

# Thornton Heath Online Hub

## Activity Sessions



A localised hub providing the community with a one stop shop for free support for the whole family including debt and benefits advice, anxiety/stress support, exercise classes, cancer support, employability, project for families with autism and youth mentoring/sports activities. Activities will be both online and when permitted face to face.



 <u>Programme</u>	 <u>Service</u>	 <u>Target Audience</u>	 <u>Participant Capacity</u>	 <u>Day &amp; Duration</u>	 <u>Contact</u>
Inclusive Sports	Multi-sports and football coaching sessions for young people with Autism	For young people with autism 5-18yrs	Max 10 for each group 5-9yrs and 10-18yrs	21st April for 12wks Wednesday 3:45pm-4:45pm	benperryman@palaceforlife.org 0208 768 6047
Health & Well-being	Nutrition education workshops on various topics.	People looking to get more information on food related topics	Unlimited	Monday 6pm-7pm	paulmacey@croydonsocialp.com
Youth Hub	Palace at home videos and resources (wide variety of content from PA to cheer-leading).	8-18yrs	Unlimited	Can be accessed at any time	jamiebroughton@palaceforlife.org
Counselling Support to Women's Wellbeing	The Wellbeing Womens group offers woman the opportunity to inspire, motivate, educate, heal and elevate themselves whilst sharing experiences in a therapeutic safe space.	Women 18+yrs	10 per group	13th April Tuesdays 11am	Email: info@rebuildbrebrand.com
Cricket coaching	We offer one to one and group cricket coaching via Zoom and at local parks around Croydon.	For children aged 8 to 18	Unlimited	Saturdays 12noon (6-10yrs) 1.30pm (11-14yrs) 2.30pm (14+yra)	Harshil 07935465917
Exercise for Cancer (Chair Based)	Gentle and chair based exercise for those living with or recovering from Cancer	Cancer patients over 18+yrs	10-15 per group	Wed 31st March 7.30-8.30pm	Referral from your GP's link worker or email Cancercreativity.group@gmail.com
School Advocacy project	Support to appeal, write letters or knowledge of your educational rights. Support if English is a second language	Families with school aged children	Unlimited	Monday 12-1.30pm or anytime via email	saera.haque@nhs.net