

Ealing Youth, Connexions and Play Service

Come join in @ the

Young Adult Centre

Young Adult Centre
Park View Road
Southall, UB1 3HJ

Lots of things to get into including

- Fitness gymnasium
- IT suite (opening soon)
- Brand new music studio
- Outdoor multi-sports pitch

Opportunities to gain accreditation and certificates



ACTIVITIES

COME AND JOIN US FOR

FIVE ASIDE FOOTBALL

PERSONAL TRAINING

MUSIC PRODUCTIONS

BASKETBALL, TABLE TENNIS

AND

ROUNDERS

IT & INTERNET WORKSHOPS

COOKING, MOVIE NIGHTS

TRIPS OUT, ARTS & CRAFTS, NETBALL

BOARD GAMES, CV WRITING

PERSONAL DEVELOPMENT SKILLS

COMPETITIONS, TEAM GAMES & CHALLENGES

HEALTH AND WELLBEING WORKSHOPS

DISCUSSIONS & DEBATES

M onday Somali project	6:30 – 9pm (aged 13 -19)
M onday afterschool fitness club	4 – 6pm
W ednesday youth club	6:30 – 9pm (aged 13-19)
T hursday Somali girls club	6.30 – 8.30pm
F riday youth club	6:30 – 9pm (aged 13 -19)
S aturday football	10 – 1pm (aged 13-19)

YOUNG ADULT CENTRE

Park View Road, Southall, UB1 3HJ

For more info call Jeff on: 020 85710685 or 07903 870064