

Invite your friends — Let's create memories together! We can't wait to welcome you!



134 Chalton Street
London, NW1 1RX

Camden Integrated Youth Support Service

YOUTH EARLY HELP

Helping young people to succeed

For more information, please email
somerstowntownyouthcentre@camden.gov.uk
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EVENING SNACK
PROVIDED

October – December 2026 | Term-time programme

STEP UP CLUB | YEARS 7, 8 & 9 | Mondays & Thursdays 3:30-5:30pm

Our after-school transition and development programme for Years 7, 8 and 9. Meet new people, build confidence, try new activities and develop skills for school, friendships and everyday life.

Different tasters throughout the term — creative arts, jewellery making, T-shirt and cap design, baking and cooking, music and media, fitness, multi-sports, games, team challenges, wellbeing and life skills.

aged 11 to 19 and up to 25 with SEND

5th October — 18th December 2026

MONDAY

5:45-8:15pm

Gym, Fitness & Wellbeing -
move, train and feel good

Music & Wellbeing - 1:1 and
group work

Healthy Relationships &
Friendships - positive
connections and support

TUESDAY

5:45-8:15pm

Taste of India on a Budget -
cook, eat and build life skills

Chess Club - play, learn and
compete

Youth Forum - last Tuesday
each month: have your say

Careers / College / University
Advice - appointments available

Anti-Bullying & Respect -
explore bullying, respectful
behaviour, friendships, speaking
up and how to get support.

WEDNESDAY

5:45-8:15pm

Mind Matters - mental health
and wellbeing

Badminton - social sport and
challenge

Money Matters - monthly
practical money skills

Smoothie Tasting - healthy
choices

Community Kitchen - 2-5pm

Outreach - 3:30 -5:30pm,
Somerset Town

THURSDAY

5:45-8:15pm

Gym, Fitness & Wellbeing -
active sessions

Creative Art - with Leo

Let's Make Music - create and
experiment

Grow & Cook - gardening and
budget-friendly healthy food

1:1 FWD substance misuse
support - appointment only

FRIDAY

5:45-8:15pm

Challenge the Team - games
night and team challenges

Bike Fix & Ride - bring your bike
in and learn practical
maintenance

Indoor / Outdoor Multi-Sports -
move, compete and have fun

ALSO LOOK OUT FOR THIS QUARTER

SEND Drop-In • Youth Work Week Celebration • Reactive Forum • One-to-One Support • Black History Season
• Youth Advisory Group & youth voice • Careers / Connexions support • Money Matters • Community Kitchen
• Streetwise Futures: Safety, Choices & Opportunities (Oct 2026-Mar 2027) • and more throughout the quarter

TRY SOMETHING NEW • BUILD SKILLS • MEET PEOPLE • HAVE YOUR SAY