



Hamara Youth Activities Timetable



PROJECT NAME & BRIEF DESCRIPTION	TAKING PLACE AT	AGE	DAY & TIME	COST	FOR FURTHER INFO
GYM One to one tailored advice and support to promote healthy lifestyles, wellbeing and improve fitness.	Hamara Tempest Road Leeds LS11 6RD	16 yrs	See Gym timetable for info	£1 per session £8 monthly £45 6 months £80 annually	Gym staff
GIRLS GROUP Young women meet to socialise and participate in activities dealing with issues that affect young females in a safe environment.	Hamara Tempest Road Leeds LS11 6RD	13-19 yrs	Monday 5:00-7:00pm	No cost	Farah Naz
SPORTING CHANCE A football coaching and mentoring partnership project with Leeds United working with young males at risk to improve their life chances.	Futsal Millshaw Park Drive, Leeds LS11 0LU	14-25 yrs	Tuesday 1:30 – 3:00pm	No cost	Tafazal Mohammad
TALENT MATCH/WORK CLUB Support for long term unemployed NEET's offering mentoring and coaching to overcome barriers and help to secure long-term employment. In partnership with DWP & Jobcentre Plus.	Hamara Tempest Road Leeds LS11 6RD	18-24 yrs	Wednesday 1-3pm IT Suite	No cost	Liz de Mello
BOX TECH Boxercise to improve technical ability in boxing. In partnership with The Hunslet Club.	Hamara Tempest Road Leeds LS11 6RD	14-18 yrs	Wednesday 4:30 – 5:15 5:30 – 6.15	£1.50	Darren
YOUTH FORUM Aims to bring young people together, to make them active citizens of the community. Tackles issues and deals with matters that affect them in schools and in their wider lives.	Hamara Tempest Road Leeds LS11 6RD	13-19 yrs	Wednesday 6:30 – 8:30pm	No cost	Farah Naz
SPORT 4 LIFE – FOOTBALL FRENZY Football Coaching session in partnership with Leeds United Foundation focusing on skills development. Transport provided to Futsal.	Meet at Hamara Tempest Road Leeds LS11 6RD	14-24 yrs	Thursday 6:30 – 8:30pm	No cost	Naveed Fiaz



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SPORTING CHANCE Football and youth club activities in partnership project with Leeds United and Leeds Youth Service working with young people at risk to improve their life chances.	Bilal Centre (Harehills) Conway Road Leeds LS8 5JH	14-25 yrs	Friday 6:30pm – 8:30pm	No cost	Tafazal Mohammad
YOUTH CAFE The Hamara Youth Café provides healthy food ‘American Diner’ style. It has been set up and run by the Hamara Youth Forum as a social enterprise.	Hamara Tempest Road Leeds LS11 6RD	OPEN TO ALL	Friday 5.00pm – 8.00pm	See menu	Farah Naz
SUPPLEMENTARY SCHOOL We provide Maths, English and Science study support as well as a whole range of activities all year round, including, trips, a school café, student council, play scheme and homework support.	Hamara Tempest Road Leeds LS11 6RD	5-11yrs	Saturday 10am-2pm (term-time)	£4.50 Weekly £60 Termly £180 Yearly	Aisha Rashid