

Youth Service

The Tower Projects Youth Groups provide an evening service for young people with disabilities aged between 13 – 25 years old who live in the London Borough of Tower Hamlets. Members of mixed abilities choose their own programme of events that they would like to participate in. They meet weekly to carry out the activity, leaving room for flexibility. The groups also hold their own forums each month to discuss any issues amongst themselves that they would like to raise with the group leader and management committee; they also plan their own timetable.

The young people take part in a range of activities both on and off site. On-site activities include; art and crafts, educational, fun and cognitive games, which enhance their numeracy, literacy, social and cognitive skills. They learn basic computer skills, lifelong learning skills that promote confidence and self-esteem. They engage in debates and discussion with professional i.e local police, fire emergency services, and the medical field. Alongside these structured sessions we also provide activities of snooker, sports, keep fit, cooking and team/quizz games. The members have participated in various accredited courses, including the arts, design, music and film making.



An evening service
for young people with
disabilities aged 13-25



Timing

Monday, Tuesday and Thursday

Core Hours: 18:30 - 20:30

Pick up: 17:00 - 18:30

Drop Off 20:30 - 21:30

Term Time Only

Youth Service

Off-site activities which encourage socialising within the local community include; integration with mainstream youth service providers when possible, bowling, sports in the park, local trips, meals out, discos run by people with disabilities for people with disabilities, theatre trips and many more. We also hold it a priority to celebrate the various diverse cultural celebrations in community we live in throughout the year.

The Tower Project youth groups respect the Every Child Matters ethos. We work towards the Youth Service Curriculum (making adjustments for our targeted members). Services run term time only, they are monitored and updated to fit in with an ever changing community.



An evening service
for young people with
disabilities aged 13-25



Timing

Monday, Tuesday and Thursday

Core Hours: 18:30 - 20:30

Pick up: 17:00 - 18:30

Drop Off 20:30 - 21:30

Term Time Only

Adult Leisure Service

The adult service is adapted for our mature members, who enjoy a more social and relaxed pace. The age for this group is 25 plus and similar to our youth groups activities are held on and off site. Our members enjoy garden parties, quiz nights, city walks, political discussions, discos, movie nights, eat out, art tutors and many more activities.

The majority of our adult members access the day Service New Dawn, so friendships have been previously formed. The remaining members have been affiliated with the Tower Project in the past and have decided to come just for the evening groups only; this provides a continuity of friendships.

Building strong community friendships is strength of the adult service; we thrive on the social aspect and our ability to draw in the warmth of a diverse community and what it has to offer.



An evening service adapted for people aged 25+, with a more social and relaxed pace



Opening Times

Friday

19:00 - 21:00

Term Time Only