

LONDON SPORTS TRUST

WWW.LONDONSPOORTSTRUST.ORG

May 2024



London Sports Trust aims to inspire positive change for disadvantaged young Londoners through the power of sport, training & life skills to improve life outcomes as well as physical and mental health. We believe in young people's capacity to aspire and achieve to maximise their potential despite the barriers they face.

Our programmes:

Kensington & Chelsea

- Youth Club
- Watersports
- London Youth Games
- Community Sessions
- Futsal
- Community Day

Hammersmith & Fulham

- CSA Multi-sports Sessions
- Place2Play



Kensington and Chelsea:



Futsal:

- Tues 16:30-17:30 - Ages: 5-8 years old
- Tues 17:30 - 18:30 - Ages: 9-12 years old
- Thurs 16:30-17:30 - Ages: 5-8 years old
- Thurs 17:30 - 18:30 - Ages: 13-15 years old
- Fri 16:30-17:30 - Ages: 9-12 years old
- Fri 17:30 - 18:30 - Ages: 13-15 years old



Big News! We have partnered with England Futsal to deliver free-to-attend weekly taster session at Westway Sports and Fitness Centre.

Each session, participants register on the day, and the maximum number of participants is 30 per session. Places are at a premium.

Any questions email rob@londonsportstrust.org

London Youth Games:



The London Youth Games is an annual multi-sports competition between all 33 boroughs, and any child who lives or goes to school in the borough has the opportunity to represent Kensington & Chelsea.

We are currently selecting the Kensington & Chelsea tennis and table tennis teams.

Following trials for both teams, we will let you know if you have been successful to go onto training sessions and the competition.

All participants in the team receive free Nike kit to wear to the competition!

Scan the QR codes for more information and to sign up.

Please email if you have any questions or queries.

TCS Mini Marathon:

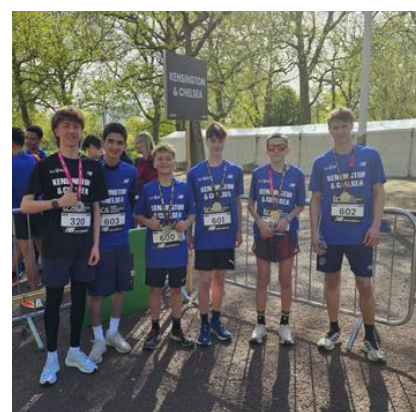
TCS Mini London Marathon is the official British Athletics 2.6k road championship taking place over the last 2.6km of the full London Marathon Course, finishing at the mall.



Congratulations to this year's Kensington & Chelsea team! Despite the chilly weather, all participants ran fantastic races

Special well done to Adela who came 3rd in the U17 Girl's category out of 116 runners!

See you all again next year.





Watersports:

Tuesday 16:30-18:00 at Canalside Activity Centre
Tuesday 18:00-19:30 at Canalside Activity Centre
Thursday 16:30-18:00 at Canalside Activity Centre
Thursday 17:00-19:00 at Fulham Reach Boat Club
Thursday 18:00-19:30 at Canalside Activity Centre

LST have kayaking centres at Canalside in Ladbrooke Grove on the Grand Union Canal, and Cremorne Gardens in Chelsea on the River Thames. We offer kayaking, paddle boarding, bell boat and canoe sessions to local children through weekly club sessions, our weekly Youth Club, and also do regular and one off sessions for local schools. We can also arrange private sessions for families and adults and arrange corporate team building days.

London Sports Trust run regular children's and adult sessions from our base at Fulham Reach Boat Club on the river Thames close to Hammersmith Bridge. Sessions currently take place on Thursdays, with children at 5pm and adults at 6:30pm. Children's sessions are £7 and adult sessions are £15. There is also an option to buy adult membership which covers all adult sessions for a year at £120. We plan to add Monday sessions at 5 and 6:30pm soon once the weather improves.

You can book on our website at www.londonsportstrust.org or call John on 020 8 968 4500 for more information.

Canalside Youth Club:

Wednesday 17:00-19:30 at Canalside Activity Centre

Free youth club for ages 8-16: activities include kayaking, multi-sports, football, table tennis, basketball, coding, board games, cooking, arts & crafts and more!

Free hot food and access to showers. New changing facilities have been installed at Canalside Activity Centre, including a changing bench and hoist, and a waterside hoist unit mobile transporter and lifting wire.

Email ericelondonsportstrust.org for more details

Sign up via the QR code



Lancaster Youth Club:

Friday 18:00-21:00 at Lancaster North Hub

Lancaster North Hub is a youth club open to ages 11-18 from 6pm-9pm. Located in W11, it is a provision aimed at engaging local young people and providing them with a safe space to participate in sport and physical activity as well as socialising and engaging with friends old and new.

A range of activities such as football, basketball, table tennis, tennis etc, as well arts and crafts and board games, there are so many provisions to choose from. A freshly cooked meal is also provided to attendees each week.

Sign up via the QR code



FREE COMMUNITY DAY

CANALSIDE ACTIVITY CENTRE

W10 5AY

WEDNESDAY MAY 15TH

4 - 7PM

KAYAKING, PADDLE BOARDING,

CANOES, ROCK CLIMBING,

MULTI-SPORTS, ARTS AND

CRAFTS, GAMES, BOXING

COMPETITIONS & PRIZES AND A

DELICIOUS BBQ

ballymore.

INFO@LONDONSPORTSTRUST.ORG OR CONTACT 0208 968 4500



Community Day:

Its feels like springtime again so its time for another Canalside Community Day on May 15th 4-7pm.

The Community Day is a chance for us to completely open our doors to everyone in the local area for them to come and take a look at what we do!

We hope you can make it for an afternoon of fun in the sun and water. We will have music, BBQ and lots of free watersports, play, wellness and other games. A chance for the community to come together at our hidden oasis in the heart of North Kensington, W10 5AY.

RBKC Community Sessions:

Worlds End Estate - Football: Two sessions, each one is an hour with under 10s from 4pm-5.30pm and over 10s 5.30pm-7pm. A football coached training session is delivered to all participants by fully qualified FA Level coaches, with skill-based drills and game-like scenarios practiced each week.

Monday 16:00 - 17:30 - Ages: 7-10 years old

Monday 17:30 - 19:00 - Ages: 10-13 years old



South Hub (World's End Estate) - Football: Ages: 11-13. A community football session in partnership with the Met Police, providing FA Level-qualified coaches to deliver the provision for the local young people in the World's End area. Skill-based drills and game-like scenarios practiced each week.

Wednesday 17:00 - 19:00

West Way - Football: We have a new community football session at Westway (W10 6RP) for 11-16 year olds. This session is free-to-attend, sign up on the day, and is in partnership with KAA, QPR & Met Police.

Thursday 16:00 - 17:00: Ages 11-13

Hazelwood Estate - Football: A community football evening for the local young people of the Hazelwood estate and surrounding area. The session is split into two, with one session for ages 6-12 and one for ages 12-16. This football session is delivered in partnership with both Met Police and QPR, and focusses on engaging young people into participating in sport and physical activity, through football.

Friday 15:30 - 17:00: Ages 6-12

Friday 17:30 - 19:30: Ages 12-16



West Way - Football: Ages: 8-10 and 11-13. This session is delivered in partnership with The Dalgarno Trust, and it is a community football session for two hours a week. It is aimed at encouraging local young people to participate in football in a pressure-free environment, while learning and developing their skills and knowledge from FA Level-qualified coaching.

Friday 17:00 - 19:00: Ages 8-13

Hammersmith and Fulham:

Place2Play:

- Tues 11:30-12:30 Play Session Under 5's at Edward Wood**
- Wed 9:30-10:30 Baby Gym Under 5's at Randolph Beresford**
- Wed 16:15-17:15 Draw & Play 5-11 at Lady Fatima Parish Centre**
- Sat 10:00-11:00 Play Session 5-12 at Phoenix Academy**



Place2Play is an inclusive “pop-up play” programme which utilises open spaces in open spaces in London Borough Of Hammersmith & Fulham.

The aim of our inclusive family programme is to engage children through fun and innovative sports activities whilst also educating parents on the benefits of community sport. This has been very popular and beneficial in the communities we work in. Consequently many families have documented since attending the session their confidence, self-esteem and family bond has improved.

CSA Multi-sports Sessions:

- Mon 17:00-18:00 Peabody Hammersmith Estate**
- Tues 17:00-18:30 SEACC (Table Tennis)**
- Tues 17:15-18:15 Bayonne Estate**
- Tues 17:00-18:00 Power League (Football)**
- Wed 18:00-19:00 Power League (Football)**
- Thurs 18:00-19:00 Edward Woods**



City Sports Academies is a sports programme aimed at young Londoners aged 8-18, living in the most deprived housing estates in the tri boroughs of Hammersmith & Fulham, Kensington & Chelsea, and Westminster. Sports sessions are held in the evenings in the week, giving young people the chance to make friends and get involved in Multi-sports right on their doorsteps, for free. The aim is to combine sport, education and life skills to foster positive behaviour, improve community cohesion and reduce anti-social behaviour in the area.

Sign up via the QR code.



Follow us on our socials:

