- Burgess Park has table tennis, tennis courts, a
   BMX track, good space for roller skating practice
   or even a bike ride, ask us to borrow balls, bikes,
   skates/roller skates or rackets or purchase with
   monthly fee. Tennis can be booked via this link
   Burgess Park Tennis Centre (44 Addington
   Square) Camberwell London South London (SE5
   7LA): sports facility booking is done online or if
   you are lucky you can speak to a staff member
   and get in for free!
- <u>Elephant Springs</u> by Elephant and Castle is a new sandy play area with some fountains (ideal for younger mentee) and has many restaurants all around, from different cultures and cuisines.
- Lettsom Gardens (12A Grove Park). This is a
  private park which we have the key for, inside is
  a wooded area, lots of den making, rope swings
  and sports pitch. Make sure you have more than
  one adult with you as this isn't a public park.
- <u>Lucas Gardens</u> (SE5 8PX) is a lovely park close to The Well and is great for outdoor games, you can put your strength and balance to the test and it even has an area where dogs can play!

- <u>Hathorne Close Park</u> by Peckham for ball games, card games or a picnic.
- Cossall Park by Peckham Rye has small playground, basketball court and a football pitch.
- <u>Leyton Square</u> by Peckham has children's play area and an outdoor gym.
- Peckham Rye Park has numerous facilities like a skatepark, ideal for roller blading/skating, playground and adventure playground, great for those interested in photography or art too as it has beautiful landscapes, a woodland, water gardens and a lake.
- Kennington Park is a lovely space for ball games, and it also has a bee keeping space which has been set up by <u>Bee Urban</u> who can be contacted on <u>07958 220277</u> which is a lovely and can be a different type of session learning something new together.

- Brockwell Park has many amenities including:
   an all-weather pitch, basketball court, BMX
   track, bowling green, cricket nets & wicket pitch
   and tennis courts. They also do a yearly Lambeth
   Country Show with animals, music and dance
   workshops amongst many other exhibitions
   where you can learn about different cultures.
   This will run 16th&17th of July 2022 12-8pm and
   no need to book in advance, just show up and
   have fun!
- Ruskin Park by Denmark Hill is great for a walk to discover the pillars perfect for pictures, it still contains many of its original heritage features. It benefits from amenities such as a playground, sports pitches, seasonal paddling pool and an outdoor gym.
- <u>Crystal Palace Park</u> has many exciting and adventurous areas which include a maze, Dinosaur Islands, picnics and any other sport activity and is ideal for walks, researching the history of the Dinosaur Islands etc. If you are looking for something smaller you have Westow Park which has a children's playground close by too.

- Hiking, walking, photographing, picnics and taking in all the breath-taking views in of the scenery by the <u>Dulwich Woods</u>, <u>Upper Dulwich</u> <u>Woods</u>,
- <u>Dulwich Park</u> has a boating lake on it, a lovely café and we have a Murder Mystery game at the office which can be borrowed for a session which is based in the Dulwich Area, so test your detective skills along with your mentee.
- Belair Park holds a children's playground along with a skate park, an ornamental lake and even has Belair House which can be great for photos and has a restaurant, see Food section below for more info.

### MENTORING CHILDREN AND YOUNG PEOPLE IN SOLITH LONDON

#### **Parks & Facilities**

- Myatt's Field is a great community park by Brixton with a few projects and volunteering opportunities. Sign up to volunteer with gardening projects on a one off here online. They also offer free baby plants to the community, maybe see if you can get one each to keep and research on how to keep the plant alive for at least the duration of the mentoring, it would be a great little project for your mentoring. You can also find a water play area which can be great in the summer, not so much in the winter.
- Kew Gardens holds the amazing Royal Botanic Gardens which has slightly high prices, please ask one of the coordinators, we currently have a free membership, they do some wonderful exhibitions for those interested in flowers, plants and photography. You can explore and find some great architecture like the Chokushi-Mon built in 1911, Kew Palace, Queen Charlotte's Cottage, The Life of Trees Arboretum, amongst the conservatories and greenhouses, The Hive, the cool Sackler Crossing bridge, and walk tall on The Treetop Walkway. Take a picnic, camera and ask for a map at the entrance and start your exploration.

- Richmond Park has many amenities to boast about like the Isabella Plantation which is in the middle of the park and has stunning, colourful flower gardens, hidden oaths and picnic-friendly lawns. You can also see if you spot out of the 600 deer's, take your bikes and ride through the Tamsin Trail and if you get peckish you can go the Hollyhock Café overlooking the riverside.
- Battersea Park is huge and has amazing statues and The London Peace Pagoda where there is a beautiful gold statue of a buddha, an all-weather sports ground, cycle hire, crazy golf and it also has a children's zoo which you can book online and of course is home to one of the adventurous Go Ape (see adventurous section below).
- Hyde Park and Kensington Gardens has a lovely walk past the Italianate Garden walking from Lancaster Gate station, a lovely statue of Peter Pan and after a minute walk also has loads of parakeets which people feed fruits and nuts to and around the middle of the park it has the boating section by the lake too.

We have listed only a few of the parks close to where our young people and mentors live and some slightly further away and more central to give you options but happy to add more if needs be. For more information of different parks within the community click on the following links:

<a href="https://www.peckhamsociety.org.uk/?">https://www.peckhamsociety.org.uk/?</a>
<a href="page-id">page-id=628</a>

<u>&</u>

<a href="https://www.southwark.gov.uk/parks-and-and-open-spaces/parks/other-parks-and-gardens">https://www.southwark.gov.uk/parks-and-and-open-spaces/parks/other-parks-and-gardens</a>

8

Adventure Playgrounds
(londonadventureplaygrounds.org.uk) see
Play Map area for other adventure
playgrounds.

# MENTORING CHILDREN AND YOUNG PEOPLE IN SOUTH LONDON Sports Activities

- Southwark residents can sign up to Southwark free swim and gym, but proof of address is required. If both you and your mentee live in Southwark it would be a great place you could both go to from Friday to Sunday. Follow this link for more information Southwark free swim and gym Everyone Active. If eligible you can enrich your sessions with free swim and gym facilities at Peckham Pulse, The Castle Centre in Elephant and Castle, Camberwell Leisure Centre, Dulwich Leisure Centre, Seven Islands Leisure Centre between Rotherhithe and Bermondsey and Surrey Docks Water Sports Centre (gym only for this location).
- Burgess Park is amongst many other parks where you can sign up to <u>Parkrun</u> for their website for free for weekly 5 mile runs or walks on Saturdays from 9am. Register online and by clicking on events it will show you a map of all the other parks where they also run this.
- <u>Community Cycleworks</u> in Burgess Park (Giraffe House) on Friday evenings, bike fix sessions. Take bike along and learn how to fix it. Book online for a slot: Bike Fix on: <u>communitycycleworks.co.uk.</u>
- <u>Swimming at Brockwell</u> book online to avoid disappointments.



- The Arch Climbing Wall, they have two local centres in Bermondsey and Surrey Quays, check out their website for more info on bookings.
- Bowling at <u>Hollywood Bowl Surrey Quays</u> (SE16 7LW) could set a session with another group of mentors and mentees to do this. Book upon arrival, open from 11am weekdays and 10am weekends and costs £25.27 for a group of four.
- Wallball right next to Surrey Quays shopping centre is free to use, take a ball with you and get competitive!
- <u>Crazy Putt Adventure Golf</u> (266 Tunnel Avenue, SE10 0QE) open every day of the week from 9-9pm. Prices start from £7 each, book online.
- Ice skating can be done all year round at <u>Streatham</u>
   <u>Ice and Leisure Centre</u> and costs £8.50 for adults and £8 for children for a 1-hour slot.
- You have open skate parks in <u>Stockwell</u> and <u>Southbank</u> so you can try a new skill or teach your young person some tricks.



- Alternatively you can visit <u>House of Vans Skate Skool</u> for a lesson by Southbank although a waiver must be signed by parent or guardian beforehand. They offer these classes on Fridays and Saturdays weekly.
- Go cycling on one of these child friendly cycle routes, click link for different ones: <a href="https://londonducklings.co.uk/cycle-routes-london/">https://londonducklings.co.uk/cycle-routes-london/</a>
- Gravity Wandsworth (Wandsworth High Street, SW18
   4TF) is an amusement centre where they do E karting, AR bowling, AR darts, street golf, Esports,
   hologate VR and shuffleboard. Find out more and
   how to book online.
- <u>VauxWall Climbing Centre</u> (SW8 1SR) are open 7 days a week until late and prices are fairly reasonable.
- Individual <u>boxing sessions</u> can be arranged with a coach.
- We have a <u>dance tutor</u> who is also available to do individual sessions as well.
- Crazy golf in Battersea Park. As well as cycle hire.



### Walks/Sightseeing/Picnic Spots

• <u>Camberwell Tree Tour</u>, download the map and guide here:

http://www.camberwellsociety.org.uk/treewalk1/

- Southbank, London Bridge to Tower Bridge, Waterloo Bridge or Westminster Bridge for a walk along the river with a lot of street art performers/buskers and restaurants. A fun and vibrant walk with beautiful views of London
- Bermondsey Beach, beautiful when the building lights are turned on, great view and opportunity to take pictures and stroll along.
- River Thames Beach walk, which is near Vauxhall
  Bridge, there's a bit of beach that you can get down
  to, it's great to relax and watch boats pass by, or
  search what you can find in the pebbles.
- <u>Chelsea Bridge</u> is great for pictures or even just to admire especially when it is lit up.
- A self-guided <u>street art tour</u> from Old Street Station to Aldgate Station passing through Brick Lane. Check this article out for a map:

<a href="https://www.theflashpacker.net/street-art-brick-lane/">https://www.theflashpacker.net/street-art-brick-lane/</a>



### Walks/Sightseeing/Picnic Spots

- <u>Camberwell Street Art</u>, discover the hidden street art locally, see if you can spot the Hokusai Great Wave Mural and keep an eye out on others you may find along the way. Could investigate who the artist is if your mentee likes art and the history of the piece.
- Visit the <u>Sky Gardens</u> for free and take in London's breath-taking views in with your mentee. Book online prior to visit.
- Banksy has many amazing pieces all over the city, make a list of the different ones in the different areas, see if you can both spot them on your sessions. At the end of the mentoring, it would be interesting to know how you got on with this activity. Check out the locations here:
   <a href="https://www.theshaftesbury.com/blog/take-a-tour-">https://www.theshaftesbury.com/blog/take-a-tour-</a>

<u>https://www.theshaftesbury.com/blog/take-a-tour-of-banksys-street-art-in-london/</u>

- Visit the <u>London Wetland Centre Nature Reserve</u> (Queen Elizabeth's Walk, Barnes, SW13 9WT) which opens from 9:30-5pm daily and is free to visit.
- Download <u>Pokemon Go</u> on your phones. This is an interactive way of using your phones to find hidden Pokemons in the area.



#### **Adventurous**

- Take part in a <u>Treasure Trail</u>, there are many you can buy online or create your own, ideal for <u>Dulwich Park</u>, <u>Battersea Park</u> and <u>Brixton Market</u>, find one and check it out on: <u>How to find the Trail you want and get it pronto Treasure Trails</u>
- Geocaching is a free app which directs you to find hidden treasure in your area.
- Create a rope swing. We have some rope at the Youth Room, find a big tree, google how to tie the right knot and away you go. Please remember to take it down afterwards.
- <u>Cable cars</u> at the <u>Emirates</u>, start off at <u>Royal Victoria</u> and take in London's views and end up in North Greenwich where you could grab a bite at one of the restaurants at the O2 or check out their selfie factory. Tickets cost £5 for adults and £2.50 for children. Or arrive in even more style on one of the <u>MBNA Clippers</u> via the Thames. Book on the day or online. These are for more adventurous days out as a treat to yourself and your mentee.
- <u>Go Ape at Battersea</u>. Try out one of their different treetop adventure challenges.



#### **Adventurous**

- <u>Crazy golf</u> at <u>Putt in the Park in Battersea Park</u>, play against another mentor and mentee. Family ticket is £36 each or £11 each adult and children under 15 pay £9. Book online.
- Click on link for more adventures: 20 Best Things To
   Do In Greater London Near Me | Attractions in

   Greater London | Day Out With The Kids. Feel free to
   browse their site as they may have coupons and
   offer many different ideas of things to do.
- Theme parks like Thorpe Park, Chessington Park etc can be done in a group or shared mentoring session and will be a longer session. 2 for 1 tickets can be found on cereal boxes like Coco Pops, Frosties or Kellogg's and others at different times of the year so keep an eye out.

Something to note, when booking something for you and your mentee, don't be shy to ask for a charity discount if available, or ask us and we can see what we can do.



- <u>East Street Market</u> to cruise and find eccentric things you haven't tasted with your mentee!
- <u>Visit Brixton Market</u> and buy some exotic fruits, awaken your taste buds!
- Peckham Market have many different types of cuisines, why not check out Bola Bola Boba for some bubble tea (The Aylesham Centre, Unit 18, The SE15 5EW) or try out sushi at A One Sushi (The Aylesham Centre, Unit 18, SE15 5EW) or try one of the Japanese cakes at Go Cake Shop (131 Peckham High Street, SE15 5SL).
- Borough Market (8 Southwark Street, SE1 1TL) is another fantastic place to try out new foods. Grab a bite and then go for a walk along Southbank and find a spot to sit to eat and enjoy the views, send us your favourite food stall names!
- <u>Vauxhall Market</u> is only open on Sundays 7am-2pm but is a great market to visit, challenge yourselves to buy something with £2 each roughly. They also have great food stalls. Located in New Covent Garden Market, SW8 5DZ.



- Spitalfields Market is open all day every day, 8am11pm. Check out all the amazing and quirky things
  they have on sale, grab a munch in one other many
  different cuisine restaurants and stalls. Try to find
  all 20 elephant cubs and read their story, you can
  find these by the Old Spitalfields Market.
- <u>Camden Market</u> open 7 days a week including bank holidays from 10-6pm, some days a little later. With over 1000 shops and stalls selling fashion, music, art and food right next to Camden Lock. An eccentric area with a canal close by for a stroll. Check out their very colourful and eccentric street art.



- Peckham Theatre (221 Havil Street, (SE5 7SB) can give us discounted tickets as they are a charity close to The Well. Check out their events and performances and let us know in time, they also do drama workshops! Check their current events here: <a href="https://www.theatrepeckham.co.uk/shows-events/">https://www.theatrepeckham.co.uk/shows-events/</a>
- <u>Imperial War Museum</u> by <u>Lambeth Road</u> (SE1 6HZ) is free and open 10am-6pm every day of the week and you can just turn up with your mentee.
- <u>Southbank Centre</u> (Belvedere Road SE1 8GA) often have free events on. Check out their website for current events.
- <u>Unicorn Theatre</u> is a wonderful and child friendly theatre located in (147 Tooley Street, SE1 2HZ by London Bridge) where you can get £6 tickets for under 18s and £12 for adults, this can be an interesting experience especially if your young person likes drama. Check out what they have on their website.
- British Museum is by Great Russell Street (WC1E 7JW)
   and open 7 days a week from 10am-5pm. This
   museum is also free but is best to book in advance
   on their page.



- <u>Tate Modern</u> have over a hundred years of art collections. Free, no need to book and open 7 days a week 10am-6pm and are based by Bankside (SE1 9TG), a 3 min walk from Millennium Bridge.
- Tate Britain is also free and is based by Millbank (SW1P 4RG), open all week from 10am-6pm and hold art from the 1500's! No booking required.
- Science Museum by South Kensington (SW7 2DD) is open Weds-Sun 10am-6pm. Entrance is free but they welcome donations, book online for a half hour slot before your session.
- <u>Natural History Museum</u> is home to some exciting collections. Close to the Science Museum by Cromwell Road and open Monday to Sunday during 10am- 17:30pm, (South Kensington SW7 5BD) and you can find tickets on their website.
- Horniman Museum has a great Aquarium (open 10:30am- 5:30pm with last entry at 4:30pm and tickets cost £2.50 for under 16s and £5 for adults), Butterfly House (open from 10:30- 4pm and tickets cost £6.50 each) or check out their exhibitions that are different throughout the year. Do let us know before booking to see if we can get a charity discount. Check out their current exhibition and

tickets on their page.



- Tower Bridge offer residents that live in either Southwark, City of London or Tower Hamlets a heavily discounted ticket price of £1. Discover the amazing and unique glass floor, if that makes you queasy then check out the stunning London landmarks such as St Pauls Cathedral, the BT Tower and The Monument and you will also get a chance to see the Engine Rooms. See page for more information on prices can be booked on day or online.
- PeckhamPlex (95A Rye Lane, SE15 4ST) is very local, and their prices are unbeatable! £4.99 each for a 2D film and £5.99 for 3D movies. You can find PeckhamPlex at this address; 95A Rye Lane, SE15 4ST. Check out what movies are out now on their web page.
- Ritzy Picturehouse at Brixton, SW2 1JG with its very original Edwardian exterior and main auditorium that have remained intact and are a great example of early cinema architecture! A lot more expensive at £11.80 per adult and £7.80 per child, you have a couple of options with a slightly different experience at each venue. See page for more info.
- <u>National Gallery</u> (Trafalger Square, WC2N 5DN) book your free ticket online.



- The Photographers Gallery (16-18 Ramillies Street, W1F 7LW) open Monday-Wed & Saturday 10-6pm, Thursday- Friday 10-8pm and Sunday 11-6pm. Book in advance, under 18s go in for free and adults pay £5 and they have access to any exhibitions going on the day. Book online.
- National Maritime Museum (Romney Road, SE10 9NF) adults £10 and children's tickets £5, open 7 days a week 10:30-4pm. Plan your visit here before by checking online.
- The Cartoon Museum close to Tottenham Court Road Station (WC1A 2HH) is free for under 18s and under £10 for adults, students go in for less. Open Tuesday-Sunday this is an exciting and different type of museum.



#### Food/Restaurants

We encourage mentors to stay away from junk food, soft drinks and sweets, allow your mentee to try new cuisines from all over the world. Check allergies before.

- Brunchies by Camberwell (1 Valmar Road, SE5 9NG)
   offer delicious smoothies, traditional breakfast
   plates and sandwiches, they also have an outdoor
   patio which is great for summertime!
- Maloko (60 Camberwell Church Street, SE5 8TU) is a chilled, art-filled creperie where they also sell salads, tea and coffee.
- Francesco's is Step-Outs favourite pizza place.
  Located in (53 Camberwell Church Street, SE5 8TR)
  they have offered us great discounts in the past, let
  them know you are part of the Step-Out family, and
  you may be well pleased.
- Ossie Jerk Chicken on Walworth Road (SE17 1RL) have delicious home made Caribbean food.
- Sophocles Bakery receive great feedback for the bakers! (24 Camberwell Church Street, SE5 8QU). Try out the Greek Baklavas or one of their veggie sandwiches, they have a variety to choose from.
- Addis Vegan Kitchen is a cosy restaurant that serve traditional Ethiopian dishes (244 Old Kent Road, SE1 5UB).

### STEP COULT

#### Food/Restaurants

- Donde Fernando Coffee (Stephanies Multicentre, 63-65 Old Kent Road, SE1 4RF). They serve delicious Colombian food and close at 7pm. In summer try out their cholados which has fruit, shaved ice and sauces and try one of their lunch options, make sure you go hungry.
- Mercato Metropolitano by Elephant & Castle (42 Newington Causeway, SE1 6DR) have food from all over the world, you can find from steaks, pizza, tasty vegan or vegetarian options, as well as fantastic dessert options, is a great place to visit. Preferably earlier in the day as they do sell alcohol on the premises so the earlier the better.
- Fili Shack serves Filipino street food and is in the heart of Peckham (130 Peckham Hill Street), it opens 12-8pm Mon-Fri and 2-9.30pm on Saturdays, closed Sundays.
- Blackbird Bakery have 3 local bakeries, one by <u>Peckham, Dulwich</u>, <u>Queens Road</u> as well as one by <u>Norwood Road</u>, take your pick. This may be perfect for one of those winter and rainy sessions, a lovely spot to drink a hot chocolate with your mentee and try out one of their delicious cakes.



- <u>Bahar Kebab London</u> restaurant can be found at 157
   Queens Road, SE15 2ND. Step into the <u>Mediterranean</u>
   without catching a flight.
- Persepolis is a great <u>vegetarian</u> restaurant in Peckham (28-30 Peckham High Street, SE15 5DT which serve Persian food. Step out of your comfort zone with your mentee.
- <u>Don't be Bait</u> seafood restaurant in Peckham
   Marketplace which is owned by one of our young peoples mother. Support local and family businesses.
- Nandos are all around, see if they can also offer a discount, no pain in asking.
- Mama Dough is ideal for those living close to or doing their session by the Forest Hill/Sydenham area (299 Kirkdale, SE26 4QD). It's all in the name, great pizza.
- Try Dim Sum in Chinese Festive new year, find local Chinese restaurant.



#### **Arts and Crafts**

- Create your own <u>board game</u>.
- Sculpt each other's heads, we have air drying clay for you to use. Then paint it in the following weeks/sessions.
- The Well Hall or Youth Room is available if booked in advance.
- Create a <u>screen print</u> of both mentor and mentee's hands using paint and two mini canvases, as a memento. Canvases can be found at The Range (Surrey Quays) or B&M (Old Kent Road) or any other store that sell arts and crafts items. Could be a fun activity to go and buy the items needed together, although you may ask to borrow some of the paints and art supplies that we have at The Well too.
- <u>Stuff and Fings</u> host <u>ceramics workshops</u> (Peckham Levels, SE15 4ST). Try out your clay skills with your mentee, they do great workshops for the community, book online.
- F.A.T Studio based in Old Kent Road open Monday-Friday 9am-6pm, work with emerging artists and designers and are community focused. Worth checking them out if these are you or your mentees interests. Contact us for more information about visiting.



#### **Arts and Crafts**

- <u>Mud Gang Pottery</u> (Black Studio, 20 Carlisle Lane, SE1 7LG) have a studio where they do community workshops for young people, teach you the basics of wheel throwing amongst much more. Check out their website for more information.
- Use coloured elastic bands to make <u>Brazilian</u> <u>bracelets</u>, tune in with your creative side with your mentee, you can also purchase coloured <u>Scoubido strings</u> to make Scoubido bracelets too. Check Amazon for these bands and strings, they can be found cheap.
- Take some paint along with you when you go to a park and do some stone painting, write messages on the stones and leave around the community.
   Borrow from us or buy some to enrich your mentoring session, remember you have a budget to work with!
- Slime Planet (494 Rathgar Road, SW9 7EP) offer amazing workshops for slime making £15 per hour. Book your young person and learn how to make slime with them, book on their page.
- The Remakery- (Loughborough Junction) This is a creative community hub that often has free workshops on.

### STEDOUT

### **Nature/Planting/Animals**

- Find plant shop near you, buy a plant to care for and aim to keep alive for the duration of your mentoring and beyond. Teaching your young person the care needed for all things in life, especially living things. Try planting sunflower seeds and see who can grow it the tallest!
- <u>Surrey Docks Farm</u> (Rotherhithe Street, SE16 5ET)
   can be visited for free Monday to Saturday 10-4pm.
   The farm is situated close to the river so can be a
   wonderful session for you and your mentee.
- <u>Vauxhall City Farm</u> (165 Tyres Street, SE11 5HS)is free, open Tuesday to Sunday 10.30-4pm, give us a call to see if they can offer a workshop for you and your mentee.
- Ebony Horse Club (51 Millbrook Road, SW9 7JD) is for members only but the horses and animals can be seen from a field.
- Spitalfields City Farm (Buxton Street, E1 5AR) can be visited Tuesday to Sunday between 10-4.30pm for free. They are situated in the city and right next to a lovely little park and a wall where street artists express themselves through their art.



### **Nature/Planting/Animals**

- Kirkwood Road Nature Garden in Nunhead.
- Peckham Rye Park hold regular maintenance days the first Sunday of the month between 10am-12pm. Reach out to peckhamryepark@gmail.com to get involved in planting and the ongoing maintenance of the garden.
- London Zoo (The Regents Park, Outer Cir, NW1 4RY)
  is certainly more for a big treat considering the
  price but can be such a valuable and special
  mentoring session. Book tickets online.
- Flock Together is a birdwatching collective for people of colour, sign up to their newsletter for further information on the next walk on their website.
- BorrowMyDoggy Local Dog Walking, Sitting & Holiday Care. Borrow a dog for your session.
- Secret Garden Space- Step Out has access to a small Community garden where you can grow veg, if your interested please contact Step out staff.



### **Nature/Planting/Animals**

• Find a field where you can go <u>fruit and vegetable</u> <u>picking</u> on the following articles which also include what fruits are in season so you can plan for both your favourite fruits to be picked at the perfect time. Let us and the families know if you will be doing a session slightly further away from young person's home, these fields usually charge by the weight of the produce.

https://londonist.com/london/great-outdoors/pickyour-own-fruit-farms-near-london & https://www.timeout.com/london/things-todo/londons-best-pick-your-own-fruit-and-vegetablefarms &

https://www.dayoutwiththekids.co.uk/hub/things-to-do/strawberry-picking-near-me.



#### **Games at Step-Out**

Uno & Uno Plus
 Murder Mystery
 Treasure Trials (Dulwich)
 8-in-1 chess game competition
 Dominos

Jenga with or without questionsArticulate for group sessionsDingbats

·Who wants to be a millionaire?

·5 second rule

·Exploding kittens

**Throw Throw Burito.** 

5-minute origami set

·Jenga with or without questions

·Mini bowling

·Normal card set

·Arts & crafts

·Lego Challenge, challenge yourselves to create biggest tower. Printable LEGO Challenges for Kids - Little Bins for Little Hands.

DartsCup rhythm games

# MENTORING CHILDREN AND YOUNG PEOPLE IN SOUTH LONDON Sport Equipment

This is for sport items that may be borrowed to use at The Well or to take to a park from Step-Out.

·Football nets
·Table tennis bats and balls

·Basketball

·Rugby ball

·Soft ball

·Football

·Tennis rackets and balls

·Roller and line skates and important protective gear

·Skateboards

·Cones, bibs

·Frisbees

·Kite

·Bicycles and helmets
·Rounders sticks, bats and balls
·Boxing equipment and bag
·Cricket bat

·Cricket bat

·Equipment for sports day

·Yoga Matts

Volley ball net

### STED OUT

#### **On-site Facilities**

To book and use on site, we fully recommend going out for your sessions, but understand the weather may not always permit this, so we offer the space if booked in advance. If your session was cancelled by young person, turn up to the home for 5 minutes to show consistency, remember just showing up has a great impact on these young people. If you had to reschedule one week, give them a facetime call for a quick catch up, they will truly value your time and efforts.

·Pool table

·Table tennis

·Football table

·Digital drum set

·Mini cooker and microwave for cooking session ·Swing ball

·Boxing body bag and equipment

·Big screen for a session watching a movie if it's raining or cold

·Nintendo Wii and games







#### **Winter Ideas**

We realise that the dark winter months can be challenging to keep your mentoring sessions exciting and warm. Below are a few suggestions to help with ideas. Please remember that you can keep your sessions simple as well, sometimes just going for a quick walk around is totally fine and worthwhile. Some of these ideas can be found in previous sections, but we wanted to focus this list more on the winter months.

- Step-Out youth sessions on Tuesday's 5-7pm and girls club every other week, great way to meet other volunteers and for the young people to connect with the rest of the Step-Out family.
- Set up a group mentoring session with some of the other mentors and mentees.
- Borrow a bike from us and go cycling in parks, most parks are well lit in the winter months, check out the sports section for child friendly cycle routes.
- Take a board game or arts and crafts supplies to a coffee shop or café.
- Join Parkrun, see sport section for details of how to sign up.











#### **Winter Ideas**

- Christmas markets will be up around winter times, so find some local ones and enjoy the free tasters!
- Ice skating at Streatham Ice Rink or Somerset House (Strand) set one up yearly which is beautifully lit next to a giant Christmas tree.
- Visit the gigantic Christmas tree that gets put up and lit up in **Trafalgar Square** annually.
- Grab a bus and pass the river Thames, the lights look wonderful during winter months. Walk along the river and buy some roasted honey cashews which smell so yummy.
- Try a <u>VR gaming experience DNA VR</u> Price list in London slightly pricey but contact them on the webchat to see if they can give you and your mentee a discount! Make sure to save before booking this as it is around £30 per person and the local one is in **Battersea Power Station** (18 Arches Lane, SW11 8AB).
- Bonfire Night (5th of November every year) can be enjoyed from many different parks, ask for parks that will have a firework show closer to the date, we can find out for you.
- Pop up <u>Fun Fairs</u> and <u>Circuses</u> set up in different parks in the city, we will let you know of any going on locally.







- Winter Wonderland in Hyde Park happens yearly from mid-November to early January. Free entrance but rides can be pricey they also have food and hot drink stalls as well as bars, please stay away from these areas. Worth visiting as it is very festive.
- <u>Christmas lights</u> around <u>Oxford Street</u> and central London are turned on from end of November to beginning of January yearly.
- Visit the numerous <u>Adventure Playgrounds</u> that are available in the community like <u>Bethwin</u> and <u>Grove</u> <u>Adventure Playgrounds</u> open afterschool hours or see the Parks section for different ones.
- Any sports like roller blading, skating, football, basketball etc.
- Outdoor cooking with the small outdoor camp stove that we have access to, you could take this and try cooking something simple like pancakes for example. Let us know if you want to use this.
- Take torches with you for winter sessions. Allow your young person to come up with ideas too. An art session in the park can also be a great session, so can climbing a tree, remember it's the little things for them.







#### **Winter Ideas**

- Book a gallery, a museum or the cinema for your sessions.
- Book an introduction session at a <u>local gym</u>, weights are only for over 16s, make use of your free swim and gym memberships (if eligible).
- Borrow some torches, and <u>explore</u> outdoor areas like the <u>woods</u>, try not to get lost though.
- Something as simple as creating a <u>Spotify playlist</u> together, you can get to know their music tastes and they can explore yours.
- Create <u>Christmas presents</u> for their <u>families</u> on low budget.
- Go <u>charity shop</u> shopping on high end streets like <u>Dulwich</u>, give each other a small budget and challenge each other to find the strangest thing.
- Start a small <u>DIY project</u> together like building a bird box. We can provide tools if you need.
- Go to a garden shop and plant something together in pots, watch them grow over the months.





### Lastly

Find out about youth clubs near young person's home and visit on one session. Help them to meet and connect with other young people from their community. You may also find some hidden parks near where the young person lives so check them out and have a more relaxed session.

Also, find out about local Cadets either Air Forces,
Police Force or Navy Force. This can be a positive
space for them where they will learn discipline and
being part of cadets will open many doors for them in
the future.

Visit these sites for more ideas:

https://secretldn.com/ &

https://www.dayoutwiththekids.co.uk/ in case you run out of ideas or plans which I hope you don't. Hope this help, please do share with each other your ideas as well.

# Thank you so much for your time and commitment.