

# Summer in the city 2021



**Activity programme  
of summer food and fun  
for children and young people  
26 July - 27 August 2021**

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



This programme is categorised by type of provision and colour coded for you.

Accessibility – An accessible version of the information in this brochure can be found on our website [\*\*www.lbhf.gov.uk/summerinthecity\*\*](http://www.lbhf.gov.uk/summerinthecity)

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You can find information online at:  
[www.lbhf.gov.uk/summerinthecity](http://www.lbhf.gov.uk/summerinthecity)



# Welcome

Welcome to our fantastic Summer in the City programme.

Hammersmith & Fulham Council is working with local youth activity provider LMP Action and the Holiday Activity and Food Programme to offer a summer of food and fun activities and events for children and young people.

We have more than 25 different providers delivering across H&F and we've got something for everyone! Sport, music, arts and crafts, drama, dance and family fun for four to 18-year-olds – or up to 25 for those with additional needs.

The most important thing, this summer, is that every event is FREE.

This year, we are ensuring that families can have access to a regular source of free nutritious meals over the summer holidays, whether at a local club or event and /or join an array of community activities.

Summer in the City is also about enrichment, learning and wellbeing. We think of it as a 'big learning tent' and wherever you go will be warm, welcoming and offer a range of unique and exciting opportunities for children and young people.

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 a safe and enjoyable summer.

Hope to see you there!



Cllr Larry Culhane  
H&F Cabinet Member for  
Children and Education

Keep us updated throughout the summer on social media:

#lbhfsummerinthecity

#HAF2021

 @sitclbhf



## Activities in Hammersmith & Fulham

### Youth Club Provision & Projects

- 1 Masbro Centre**  
Masbro Centre W14 0LR
- 2 White City Youth Club**  
White City Adventure Cafe W12 7DE
- 3 Old Oak Youth Club**  
Old Oak Community Centre W12 0AP
- 4 Sands End Youth Club**  
SW6 2LL

### School Provision

- 1 Holy Cross Catholic Primary School**  
Basuto Rd, Fulham, London SW6 4BL

### Events

- 1 Uniformed Services Week**  
Ravenscourt Park W6 0UA
- 2 Bike Maintenance Workshops**  
Ravenscourt Park W6 0UA
- 3 Bike Maintenance Workshops**  
South Park SW6 3EB
- 4 Imagine 2030 Art Workshops**  
Ravenscourt Park W6 0UA
- 5 Picnic in the Park**  
Ravenscourt Park

### Performing Arts

- 1 White City Theatre Project**  
Bush Theatre W12 8LJ
- 2 Dancewest**  
London SW6 3EZ
- 3 English Chamber Orchestra - Close Encounters**  
Glasshouse, Ravenscourt Park W6 0UA

### Sports

- 1 Samba Soccer School**  
Ravenscourt Park W6 0UA
- 2 Fulham Cricket Club**  
Hurlingham Park SW6 3DP
- 3 Fulham Reach Boat Club**  
Distillery Wharf W6 9GX
- 4 The Ealing Trailfinders Foundation**  
Linford Christie Stadium W12 0DF
- 5 Ball Out Basketball**  
Ravenscourt Park W6 0UA
- 6 Athletics with LBHF Sports Development**  
Linford Christie Stadium W12 0DF
- 7 Multisports with LBHF Sports Development**  
South Park Fulham SW6 3EB
- 8 Gym & Swim with LBHF Sports Development**  
Virgin Active/Normand Park W14 9PB

### Specialist Provision

- 1 HF Mencap**  
Aspenlea Rd W6 8LH
- 2 Action on Disability**  
Lillie Rd SW6 7SR
- 3 Solidarity Sports**  
Westway Sports Centre W10 6RP

### Community

- 1 Hammersmith Community Gardens - Ravenscourt Glasshouse**  
W6 0UA
- 2 Hammersmith Community Gardens - Phoenix Farm**  
W12 7DB
- 3 Al Ansar FC**  
Play Football W12 7RW
- 4 Kulan Foundation, Youth Summer Activities**  
W12 8HD
- 5 The Minaret Community Centre, Youth Summer Activities**  
W14 9NS
- 6 Mother And Child Welfare Organisation**  
W12 7LJ
- 7 Shepherds Bush Families Project**  
W12 8AP
- 8 Bubblesqueakeat CIC**  
Old Oak Centre W12 0A
- 9 Nourish Hub**  
1 St Ann's Road W11 4SS
- 10 Art, Talk & Healthy Eating with LBHF Sports Development**  
The Glasshouse, Ravenscourt Pk, W6 0AL
- 11 LMP Summer Camp**  
Latymer Upper School W6 9LR
- 12 Woodcraft Folk - Social Action Club**  
South Park, Fulham, London SW6 3EB
- 13 Woodcraft Folk - Social Action Club**  
Wormholt Park, Bryony Road, London W12 0SR
- 14 AY Group Community Services CIC**  
Peabody Estate SW6 1UH
- 15 London Sports Trust SAFE Camp**  
Phoenix Academy W12 0RQ (White City Estate)
- 16 London Sports Trust SAFE Camp**  
Hurlingham Academy SW6 3ED (Sands End, Sullivan Estate, Townmead Estate)



# Activities

## ACTIVITIES BY WEEK WEEK 1 – 26 July - 30 July

**Name** **Location** **Age Range**

### Multi Activity Provider

Sands End Adventure Playground	Sands End - Fulham	4-13 yrs
London Sports Trust - SAFE Camp	Hurlingham-Fulham	8-14 yrs
Masbro Youth Club	Hammersmith	8-12 yrs
Shepherds Bush Families Project	Shepherds Bush - Hammersmith	5-16 yrs
Woodcraft Folk	South Park-Fulham/Wormholt Hammersmith	10-14 yrs
LMP Action - Latymer Summer Camp	Hammersmith	8-16 yrs
Kulan Foundation	Kulan Foundation	4-18 yrs
Old Oak Youth Club	Old Oak Youth Club	10-16 yrs
Sands End Youth Club	Fulham	10-16 yrs
White City Youth Club	White City	10-16 yrs
AY Foundation - The sky's the Limit	West Kensington (Hammersmith)	8-18 yrs

### Drama/Performing Arts

DanceWest	Hammersmith	6-16 yrs
White City Theatre Project	White City	4-18 yrs

### Specialist Provider

Action on Disability	Fulham	11-25 yrs
Hammersmith and Fulham Mencap	Hammersmith	13-25 yrs
Solidarity Sports	White City	5-11 yrs

### Environmental Activities

Hammersmith Community Gardens Association - with Urbanwise	Hammersmith/White City	4-11 yrs
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### Food Education

Nourish Hub, UKHarvest	Shepherds Bush	4-11 yrs
BUBBLESQUEAKEAT - Old Oak's Summer of Fun	Old Oak	5-12 yrs
Healthy Eating and Multisports workshop	Hammersmith	8-12yrs

### Sports

Ball Out - Basketball	Hammersmith	8-16yrs
Sports Development Athletics	White City	11-18yrs
Sports Development Multi Sports	Fulham	11-18yrs
Fulham Gym & Swim	Fulham	15+
Al Ansaar – with Kulan Foundation	White City	4-18yrs

# Activities

## ACTIVITIES BY WEEK WEEK 2 – 2 August - 6 August

**Name** **Location** **Age Range**

### Multi Activity Provider

Sands End Adventure Playground	Sands End - Fulham	4-13 yrs
London Sports Trust - SAFE Camp	Hurlingham-Fulham	8-14 yrs
Masbro Youth Club	Hammersmith	8-12 yrs
Shepherds Bush Families Project	Shepherds Bush - Hammersmith	5-16 yrs
Woodcraft Folk	South Park-Fulham/Wormholt Hammersmith	10-14 yrs
Mother and Child Welfare Organisation	Shepherds Bush	8-16 yrs
LMP Action - Latymer Summer Camp	Hammersmith	8-16 yrs
Kulan Foundation	Kulan Foundation	4-18 yrs
AY Foundation - The sky's the Limit	West Kensington (Hammersmith)	8-18 yrs
Old Oak Youth Club	Old Oak Youth Club	10-16 yrs
Sands End Youth Club	Fulham	10-16 yrs
White City Youth Club	White City	10-16 yrs

### Drama/Performing Arts

DanceWest	Hammersmith	6-16 yrs
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### Specialist Provider

Action on Disability	Fulham	11-25 yrs
Hammersmith and Fulham Mencap	Hammersmith/Fulham	13-25 yrs
Solidarity Sports	White City	5-11 yrs

### Environmental Activities

Hammersmith Community Gardens Association - with Urbanwise	Hammersmith/White City	4-11 yrs
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### Food Education

Nourish Hub, UKHarvest	Shepherds Bush	4-11 yrs
BUBBLESQUEAKEAT - Old Oak's Summer of Fun	Old Oak	5-12 yrs
Healthy Eating and Multisports workshop	Hammersmith	8-12yrs

### Sports

Trailfinders - Rugby/Multisports	White City	8-14yrs
Fulham Reach Boat Club	Fulham	8-16yrs
Sports Development Athletics	White City	11-18yrs
Sports Development Multi Sports	Fulham	11-18yrs
Fulham Gym & Swim	Fulham	15+
Al Ansaar – with Kulan Foundation	White City	4-18yrs

# Activities

## ACTIVITIES BY WEEK WEEK 3 – 9 August - 13 August

**Name** **Location** **Age Range**

### Multi Activity Provider

Sands End Adventure Playground	Sands End - Fulham	4-13 yrs
London Sports Trust - SAFE Camp	Hurlingham-Fulham	8-14 yrs
Masbro Youth Club	Hammersmith	8-12 yrs
Shepherds Bush Families Project	Shepherds Bush - Hammersmith	5-16 yrs
Woodcraft Folk	South Park-Fulham/Wormholt Hammersmith	10-14 yrs
Mother and Child Welfare Organisation	Shepherds Bush	8-16 yrs
LMP Action - Lalymer Summer Camp	Hammersmith	8-16 yrs
Kulan Foundation	Kulan Foundation	4-18 yrs
AY Foundation - The sky's the Limit	West Kensington (Hammersmith)	8-18 yrs
Old Oak Youth Club	Old Oak Youth Club	10-16 yrs
Sands End Youth Club	Fulham	10-16 yrs
White City Youth Club	White City	10-16 yrs

### Environmental Activities

Hammersmith Community Gardens Association - with Urbanwise	Hammersmith/White City	4-11 yrs
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### Food Education

Nourish Hub, UKHarvest	Shepherds Bush	4-11 yrs
BUBBLESQUEAKEAT - Old Oak's Summer of Fun	Old Oak	5-12 yrs

### Sports

Fulham Reach Boat Club	Fulham	11-18 yrs
Sports Development Athletics	White City	11-18yrs
Samba Soccer School	Hammersmith	4-12 yrs
Fulham Cricket Club - Cricket/Multi Sports	Fulham	5-14yrs
Fulham Football Club	White City	8-14yrs
Trailfinders - Rugby/Multisports	White City	8-14yrs
Fulham Gym & Swim	Fulham	15+



# Activities

## ACTIVITIES BY WEEK WEEK 4 – 16 August - 20 August

**Name** **Location** **Age Range**

### Multi Activity Provider

Sands End Adventure Playground	Sands End - Fulham	4-13 yrs
London Sports Trust - SAFE Camp	Hurlingham-Fulham	8-14 yrs
Masbro Youth Club	Hammersmith	8-12 yrs
Shepherds Bush Families Project	Shepherds Bush - Hammersmith	5-16 yrs
Woodcraft Folk	South Park-Fulham/Wormholt Hammersmith	10-14 yrs
Mother and Child Welfare Organisation	Shepherds Bush	8-16 yrs
Kulan Foundation	Kulan Foundation	4-18 yrs
AY Foundation - The sky's the Limit	West Kensington (Hammersmith)	8-18 yrs
Old Oak Youth Club	Old Oak Youth Club	10-16 yrs
Sands End Youth Club	Fulham	10-16 yrs
White City Youth Club	White City	10-16 yrs
LMP Action - Latymer Summer Camp	Hammersmith	8-16 yrs

### Specialist Provider

Action on Disability	Fulham	11-25 yrs
Hammersmith and Fulham Mencap	Hammersmith	13-25 yrs
Solidarity Sports	White City	5-11 yrs

### Food Education

Nourish Hub, UKHarvest	Shepherds Bush	4-11 yrs
BUBBLESQUEAKEAT - Old Oak's Summer of Fun	Old Oak	5-12 yrs

### Sports

Samba Soccer School	Hammersmith	4-12 yrs
Sports Development Athletics	White City	11-18yrs
Ball Out - Basketball	Hammersmith	8-16yrs
Fulham Cricket Club - Cricket/Multi Sports	Fulham	5-14yrs
Fulham Reach Boat Club	Fulham	11-18 yrs
Fulham Gym & Swim	Fulham	15+

# Activities

## ACTIVITIES BY WEEK WEEK 5 – 23 August - 27 August

**Name** **Location** **Age Range**

### Multi Activity Provider

Sands End Adventure Playground	Sands End - Fulham	4-13 yrs
London Sports Trust - SAFE Camp	Hurlingham-Fulham	8-14 yrs
Masbro Youth Club	Hammersmith	8-12 yrs
Shepherds Bush Families Project	Shepherds Bush - Hammersmith	5-16 yrs
Woodcraft Folk	South Park-Fulham/Wormholt Hammersmith	10-14 yrs
LMP Action - Latymer Summer Camp	Hammersmith	8-16 yrs
Kulan Foundation	Kulan Foundation	4-18 yrs
Old Oak Youth Club	Old Oak Youth Club	10-16 yrs
Sands End Youth Club	Fulham	10-16 yrs
White City Youth Club	White City	10-16 yrs
Hammersmith and Fulham Mencap	Hammersmith	8-18 yrs
Solidarity Sports	White City	5-11 yrs
Art & Talk Workshops	Hammersmith	S1-18yrs

### Food Education

Nourish Hub, UKHarvest	Shepherds Bush	4-11 yrs
BUBBLESQUEAKEAT - Old Oak's Summer of Fun	Old Oak	5-12 yrs

### Sports

Samba Soccer School	Hammersmith	4-12 yrs
Trailfinders - Rugby/Multisports	White City	8-14yrs

# Events

## LAUNCH EVENT: PICNIC IN THE PARK

**Come and join us for the launch of this year's Summer in the City programme!**

To celebrate the start of what promises to be a summer of food and fun, we are holding a launch event in Ravenscourt Park, Hammersmith. Come and learn more about Summer in the City and try out some fun activities. This is a Free event and lunch is included!

**When: Friday 23 July**

**Location: Ravenscourt Park – follow the Summer in the City signs!!**

**Time: 1 – 4pm**



## UNIFORMED SERVICES WEEK

**Come along to meet a different Uniformed Service each afternoon for a week! Monday 9 August - Friday 13 August**

There will be activities, food and lots of fun.

**Monday – Come and meet the H&F Fire Service**

**Tuesday – TBC**

**Wednesday – Challenge yourself with activities from the Army**

**Thursday – The Royal Navy will be waiting to meet you**

**Friday – Find out about the services offered in the Police at the 'Meet the MET' afternoon**

**Where: Ravenscourt Park, W6 0UL**

**Time: 12-4pm**

# ENGLISH CHAMBER ORCHESTRA



# ENGLISH CHAMBER ORCHESTRA – CLOSE ENCOUNTERS WORKSHOPS

The world-famous English Chamber Orchestra presents themed and interactive Close Encounters concerts for children. Aimed at 7 to 11 year olds, but also suitable for younger children.

Harnessing the skills of the amazing musicians of the English Chamber Orchestra, Close Encounters reaches out to people of all ages everywhere; it encourages participation, engagement, and an understanding of music by supporting learning and spreading musical joy far and wide.

**Programme A: Close Encounters with Musical Mini Beasts**

Come and create a buzz with musicians from the English Chamber Orchestra

When: Wednesday 28 July, Wednesday 12 August, and Wednesday 25 August

**Programme B: Close Encounters with the Sounds of Summer**

Come and sizzle with musicians from The English Chamber Orchestra

When: Wednesday 4 August and Wednesday 18 August

**Times for both programmes: Session one - 2pm – 2.45pm or Session two 3.15-4pm**

Where: Ravenscourt Park Glasshouse (next to the old café) – W6 0UA

\*Parents/Carers must remain for the duration of the 45 minute workshop

To book a space please complete this form: <https://forms.gle/Qj4WH1LYHUsTfmGK9>

For more information, please email [info@letmeplay.co.uk](mailto:info@letmeplay.co.uk)



## BIKE MAINTENANCE WORKSHOP

Come along and learn how to fix your bike and keep riding! Learn from experts through demonstrations and discussions on bicycle maintenance essentials, then practice on your own bike.

This is a 'bicycle first aid' course, it covers all the basics. This covers the essentials of adjusting a bicycle to suit you and dealing with common roadside repairs so that you and your bicycle can get home or to a bicycle shop safely. You will also learn how to keep a bike in good working order. Learn how to fix a puncture, adjust brakes, index gears and lubricate your chain correctly.

- Basics of adjusting a bike
- Dealing with roadside repairs
- Fix a puncture etc...

**Workshops run:**

**Monday's – South Park, London SW6 3EB**

**Wednesday's – Ravenscourt Park W6 0UA**

**Times: Workshop 1, 11am - 12.45pm & Workshop 2, 1pm - 2.45pm**

To book a space please complete click this link and complete form: <https://forms.gle/UA18QTmz9u64GVeZA>

For more information please email [info@letmeplay.co.uk](mailto:info@letmeplay.co.uk)

For more information regarding these events – please email [info@letmeplay.co.uk](mailto:info@letmeplay.co.uk)



# Youth Clubs and Projects

## MASBRO YOUTH CLUB ★♥

- 👤 Ages: 8 – 12 (Juniors)  
12 – 19 (Seniors)
- 👤 'Fit and Fed' programme and Evening Youth Club
- 📅 Monday – Friday 10am – 3pm - Juniors  
Monday – Wednesday – Evenings - Seniors  
26 July – 27 August
- 📍 Masbro Centre W14 0LR
- ☎ 07525 815 251
- ✉ [masbroyouthclub@upg.org.uk](mailto:masbroyouthclub@upg.org.uk)
- 🌐 [www.upg.org.uk/youthclub](http://www.upg.org.uk/youthclub)

## SANDS END ADVENTURE PLAYGROUND ★♥

- 👤 Ages: 4 – 13
- 👤 Sports, Arts, Crafts, Cooking, Music, Drama  
Messy play, Off Site trips
- 📅 Monday – Friday, 9am – 5pm,  
26 July – 27 August
- 📍 Sands End Adventure Playground,  
Marinefield road SW6 2LL
- ☎ 0207 736 6572
- ✉ [info@seapia.org](mailto:info@seapia.org)
- 🌐 [www.seapia.org](http://www.seapia.org)

## OLD OAK'S SUMMER OF FUN ★♥

- 👤 Ages: 5 – 12
- 👤 Multi-sports, Arts & Crafts, Gardening,  
Drama, Trips, STEM Activities, Cooking
- 📅 2pm – 6pm, 26 July – 27 August
- 📍 Old Oak Primary School W12 0AS
- ☎ 0208 743 7629
- ✉ [oldoakfunding@gmail.com](mailto:oldoakfunding@gmail.com)
- 🌐 [www.bubblesqueakeat.com](http://www.bubblesqueakeat.com)

## WOODCRAFT FOLK, SOCIAL ACTION CLUB ★♥

- 👤 Ages: 10 – 14
- 👤 Games, Craft, Campfire Cooking and Survival  
Skills, Social action, Sports and more
- 📅 10am – 2pm, 26 July – 27 August
- 📍 Wormholt Park, W12 0LG & South Park,  
SW6 3EB
- ☎ 07845372267
- ✉ [summer2021@woodcraft.org.uk](mailto:summer2021@woodcraft.org.uk)
- 🌐 [www.woodcraft.org.uk/summer2021](http://www.woodcraft.org.uk/summer2021)

### SAFE CAMP ★♡

- 👤 Ages: 8 – 15
- 👥 Multisports, Football, Basketball, Handball, Tennis, Table Tennis, Dance, Gardening
- 📅 Phoenix Academy 26 July – 6 August
- 📍 Hurlingham Academy 9 August – 20 August
- 🏠 Phoenix Academy W12 0RQ
- 🏠 Hurlingham Academy SW6 3ED
- 🌐 <https://www.londonsportstrust.org/safe-camp>
- 🌐 [www.londonsportstrust.org](http://www.londonsportstrust.org)

### WHITE CITY YOUTH CLUB ★♡

- 👤 Ages: 11 – 18
- 👥 Trips, Workshops, Projects, Meal everyday
- 📅 10am – 4pm, 26 July – 20 August
- 📍 White City Adventure Playground W12 7PH
- 📞 0208 969 2528
- ✉ [supriya@harrowclubw10.org](mailto:supriya@harrowclubw10.org)

### SANDS END YOUTH CLUB ★♡

- 👤 Ages: 11 – 18
- 👥 Trips, Workshops, Projects, Meal everyday
- 📅 10am – 4pm, 26 July – 20 August
- 📍 Sands End Adventure Playground, SW6 2LL
- 📞 0208 969 2528
- ✉ [nathan@harrowclubw10.org](mailto:nathan@harrowclubw10.org)

### OLD OAK YOUTH CLUB ★♡

- 👤 Ages: 11 – 18
- 👥 Trips, Workshops, Projects, Meal everyday
- 📅 10am - 4pm, 26 July – 20 August
- 📍 Old Oak Community & Children's Centre, 76 Braybrook Street, London W12 0AP
- 📞 0208 969 2528
- ✉ [joseph@harrowclubw10.org](mailto:joseph@harrowclubw10.org)



# Community Groups

## NOURISH SUMMER CLUB ★♥

- 👤 Ages: 5 – 11
- 👥 Planting ,Growing, Harvesting, Arts & Crafts
- 📅 12pm – 4pm, 26 July - 27 August
- 📍 Nourish Hub, 1 St Annes Road, Hammersmith and Fulham, W11 4SS
- ☎ 07873 497 859
- ✉ [Info@nourishhub.org.uk](mailto:Info@nourishhub.org.uk)
- 🌐 [www.nourishhub.org.uk](http://www.nourishhub.org.uk)

## SUMMER PLAYScheme AT PHOENIX FARM IN WHITE CITY AND RAVENSCOURT PARK GLASSHOUSES ★♥

- 👤 Ages: 4 – 11
- 👥 Hands on gardening, Related environmentally themes activities
- 📅 27 July - 13 August
- 📍 Phoenix Farm in White City, Bloemfontein Rd, London, W12 7DB
- Ravenscourt Park Community Glasshouses (next to the Teahouse) W6 0UL
- ✉ [bookings@hcga.org.uk](mailto:bookings@hcga.org.uk)
- 🌐 <https://hcga.org.uk/>

## SHEPHERDS BUSH FAMILIES PROJECT & CHILDREN'S CENTRE ♥

- 👤 Ages: 5 – 16
- 👥 Art & Craft, Games, Role play, Outings
- 📅 26 July – 27 August
- 📍 Shepherds Bush Families Project & Children's Centre
- ☎ 020 8749 2371
- ✉ [beatrice@sbfpr.org](mailto:beatrice@sbfpr.org), [tinamayrs@sbfpr.org](mailto:tinamayrs@sbfpr.org)
- 🌐 [www.shepherdsbushfamiliesproject.org](http://www.shepherdsbushfamiliesproject.org)

## YOUTH SUMMER ACTIVITIES KULAN FOUNDATION ★♥

- 👤 Ages: 4 – 18
- 👥 Cooking, Nutrition Education, Teamwork, Football, Trampolining, Games, Quizzes, Films
- 📅 10am – 6pm, 26 July – 27 August
- 📍 Basement108, W12 8HD
- 📍 Play Football, W12 7RW
- 📍 Minaret Community Centre, W14 9NS
- ☎ 07539989970/ 07848160386
- ✉ [admin@kulanfoundation.com](mailto:admin@kulanfoundation.com)
- 🌐 <https://kulanfoundation.com/>

## LMP SUMMER CAMP ★♥

- 👤 Ages: 8 – 16
- 👥 Creative, sports and team activities
- 📅 10am – 3pm, 26 July – 27 August
- 📍 Latymer Uppper School London W6 9LR
- ☎ 2034757511
- ✉ [info@letmeplay.co.uk](mailto:info@letmeplay.co.uk)
- 🌐 <https://www.letmeplay.co.uk/hammersmithandfulham/>

## SKY'S THE LIMIT! YOUNG LONDONERS SUMMER PROJECT ★♥

- 👤 Ages: 8 – 16
- 👥 Trips, Family Outings, Cooking Sessions, Life skills workshops, Swimming trip, Art & Craft, Football, Basketball, Health and nutrition
- 📅 1pm – 5pm, 26 July – 27 August ,
- 📍 Every Nation London, FBS, 9 Beaumont Avenue, West Kensington, London W14 9LS
- ☎ 07852 852 645
- ✉ [iamwithyoucic@protonmail.com](mailto:iamwithyoucic@protonmail.com)
- 🌐 [www.acknowledgingyouths.org](http://www.acknowledgingyouths.org)



### RAVENS COURT HEALTHY EATING

- 👤 Ages: 8 – 12
- 👥 Multisports & Healthy Eating workshops
- 📅 10am -2pm, week commencing 26th July
- 📍 Ravenscourt Park, Paddenswick Rd,  
London W6 0UA
- ☎ 07873 497 859
- ✉ [sportsdevelopment@lbhf.gov.uk](mailto:sportsdevelopment@lbhf.gov.uk)
- 🌐 <https://www.lbhf.gov.uk/arts-and-parks/parks-and-open-spaces/ravenscourt-park>

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### MOTHER AND CHILD WELFARE ORGANISATION

- 👤 Ages: 8 – 12
- 👥 Art and crafts, indoor exercise, board games, cultural presentation, presentation, on first aid and community safety, Local police officers talk and role play
- 📅 10:30- 14:30, Monday 2nd August – Thursday 26 August
- 📍 202 Uxbridge road, W12 7JP
- ☎ 07534530409
- ✉ For information email [pm@macwo.org](mailto:pm@macwo.org)
- 🌐 [www.macwo.org](http://www.macwo.org)

### ART AND TALK








- 👤 Ages: 11 – 18 yrs
- 📅 26th July – 3rd Aug
- 📍 Phoenix Farm in White City, Bloemfontein Rd, London, W12 7DB
- 📍 Ravenscourt Park, Paddenswick Rd, London W6 0UA
- 🌐 <https://www.lbhf.gov.uk/arts-and-parks/parks-and-open-spaces/ravenscourt-park>
- ✉ email to book – [sportsdevelopment@lbhf.gov.uk](mailto:sportsdevelopment@lbhf.gov.uk)






# Sports and Leisure

## SAMBA SOCCER SCHOOLS SUMMERCAMP

-  Ages: 4 – 12
-  Football coaching for children
-  9am – 1pm, 9 August – 26 August
-  Ravenscourt Park, W6 0UA
-  0207 2052723
-  [admin@sambasoccerschools.com](mailto:admin@sambasoccerschools.com)
-  [www.sambasoccerschools.com](http://www.sambasoccerschools.com)

## WATER SPORTS WEEKS AT FULHAM REACH BOAT CLUB

-  Ages: 11 – 18
-  Rowing, Kayaking, Canoeing, Off water activities
-  Monday – Friday, 9am – 4pm, 2 August – 20 August
-  Unit A, Distillery Wharf, Chancellors Road, London, W6 9GX
-  [info@fulhamreachboatclub.com](mailto:info@fulhamreachboatclub.com)
-  [www.fulhamreachboatclub.co.uk](http://www.fulhamreachboatclub.co.uk)

## BALL OUT COMMUNITY IN H&F

-  Ages: 11 – 18
-  Basketball Coaching
-  12pm – 3pm, 26 July – 6 August 16 August – 20 August
-  Ravenscourt Park, W6 0UA
-  07907002257
-  [info@ball-out.co.uk](mailto:info@ball-out.co.uk)
-  [www.ball-out.co.uk](http://www.ball-out.co.uk)

## EALING TRAILFINDERS FOUNDATION MULTI SPORT CAMP ★ ♥

-  Ages: 5 – 11
-  Range of different sports
-  10am – 3pm 2 – 13, 9 – 13, 23 – 27 August
-  Linford Chrisitie Stadium
-  [camps@etprm.com](mailto:camps@etprm.com)
-  [www.ealingtrailfinders.com/community/camps](http://www.ealingtrailfinders.com/community/camps)

## FULHAM SWIM AND GYM

-  Ages: 15+
-  Swimming, Gym
-  TBC
-  Fulham Pools, Normand Park, Lillie Road, Fulham, SW6 7ST
-  [sportsdevelopment@lbhf.gov.uk](mailto:sportsdevelopment@lbhf.gov.uk)
-  [www.lbhf.gov.uk/sport/leisure-centres/fulham-pools](http://www.lbhf.gov.uk/sport/leisure-centres/fulham-pools)

## FULHAM CRICKET CLUB MULTI SPORTS CAMPS

-  Ages: 5–7, 8–10 and 11–14
-  Football, cricket, tag rugby, hand hockey
-  930am – 130pm
-  9th August and 16th August
-  Hurlingham Park, SW63DP
-  07786544565
-  [info@fulhamcricketclub.com](mailto:info@fulhamcricketclub.com)
-  [www.fulhamcricketclub.com](http://www.fulhamcricketclub.com)



Age



Location



Website



Phone number



Date



Activities



Access for someone with physical disability/ difficulty



Access for someone with learning disability

### Sports Development – Athletics ★ ♥

👤 Ages: 11 – 18

🏃 Athletics

📅 11am – 3pm

📍 Linford Christie Rd, London W12 0DF



✉ [sportsdevelopment@lbhf.gov.uk](mailto:sportsdevelopment@lbhf.gov.uk)

🌐 <https://www.lbhf.gov.uk/>

### Al-Ansaar Football Club ★ ♥

👤 Ages: 4 – 18

⚽ Football Sessions

📅 10am – 3pm  
26 July – 6 August

📍 Linford Chrisitie Stadium

📞 07539989970 / 07848160386

✉ [summer.kulanfoundation@outlook.com](mailto:summer.kulanfoundation@outlook.com)



Please note that every hub listed has its own pre-registration process so do make sure you contact them in advance. If your child has special educational needs or a disability, please contact a hub that offers SEND provision to register.

# Performing Arts

## DANCEWEST SUMMER SCHOOL

👤 Ages: 5 – 11 (Week 1)  
12 – 16 (Week 2)

👥 Dance

9am – 3pm

📅 26 July – 30 July (Week 1)  
2 August – 6 August (Week 2)

📍 Peterborough Rd SW6 3EZ

☎ 07494513079

✉ [admin@dancewest.co.uk](mailto:admin@dancewest.co.uk)

🌐 <http://www.dancewest.co.uk/holiday>

## WHITE CITY YOUTH THEATRE SUMMER PROJECT

👤 Ages: 12 – 18

👥 Drama workshops and  
Performance

📅 10am-5pm, 26 July – 30 July

📍 Bush Theatre, 7 Uxbridge Rd,  
London W12 8LJ

☎ 07808 952690

✉ [info@whitecitytheatre.com](mailto:info@whitecitytheatre.com)

🌐 [www.whitecitytheatre.com](http://www.whitecitytheatre.com)



Age



Location



Website



Phone number



Date



Activities



Access for someone with physical disability/ difficulty



Access for someone with learning disability



# Specialist Provision

## ACTION ON DISABILITY (AoD) ★♥

👤 Ages: 11 – 25

👥 Swimming, Football, Dance, Drama/  
Art, Cooking, Yoga, Music, Arts and  
Crafts, Multi-sports, Boxing, Rights  
and Identity workshop

📅 9am – 3:30pm, 27 July – 18 August

📍 AoD, Lillie road, SW6 7SR

✉ [admin.youth@aod.org.uk](mailto:admin.youth@aod.org.uk)

🌐 [https://www.aod.org.uk/  
youth-services/](https://www.aod.org.uk/youth-services/)

## SOLIDARITY SPORTS ★♥

👤 Ages: 5 – 11

👥 Sports, Healthy eating initiatives,  
Games, Arts, Crafts, Dance

📅 10am – 4pm, 26 July – 27 August

📞 07828 949 650

✉ [info@solidaritysports.org](mailto:info@solidaritysports.org)

🌐 [www.solidaritysports.org](http://www.solidaritysports.org)

## HAMMERSMITH AND FULHAM MENCAP - YOUTH DEVELOPMENT PROJECT ★♥

👤 Ages: 13 – 25

👥 Sports, Art, Swimming, Games,  
Trips out in London

📅 Monday – Friday, 9am – 7pm,  
26 July – 31 August

📍 Hammersmith and Fulham Mencap  
W6 8LH

📞 020 8748 5168

✉ [Kirstin.jamieson@hfmencap.org](mailto:Kirstin.jamieson@hfmencap.org)

🌐 [www.hfmencap.org](http://www.hfmencap.org)





# Parks and Places to go

📍 **1. BAYONNE PARK, W6 8ET**

Facilities: Play area

📍 **2. BISHOPS PARK, SW6 6EA**

Facilities: Recreation, sports, waterplay

📍 **3. BROOK GREEN, W6 7BL**

Facilities: Play area, sports (Tennis)

📍 **4. CATHNOR PARK, W12 9HY**

Facilities: Play area

📍 **5. EEL BROOK COMMON, SW6 4PT**

Facilities: Play area, sports

📍 **6. FRANK BANFIELD PARK, W6 9US**

Facilities: Play area, seating

📍 **7. FURNIVALL GARDENS, W6 9DG**

📍 **8. HAMMERSMITH PARK, W12 7FW**

Facilities: Play area, gardens, sports

📍 **9. HURLINGHAM PARK, SW6 3DP**

Facilities: Play area, sports

📍 **10. IMPERIAL PARK, SW6 2PT**

Facilities: Play area

📍 **11. LILLE ROAD RECREATION GROUND, SW6 7PD**

Facilities: Play area, sports (Basketball)

📍 **12. NORMAND PARK, W14 9PB**

Facilities: Play area, sports

📍 **13. PARSONS GREEN, SW6 4UL**

Facilities: N/A

📍 **14. RAVENSCOURT PARK, W6 OUA**

Facilities: Play area, waterplay, café, sports

📍 **15. SHEPHERD'S BUSH GREEN, W12 8QZ**

Facilities: Play area

📍 **16. SOUTH PARK, SW6 3EB**

Facilities: Play area, sports

📍 **17. WENDELL PARK, W12 9BY**

Facilities: Play area

📍 **18. WILLIAM PARNELL PARK (PINEAPPLE PARK), SW6 2LN**

Facilities: Play area

📍 **19. WORMHOLT PARK, W12 0LQ**

Facilities: Play area, sports

📍 **20. WORMWOOD SCRUBS, W12 0DF**



## Parks in Hammersmith & Fulham

There's always something to do in H&F,  
visit our parks and open spaces.

Challenge: Can you visit them all this Summer?

### Here are some apps you might enjoy:



#### Identify UKBirds by song

IOS - <https://apps.apple.com/gb/app/bird-song-id-uk/id601362210>

Android - [https://play.google.com/store/apps/details?id=com.isoperla.birdid&hl=en\\_GB&gl=US](https://play.google.com/store/apps/details?id=com.isoperla.birdid&hl=en_GB&gl=US)



#### Leaf-Snap: Plant Identification

IOS - <https://apps.apple.com/us/app/leafsnap-plant-identification/id1487972880>

Google - <https://play.google.com/store/apps/details?id=plant.identification.snap>



#### Calm: Relax & Meditate

IOS - <https://apps.apple.com/gb/app/calm-meditation-and-sleep/id571800810>

Google - [https://play.google.com/store/apps/details?id=com.calm.android&hl=en\\_GB&gl=US](https://play.google.com/store/apps/details?id=com.calm.android&hl=en_GB&gl=US)



# Healthy Living

## NATIONAL SERVICES

### 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>  
**Instagram:** <https://www.instagram.com/thebodycoach/>



### CHANGE4LIFE

Change4Life aims to help families make small, sustainable yet significant improvements to their diet and activity levels.



<https://www.nhs.uk/change4life>

### 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/>

### COACH TO 5K

Get off the couch and running 5K in just 9 weeks. Grab your trainers and follow the step-by-step audio instructions. Get the app here:

<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>



Age



Location



Website



Phone number



Date



Activities



Access for someone with physical disability/ difficulty



Access for someone with learning disability

# Support Services

## HF 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/>

## FAMILY FRIENDS

Parent befriending Service for parents with children aged 0-16 years.

 <https://www.familyfriends.uk.com/>

 [info@familyfriends.uk.com](mailto:info@familyfriends.uk.com)

 0208 960 9099

## HAMMERSMITH & FULHAM COUNCIL – FAMILY SUPPORT SERVICES

Family Support is here to support families at every stage to build stronger brains and build resilience.

 <https://www.family-support.org.uk>

 [familyservices@lbhf.gov.uk](mailto:familyservices@lbhf.gov.uk)

 020 8753 6070

## 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/>

## H&F FOOD GUIDE

Here are some local businesses in Hammersmith, Fulham and Shepherds Bush delivering food to residents at their homes

 <https://www.lbhf.gov.uk/coronavirus-covid-19/hf-food-guide>

## H&F COMMUNITY AID NETWORK (CAN)

H&F CAN is the volunteer community aid network launched by Hammersmith & Fulham Council to support residents in need during the coronavirus pandemic.

 <https://www.lbhf.gov.uk/coronavirus-covid-19/hf-community-aid-network-can->

 0800-145-6095 (Freephone)

## SUPPORT FOR FINANCIAL HARDSHIP

Help for residents facing financial hardship  
Information for residents during the Coronavirus (COVID-19) pandemic, including work support, money advice, housing and benefits advice.

 <https://www.lbhf.gov.uk/coronavirus-covid-19/help-residents-facing-financial-hardship>



**Do contact each provider directly.  
Have a wonderful Summer of fun!**

