

Netherwood Youth & Family Hub

Monday 5:30pm to 8pm

Fitness Club
Healthy Eating
Learn a new skill

Thursday 5:30pm to 8pm

Team Games
Board Games

Tuesday 5:30pm to 8pm

Fitness Club
Young Men's Group
Young Women's Group

Friday 5:30pm to 8pm

Duke of Edinburgh's Drop in
Cook something simple
Chill out film night

Your space to chill, meet new people, and get involved.

If you're aged 13–19 (or up to 25 with a learning disability), you're welcome to drop in, hang out, and take part in loads of different activities – **sport, music, dance, cooking, art, and more.**

We've also got **extra support** if you need it, including help with **education, careers** (Connexions) and confidential support from the FWD **substance misuse** team.

If there's anything you want to know or you just need someone to talk to, come and chat with one of the team – we're here to help.



Consent Form



Netherwood Youth & Family Hub

**Netherwood Youth and Family Hub
5 Netherwood Street London NW6 2QU**

Contact

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Travel



Brondesbury, West Hampstead, Kilburn



Stop C,D Brondesbury Station

