

**WELCOME TO YOUR**

**STOKE NEWINGTON  
YOUTH HUB**

## MONDAY

**STUDIO SESSIONS - BOOK A SLOT AND BUILD YOUR OWN BEATS AND RECORD VOCALS**  
4.30-5.30PM (8-12YRS)  
6-8PM (13+)

**STOKE NEWINGTON YOUTH PODCAST-HAVE YOUR SAY ABOUT THINGS THAT MATTER TO YOU WITH OUR WEEKLY PODCAST! HOST OR GUEST YOUR OWN SHOWS!**  
6-8PM (13+)

**THE PHOTO BOOTH- LEARN HOW TO TAKE AMAZING PHOTO'S WITH OUR CANON CAMERA'S IN OUR PHOTOGRAPHY ACTIVITY!** 4.30-5.30PM (8-12YRS)  
6.30-7.30PM (13+)

## TUESDAY

**ARTS AND CRAFTS - GET INVOLVED WITH ONE OF OUR FUN ARTS AND CRAFTS ACTIVITIES - DRAW IT! MAKE IT!** 4-6PM (8-12YRS)

**TABLE TENNIS CLUB - LEARN AND TRAIN WITH OUR TABLE TENNIS COACH!! SHOW YOUR SKILLS IN MATCHES!!** 4-6PM (8-12YRS)  
6-8PM (13+)

**CHYPS+ - SEXUAL HEALTH ADVICE, SCREENING, FREE CONTRACEPTION AND SMOKING SUPPORT**  
5-7PM (13+)

## WEDNESDAY

**HOMEWORK CLUB - GET SUPPORT WITH YOUR HOMEWORK** 5-6PM (8-12YRS) 7-8PM (13YRS +)

**TICKZON MENTORSHIP SCHEME - A FANTASTIC MENTORSHIP PROGRAMME TO SUPPORT YOU IN EMPLOYABILITY AND YOUR FUTURE PROSPECTS**  
5.30-7PM (13+)

**LIFE SKILLS WORKSHOPS - A FUN AND PRACTICAL ACTIVITIES WHICH GIVES YOU THE TOOLS NEEDED TO DEVELOP SKILLS SUCH AS COMMUNICATION, LEADERSHIP, SELF CONFIDENCE AND TEAMWORK** 4.30-6PM (8-13YRS)

## THURSDAY

**BANDTASTIC - LEARN HOW TO PLAY GUITAR, BASS, DRUMS AND KEYBOARD!!** 4.30-6PM

**CAREER AND EDUCATION HUB - COME AND GET SUPPORT WITH APPLICATIONS, CV WRITING, EMPLOYABILITY SKILLS AND MORE!!** 6-7PM

**ONEZONE ZONE - NEED ADVICE ON EDUCATION, EMPLOYMENT, SEXUAL HEALTH OR ANY OTHER ISSUES? COME AND HAVE A ONEZONE SESSION WITH ONE OF OUR YOUTH WORKERS** 6-8PM

## FRIDAY

**SPORT UNITE ME - A SESSION JUST FOR THE GIRLS ENCOURAGING SELF DEVELOPMENT THROUGH SPORT** 4-5PM (8-12YRS)

**BOXFIT - AND ONE JUST FOR THE BOYS ENCOURAGING SELF DEVELOPMENT** 5-6PM (8-12YRS)

**BUILD A PRO - EVER WONDERED HOW TO BUILD YOUR OWN COMPUTER? COME DOWN AND WE'LL SHOW YOU HOW AT OUR TECH PROGRAMME** 4.30-6PM

**YAM IT! - LEARN HOW TO COOK WITH FUN AND EASY RECIPES** 4.30-5.30PM (8-12YRS) 6.30-7.30PM (13+)

**+++ FREE PLAY AND ACCESS TO OUR MAC ROOM, TABLE TENNIS, POOL, NINTENDO WII AND A FREE MEAL EVERY EVENING!!**