup> August – Thursday 4<sup>th</sup> August 2022  
Monday 8<sup>th</sup> August – Thursday 11<sup>th</sup> August 2022  
Monday 15<sup>th</sup> August – Thursday 18<sup>th</sup> August 2022  
Monday 22<sup>nd</sup> August – Thursday 25<sup>th</sup> August 2022  
**Time:** 2pm-4pm  
**Age range:** 13-18 years old  
**Booking details:** Please email to book a space.  
**Email:** [admin@kulanfoundation.co.uk](mailto:admin@kulanfoundation.co.uk)  
**Physical disability/difficulty provision:** **Yes**  
**Learning disability/difficulty provision:** **Yes**

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**Provider:** **The Little Foxes Club**  
**Description:** We are providing an exciting plethora of activities including arts & crafts, football, dodgeball, tag rugby and much more.  
**Dates:** Monday 1<sup>st</sup> August – Thursday 4<sup>th</sup> August 2022  
Monday 8<sup>th</sup> August – Thursday 11<sup>th</sup> August 2022  
Monday 15<sup>th</sup> August – Thursday 18<sup>th</sup> August 2022  
Monday 22<sup>nd</sup> August – Thursday 25<sup>th</sup> August 2022  
**Time:** Contact for time details.  
**Age range:** 2 – 15 years  
**Booking:** Book by phone: 020 7376 0006 or visit our website:  
<https://thelittlefoxesclub.com/>  
**Email:** [info@thelittlefoxesclub.com](mailto:info@thelittlefoxesclub.com)  
**Physical disability/difficulty provision:** **Yes**  
**Learning disability/difficulty provision:** **Yes**

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**Provider:** **LMP Action**  
**Description:** We will be hosting interactive holiday clubs for young people within the Borough. Young people will be able to create yummy dishes in our creative maker zone, work their way through fun challenges with our challenge zone and be active during our sports and games session!  
**Dates:** Monday 25<sup>th</sup> July – Friday 29<sup>th</sup> July 2022  
Monday 1<sup>st</sup> August – Friday 5<sup>th</sup> August 2022  
Monday 8<sup>th</sup> August – Friday 12<sup>th</sup> August 2022  
Monday 15<sup>th</sup> August – Friday 19<sup>th</sup> August 2022  
Monday 22<sup>nd</sup> August – Friday 26<sup>th</sup> August 2022  
**Time:** 10am-3pm  
**Age range:** 8-16 years old  
**Booking details:** Complete our booking form:  
<https://forms.office.com/r/cCypY4jV0N>  
**Email:** [info@lmp-action.co.uk](mailto:info@lmp-action.co.uk)

**Physical disability/difficulty provision:** Yes  
**Learning disability/difficulty provision:** Yes

**Provider:** **London Sports Trust**  
**Description:** We will be offering fun activities during the Summer where local children get the chance to take part in organised sports like football, basketball, netball and invasion games like dodgeball and bench ball. There are also activities including dance and gardening workshops.  
**Dates:** Monday 25<sup>th</sup> July – Friday 29<sup>th</sup> July 2022  
Monday 1<sup>st</sup> August – Friday 5<sup>th</sup> August 2022  
Monday 8<sup>th</sup> August – Friday 12<sup>th</sup> August 2022  
Monday 15<sup>th</sup> August – Friday 19<sup>th</sup> August 2022  
**Time:** 10am-3pm  
**Age range:** 8-15 years old  
**Booking:** Complete book via <https://www.londonsportstrust.org/safe-camp>  
**Email:** [sport@londonsportstrust.org](mailto:sport@londonsportstrust.org)  
**Physical disability/difficulty provision:** Yes  
**Learning disability/difficulty provision:** Yes

**Provider:** **Masbro Youth Club (Urban Partnership Group)**  
**Description:** We will be running a daily programme and the activities on offer will include sports, arts and crafts and generic youth work activities.  
**Dates:** Monday 25<sup>th</sup> July – Friday 29<sup>th</sup> July 2022  
Monday 1<sup>st</sup> August – Friday 5<sup>th</sup> August 2022  
Monday 8<sup>th</sup> August – Friday 12<sup>th</sup> August 2022  
Monday 15<sup>th</sup> August – Friday 19<sup>th</sup> August 2022  
Monday 22<sup>nd</sup> August – Friday 26<sup>th</sup> August 2022  
**Time:** Please contact for more details.  
**Age range:** 8-19 years old  
**Booking:** Contact Hollie Broom on 07525 815251 or via email.  
**Email:** [hollie@upg.org.uk](mailto:hollie@upg.org.uk)  
**Physical disability/difficulty provision:** Yes  
**Learning disability/difficulty provision:** Yes

**Provider:** **Mother and Child Welfare Organisation**  
**Description:** We are offering a wide range of activities for children and young people from indoor exercise and quizzes to board games, arts & crafts and nutritional information.  
**Dates:** Monday 25<sup>th</sup> July – Saturday 30<sup>th</sup> July 2022  
Monday 1<sup>st</sup> August – Saturday 6<sup>th</sup> August 2022  
Monday 8<sup>th</sup> August – Saturday 13<sup>th</sup> August 2022  
Monday 15<sup>th</sup> August – Saturday 20<sup>th</sup> August 2022  
Monday 22<sup>nd</sup> August – Friday 26<sup>th</sup> August 2022  
**Time:** Please contact us for timings.  
**Age range:** 5-12 years old  
**Booking:** Please send an email.

**Email:** [pm@macwo.org](mailto:pm@macwo.org)  
**Physical disability/difficulty provision:** No  
**Learning disability/difficulty provision:** No

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**Provider:** **Samba Soccer Schools**  
**Description:** We are providing an exciting programme that is filled with football workshops where young people can further their skills and continue to develop their interest in the sport.  
**Dates:** Monday 8<sup>th</sup> August – Friday 12<sup>th</sup> August 2022  
Monday 15<sup>th</sup> August – Friday 19<sup>th</sup> August 2022  
Monday 22<sup>nd</sup> August – Friday 26<sup>th</sup> August 2022  
**Time:** Please contact us for details on timings.  
**Age range:** 4-12 years  
**Booking:** Please call our centre at 0207 205 2723  
**Email:** [Admin@sambasoccerschools.com](mailto:Admin@sambasoccerschools.com)  
**Physical disability/difficulty provision:** Yes  
**Learning disability/difficulty provision:** Yes

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**Provider:** **Sands End Adventure Playground (SEAPIA)**  
**Description:** SEAPIA will deliver a wide range of activities that include, cooking and planning menus, music, arts and crafts, gardening, sports and messy play.  
**Dates:** Monday 25<sup>th</sup> July – Friday 29<sup>th</sup> July 2022  
Monday 1<sup>st</sup> August – Friday 5<sup>th</sup> August 2022  
Monday 8<sup>th</sup> August – Friday 12<sup>th</sup> August 2022  
Monday 15<sup>th</sup> August – Friday 19<sup>th</sup> August 2022  
Monday 22<sup>nd</sup> August – Friday 26<sup>th</sup> August 2022  
**Time:** 1pm-5pm  
**Age range:** 4-13 years  
**Booking:** Email to reserve your place.  
**Email:** [info@seapia.org](mailto:info@seapia.org)  
**Physical disability/difficulty provision:** Yes  
**Learning disability/difficulty provision:** Yes

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**Provider:** **Shepherds Bush Families Project**  
**Description:** We will be providing activities including, art and crafts, role play, tabletop games and board games that are for children, young people and parents.  
**Dates:** Monday 25<sup>th</sup> July – Thursday 28<sup>th</sup> July 2022  
Monday 1<sup>st</sup> August – Thursday 4<sup>th</sup> August 2022  
Monday 8<sup>th</sup> August – Thursday 11<sup>th</sup> August 2022  
Monday 15<sup>th</sup> August – Thursday 18<sup>th</sup> August 2022  
Monday 22<sup>nd</sup> August – Thursday 25<sup>th</sup> August 2022  
**Time:** 9:30am – 3pm  
**Age range:** 5-16 years  
**Booking:** Visit our website: [www.shepherdsbushfamiliesproject.org](http://www.shepherdsbushfamiliesproject.org)  
**Email:** [info@sbfpr.org](mailto:info@sbfpr.org)  
**Physical disability/difficulty provision:** Yes

**Learning disability/difficulty provision:** **Yes**

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**Provider:** **Solidarity Sports**  
**Description:** We are providing an exciting list of activities that prioritise healthy with physical activities like sports and climbing. As well as activities that include board games and healthy eating sessions.  
**Dates:** Monday 25<sup>th</sup> July – Friday 29<sup>th</sup> July 2022  
Monday 1<sup>st</sup> August – Friday 5<sup>th</sup> August 2022  
Monday 8<sup>th</sup> August – Friday 12<sup>th</sup> August 2022  
Monday 15<sup>th</sup> August – Friday 19<sup>th</sup> August 2022  
Monday 22<sup>nd</sup> August – Friday 26<sup>th</sup> August 2022  
**Time:** 10am – 3pm  
**Age range:** 5-11 years  
**Booking:** A referral is needed from Social Services or Women's Refuge.  
**Email:** [info@solidaritysports.org](mailto:info@solidaritysports.org)  
**Physical disability/difficulty provision:** **No**  
**Learning disability/difficulty provision:** **No**

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**Provider:** **Stephen Wiltshire Centre**  
**Description:** We will be providing an exciting activity that focuses on 'magic of the senses' which will include exciting and engaging activities for young people.  
**Dates:** Wednesday 10<sup>th</sup> August 2022  
**Time:** Please contact us for details on timings.  
**Age range:** 8-17 years  
**Booking:** Children can be referred through partner agencies.  
**Email:** [stephenwiltshirecentre@lbhf.gov.uk](mailto:stephenwiltshirecentre@lbhf.gov.uk)  
**Physical disability/difficulty provision:** **Yes**  
**Learning disability/difficulty provision:** **Yes**

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**Provider:** **Teach It In 10**  
**Description:** We will provide a wide range of activities that include arts & crafts, nutritional sessions, technology and physical activity.  
**Dates:** Monday 25<sup>th</sup> July – Thursday 28<sup>th</sup> July 2022  
Monday 1<sup>st</sup> August – Thursday 4<sup>th</sup> August 2022  
Monday 8<sup>th</sup> August – Thursday 11<sup>th</sup> August 2022  
Monday 15<sup>th</sup> August – Thursday 18<sup>th</sup> August 2022  
Monday 22<sup>nd</sup> August – Thursday 25<sup>th</sup> August 2022  
**Time:** Contact for time details.  
**Age range:** 5-16 years  
**Booking:** Email us to book a place.  
**Email:** [tintteaminfo@gmail.com](mailto:tintteaminfo@gmail.com)  
**Physical disability/difficulty provision:** **Yes**  
**Learning disability/difficulty provision:** **Yes**

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**Provider:** **White City Theatre Project**  
**Description:** We are providing a week of activities around dance and at the end of the week young people will take part in a performance.  
**Dates:** Monday 25<sup>th</sup> July – Friday 29<sup>th</sup> July 2022  
**Time:** Please contact us for details on times  
**Age range:** 13-18 years  
**Booking:** Please contact via email.  
**Email:** [info@whitecitytheatre.com](mailto:info@whitecitytheatre.com)  
**Physical disability/difficulty provision:** **Yes**  
**Learning disability/difficulty provision:** **Yes**

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**Provider:** **Urban Flyers C.I.C**  
**Description:** The Urban Flyers Summer Tech Camp 2022 will consist of a variety of activities and hot healthy meals for all participants with a special focus on young people who receive free school meals activities will consist of STEM, Coding, Drone Soccer, Drone Racing, Filmmaking, Music Production, Digital Art, Fashion Design, Digital Fitness, 3-D Design, 3-D Projection Mapping, Vlogging, VR, Meta Verse, Trips and Arcades.  
**Dates:** Monday 25<sup>th</sup> July – Thursday 28<sup>th</sup> July 2022  
Monday 1<sup>st</sup> August – Thursday 4<sup>th</sup> August 2022  
Monday 8<sup>th</sup> August – Thursday 11<sup>th</sup> August 2022  
Monday 15<sup>th</sup> August – Thursday 18<sup>th</sup> August 2022  
**Time:** Contact us for details on timings.  
**Age range:** 8-16 years  
**Booking:** Via online booking form that can be found on the website.  
**Email:** [info@urbanflyers.co.uk](mailto:info@urbanflyers.co.uk)  
**Physical disability/difficulty provision:** **Yes**  
**Learning disability/difficulty provision:** **Yes**