

**SUMMER**

**ADOLESCENT DEVELOPMENT SERVICES**

# **Targeted Programmes**

**#DoSomethingThisSummer**

**2020**



OFSTED  
"Accessible, flexible  
and creative  
programmes"  
FEB 2020

**[bit.ly/DSTS2020](https://bit.ly/DSTS2020)**

# #DoSomethingThisSummer

# CONTENTS

3 INTRODUCTION AND FAQs

4 REFERRAL GUIDE

5 WEEK ONE OFFER - MON 3RD - FRI 7TH AUG 2020

6 WEEK TWO OFFER - MON 10TH - FRI 14TH AUG 2020

7 WEEK THREE OFFER - MON 17TH - FRI 21ST AUG 2020

8 WEEK FOUR OFFER - MON 24TH - FRI 28TH AUG 2020

9 SESSION DETAILS

10 CONTACT LIST

"Providing support for targeted children and adolescents in Hillingdon."

## Targeted Programmes

# #DoSomethingThisSummer

WELCOME TO THE ADOLESCENT DEVELOPMENT SERVICES' TARGETED SUMMER OFFER #DOSOMETHINGTHISSUMMER. ACROSS THE MONTH OF AUGUST WE HAVE A SELECTION OF WORKSHOPS AND PROGRAMMES DESIGNED TO ENGAGE, ENTERTAIN AND EDUCATE. OUR VARIETY OF FUN AND FREE POSITIVE ONLINE SESSIONS ARE AVAILABLE TO CHILDREN AND ADOLESCENTS AGED 8-19 WHO LIVE, LEARN OR EARN IN HILLINGDON.

## FAQs

**WHO IS THIS FOR?** CHILDREN AND ADOLESCENTS AGED 8-19 WHO LIVE, LEARN OR EARN IN HILLINGDON. WE PRIMARILY TARGET YOUNG PEOPLE WHO WOULD BENEFIT FROM ADDITIONAL TARGETED SUPPORT E.G. THOSE OPEN TO CHILDREN'S SOCIAL CARE, YOUTH JUSTICE SERVICES OR OTHER INTERVENTION SERVICES.

**HOW MUCH WILL IT COST?** OUR ENTIRE SUMMER OFFER IS FREE TO ALL PARTICIPANTS.

**WHAT WILL THE YOUNG PEOPLE NEED FOR THE ONLINE SESSIONS?** WE WILL PROVIDE YOUNG PEOPLE WITH ALL THE RESOURCES THEY NEED FOR OUR ONLINE SESSIONS VIA HOME DELIVERY, SO THEY WILL NOT NEED TO BUY ANYTHING. ALL THEY WILL NEED IS AN INTERNET ENABLED DEVICE, STABLE WIFI AND A QUIET SPACE TO JOIN IN.

**HOW DO I BOOK?** TO REQUEST A PLACE VISIT [BIT.LY/DSTS2020](https://bit.ly/DSTS2020) PLEASE NOTE REQUESTING A PLACE DOES NOT CONFIRM YOUR BOOKING, PLACES WILL BE CONFIRMED VIA EMAIL ONCE YOUR REFERRAL HAS BEEN REVIEWED BY OUR TEAM. CHECK OUT OUR REFERRAL GUIDE ON THE NEXT PAGE FOR MORE INFORMATION.

**WHAT IF I HAVE MORE QUESTIONS?** WE UNDERSTAND THAT THIS IS A WORRYING TIME FOR EVERYONE. IF YOU HAVE ANY QUESTIONS AFTER READING ALL THE INFORMATION PLEASE DO NOT HESITATE TO CONTACT US AT:  
[TARGETEDPROGRAMMES@HILLINGDON.GOV.UK](mailto:TARGETEDPROGRAMMES@HILLINGDON.GOV.UK)

#DoSomethingThisSummer

# MAKING A REFERRAL

**BEFORE MAKING A REFERRAL TO OUR SUMMER OFFER PLEASE MAKE USE OF OUR THREE C'S GUIDE.**

## **CONSIDERED- IS THE REFERRAL CONSIDERED?**

- Is your referral living, working, studying, or in local authority care, in the London Borough of Hillingdon?
- Does your referral meet the criteria of the programme you have selected?
- Does your referral have the ability to participate in discussion-based and group work activities?
- If selecting an online workshop does your young person have access to an internet enabled device?
- Have you selected the appropriate programme to best support the needs of your referral?
- If you are unsure please contact us to discuss via [targetedprogrammes@hillingdon.gov.uk](mailto:targetedprogrammes@hillingdon.gov.uk)

## **CONSENTED- HAS THE REFERRAL BEEN AGREED?**

- Has the parent or legal guardian given consent for the referral's personal information to be shared with, and recorded by, Adolescent Development Services?
- If the referral is over 18 years do you have their consent?
- Has it been agreed that the Adolescent Development Services may report anonymised data about their personal development and support needs to Hillingdon Council and other relevant agencies?

## **COMMITTED- WILL YOUR REFERRAL ENGAGE?**

- Is your referral willing and able to commit to the full duration of the programme or workshop selected?
- Will we have the continuing commitment of the referrer to co-manage any issues of concern that present during their participation in the programme?

If your referral is considered, consented and committed please follow the link to our electronic Access Request Form: [bit.ly/DSTS2020](https://bit.ly/DSTS2020)

WEEK 1

ADOLESCENT DEVELOPMENT SERVICES

Targeted Programmes

#DoSomethingThisSummer

- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 4-6 IN SEPTEMBER 2020
- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 7 IN SEPTEMBER 2020
- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 7-9 IN SEPTEMBER 2020
- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 10+ IN SEPTEMBER 2020

TIME	MON 4TH AUG 2020	TUE 5TH AUG 2020	WED 6TH AUG 2020	THURS 7TH AUG 2020	FRI 8TH AUG 2020
11:00-12:00 ONLINE	ONLINE MUSIC ACADEMY* DAY 1 OF 3 SY4-6	KEEP CALM AND CRAFT ONLINE** (1 OF 4) SY4-6 SURF SMART ONLINE SY10+ SORTED ONLINE SY10+	ONLINE MUSIC ACADEMY* DAY 2 OF 3 SY4-6	ONLINE DRAMA ACADEMY SY4-6	ONLINE MUSIC ACADEMY* DAY 3 OF 3 SY4-6
11:45-12:45 ONLINE	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "COPING WITH CHANGE" SY7	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "COPING WITH CHANGE" SY7	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "COPING WITH CHANGE" SY7	GET MORE DETAILS ON ALL OF OUR SUMMER WORKSHOPS AND PROGRAMMES ON PAGE 9.	
12:30-13:30 ONLINE	ONLINE MUSIC ACADEMY* DAY 1 OF 3 SY7-9 KISS ONLINE SY10+	KEEP CALM AND CRAFT ONLINE** (1 OF 4) SY7-9 SURF SMART ONLINE SY10+	ONLINE MUSIC ACADEMY* DAY 2 OF 3 SY7-9	ONLINE DRAMA ACADEMY SY7-9	ONLINE MUSIC ACADEMY* DAY 3 OF 3 SY7-9 LINK ONLINE SY10+
13:15-14:15	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "COPING WITH CHANGE" SY7	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "COPING WITH CHANGE" SY7	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "COPING WITH CHANGE" SY7	REQUEST TO BOOK A FREE PLACE ON ONE OF OUR SUMMER WORKSHOPS AND PROGRAMMES VIA THE PROFESSIONAL YOU ARE WORKING WITH.	
14:00-15:00 ONLINE	DON'T WORRY WE WILL SEND YOU THE RESOURCES YOU NEED TO JOIN IN FROM WHERE YOU ARE.		WELLNESS MATTERS ONLINE SY10+		PLEASE NOTE REQUESTING A PLACE DOES NOT CONFIRM YOUR BOOKING, BOOKINGS WILL BE CONFIRMED VIA EMAIL FROM TARGETEDPROGRAMMES@HILLINGDON.GOV.UK
15:15-16:15 ONLINE			WELLNESS MATTERS ONLINE SY10+		*'ONLINE MUSIC ACADEMY' IS A 3 DAY PROGRAMME.
					**'KEEP CALM AND CRAFT ONLINE' IS A WEEKLY WORKSHOP THAT RUNS ACROSS THE SUMMER ON 5TH, 12TH, 19TH AND 26TH AUGUST, BY BOOKING YOU ARE SIGNING UP TO ALL 4 WORKSHOPS.

WEEK 2

ADOLESCENT DEVELOPMENT SERVICES

Targeted Programmes

#DoSomethingThisSummer

- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 4-6 IN SEPTEMBER 2020
- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 7 IN SEPTEMBER 2020
- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 7-9 IN SEPTEMBER 2020
- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 10+ IN SEPTEMBER 2020

TIME	MON 10TH AUG 2020	TUE 11TH AUG 2020	WED 12TH AUG 2020	THURS 13TH AUG 2020	FRI 14TH AUG 2020
11:00-12:00 ONLINE	PODCAST WORDSHOP* DAY 1 OF 3 <small>SY4-6</small>	KEEP CALM AND CRAFT ONLINE** (1 OF 4) <small>SY4-6</small>   SPEND SMART ONLINE <small>SY10+</small> SORTED ONLINE <small>SY10+</small>	PODCAST WORDSHOP* DAY 2 OF 3 <small>SY4-6</small>	ONLINE DRAMA ACADEMY <small>SY4-6</small>	PODCAST WORDSHOP * DAY 3 OF 3 <small>SY4-6</small>
11:45-12:45 ONLINE	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "STAYING SAFE AND MAKING POSITIVE CHOICES" <small>SY7</small>	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "STAYING SAFE AND MAKING POSITIVE CHOICES" <small>SY7</small>	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "STAYING SAFE AND MAKING POSITIVE CHOICES" <small>SY7</small>	GET MORE DETAILS ON ALL OF OUR SUMMER WORKSHOPS AND PROGRAMMES ON PAGE 9.	
12:30-13:30 ONLINE	PODCAST WORDSHOP* DAY 1 OF 3 <small>SY7-9</small>   KISS ONLINE <small>SY10+</small>	KEEP CALM AND CRAFT ONLINE** (1 OF 4) <small>SY7-9</small>   SPEND SMART ONLINE <small>SY10+</small>	PODCAST WORDSHOP* DAY 2 OF 3 <small>SY7-9</small>	ONLINE DRAMA ACADEMY <small>SY7-9</small>	PODCAST WORDSHOP* DAY 3 OF 3 <small>SY7-9</small>   LINK ONLINE <small>SY10+</small>
13:15-14:15	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "STAYING SAFE AND MAKING POSITIVE CHOICES" <small>SY7</small>	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "STAYING SAFE AND MAKING POSITIVE CHOICES" <small>SY7</small>	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "STAYING SAFE AND MAKING POSITIVE CHOICES" <small>SY7</small>	REQUEST TO BOOK A FREE PLACE ON ONE OF OUR SUMMER WORKSHOPS AND PROGRAMMES VIA THE PROFESSIONAL YOU ARE WORKING WITH.	
14:00-15:00 ONLINE	DON'T WORRY WE WILL SEND YOU THE RESOURCES YOU NEED TO JOIN IN FROM WHERE YOU ARE.		WELLNESS MATTERS ONLINE <small>SY10+</small>	PLEASE NOTE REQUESTING A PLACE DOES NOT CONFIRM YOUR BOOKING, BOOKINGS WILL BE CONFIRMED VIA EMAIL FROM TARGETEDPROGRAMMES@HILLINGDON.GOV.UK	
15:15-16:15 ONLINE			WELLNESS MATTERS ONLINE <small>SY10+</small>	*THE 'PODCAST WORDSHOP' IS A 3 DAY PROGRAMME.	
				**KEEP CALM AND CRAFT ONLINE IS A WEEKLY WORKSHOP THAT RUNS ACROSS THE SUMMER ON 5TH, 12TH, 19TH AND 26TH AUGUST, BY BOOKING YOU ARE SIGNING UP TO ALL 4 WORKSHOPS.	

WEEK 3

ADOLESCENT DEVELOPMENT SERVICES

Targeted Programmes

#DoSomethingThisSummer

- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 4-6 IN SEPTEMBER 2020
- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 7 IN SEPTEMBER 2020
- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 7-9 IN SEPTEMBER 2020
- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 10+ IN SEPTEMBER 2020

TIME	MON 17TH AUG 2020	TUE 18TH AUG 2020	WED 19TH AUG 2020	THURS 20TH AUG 2020	FRI 21ST AUG 2020
11:00-12:00 ONLINE	HAPPY HAIR CARE* DAY 1 OF 3 SY4-6	KEEP CALM AND CRAFT ONLINE** (1 OF 4) SY4-6 SMILE SMART ONLINE SY10+ SORTED ONLINE SY10+	HAPPY HAIR CARE* DAY 2 OF 3 SY4-6	ONLINE DRAMA ACADEMY SY4-6	HAPPY HAIR CARE* DAY 3 OF 3 SY4-6
11:45-12:45 ONLINE	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "GETTING ORGANISED" SY7	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "GETTING ORGANISED" SY7	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "GETTING ORGANISED" SY7	GET MORE DETAILS ON ALL OF OUR SUMMER WORKSHOPS AND PROGRAMMES ON PAGE 9.	
12:30-13:30 ONLINE	HAPPY HAIR CARE* DAY 1 OF 3 SY7-9 KISS ONLINE SY10+	KEEP CALM AND CRAFT ONLINE** (1 OF 4) SY7-9 SMILE SMART ONLINE SY10+	HAPPY HAIR CARE* DAY 2 OF 3 SY7-9	ONLINE DRAMA ACADEMY SY7-9	HAPPY HAIR CARE* DAY 1 OF 3 SY7-9 LINK ONLINE SY10+
13:15-14:15	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "GETTING ORGANISED" SY7	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "GETTING ORGANISED" SY7	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "GETTING ORGANISED" SY7	REQUEST TO BOOK A FREE PLACE ON ONE OF OUR SUMMER WORKSHOPS AND PROGRAMMES VIA THE PROFESSIONAL YOU ARE WORKING WITH.	
14:00-15:00 ONLINE	DON'T WORRY WE WILL SEND YOU THE RESOURCES YOU NEED TO JOIN IN FROM WHERE YOU ARE.		WELLNESS MATTERS ONLINE SY10+	PLEASE NOTE REQUESTING A PLACE DOES NOT CONFIRM YOUR BOOKING, BOOKINGS WILL BE CONFIRMED VIA EMAIL FROM TARGETEDPROGRAMMES@HILLINGDON.GOV.UK	
15:15-16:15 ONLINE			WELLNESS MATTERS ONLINE SY10+	*HAPPY HAIR CARE' IS A 3 DAY PROGRAMME.	
				**KEEP CALM AND CRAFT ONLINE IS A WEEKLY WORKSHOP THAT RUNS ACROSS THE SUMMER ON 5TH, 12TH, 19TH AND 26TH AUGUST, BY BOOKING YOU ARE SIGNING UP TO ALL 4 WORKSHOPS.	

WEEK 4

ADOLESCENT DEVELOPMENT SERVICES

Targeted Programmes

#DoSomethingThisSummer

- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 4-6 IN SEPTEMBER 2020
- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 7 IN SEPTEMBER 2020
- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 7-9 IN SEPTEMBER 2020
- ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 10+ IN SEPTEMBER 2020

TIME	MON 24TH AUG 2020	TUE 25TH AUG 2020	WED 26TH AUG 2020	THURS 27TH AUG 2020	FRI 28TH AUG 2020
11:00-12:00 ONLINE	COOKING UP A STORM* DAY 1 OF 3 SY4-6	KEEP CALM AND CRAFT ONLINE** (1 OF 4) SY4-6 STUDY SMART ONLINE SY10+ SORTED ONLINE SY10+	COOKING UP A STORM* DAY 2 OF 3 SY4-6	ONLINE DRAMA ACADEMY SY4-6	COOKING UP A STORM* DAY 3 OF 3 SY4-6
11:45-12:45 ONLINE	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "FRIENDS, FRENEMIES AND BEING YOURSELF" SY7	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "FRIENDS, FRENEMIES AND BEING YOURSELF" SY7	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "FRIENDS, FRENEMIES AND BEING YOURSELF" SY7	GET MORE DETAILS ON ALL OF OUR SUMMER WORKSHOPS AND PROGRAMMES ON PAGE 9.	
12:30-13:30 ONLINE	COOKING UP A STORM* DAY 1 OF 3 SY7-9 KISS ONLINE SY10+	KEEP CALM AND CRAFT ONLINE** (1 OF 4) SY7-9 STUDY SMART ONLINE SY10+	COOKING UP A STORM* DAY 2 OF 3 SY7-9	ONLINE DRAMA ACADEMY SY7-9	COOKING UP A STORM* DAY 3 OF 3 SY7-9 LINK ONLINE SY10+
13:15-14:15	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "FRIENDS, FRENEMIES AND BEING YOURSELF" SY7	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "FRIENDS, FRENEMIES AND BEING YOURSELF" SY7	SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "FRIENDS, FRENEMIES AND BEING YOURSELF" SY7	REQUEST TO BOOK A FREE PLACE ON ONE OF OUR SUMMER WORKSHOPS AND PROGRAMMES VIA THE PROFESSIONAL YOU ARE WORKING WITH.	
14:00-15:00 ONLINE	DON'T WORRY WE WILL SEND YOU THE RESOURCES YOU NEED TO JOIN IN FROM WHERE YOU ARE.		WELLNESS MATTERS ONLINE SY10+	PLEASE NOTE REQUESTING A PLACE DOES NOT CONFIRM YOUR BOOKING, BOOKINGS WILL BE CONFIRMED VIA EMAIL FROM TARGETEDPROGRAMMES@HILLINGDON.GOV.UK	
15:15-16:15 ONLINE			WELLNESS MATTERS ONLINE SY10+	*'COOKING UP A STORM' IS A 3 DAY PROGRAMME.	
				**KEEP CALM AND CRAFT ONLINE IS A WEEKLY WORKSHOP THAT RUNS ACROSS THE SUMMER ON 5TH, 12TH, 19TH AND 26TH AUGUST, BY BOOKING YOU ARE SIGNING UP TO ALL 4 WORKSHOPS.	



Targeted Programmes

#DoSomethingThisSummer

ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 4-6 IN SEPTEMBER 2020

ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 7 IN SEPTEMBER 2020

ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 7-9 IN SEPTEMBER 2020

ACTIVITIES FOR YOUNG PEOPLE GOING INTO SCHOOL YEAR 10+ IN SEPTEMBER 2020

ONLINE SESSIONS



WEEK 1 ONLINE DRAMA ACADEMY Drama activities online.

KEEP CALM AND CRAFT ONLINE An online craft workshop where we will provide the resources for all 4 sessions.

WELLNESS MATTERS ONLINE Online fun activities to support feeling good in body and mind.

SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "COPING WITH CHANGE" Support with the transition into secondary school.

KISS ONLINE Healthy/unhealthy relationships explored.

SORTED ONLINE County Lines explored.

LINK ONLINE Stress and anxiety toolkit.

ONLINE MUSIC ACADEMY Write your own lyrics and make your own music (3 day programme).

SURF SMART Having fun and keeping safe online workshop.

WEEK 2 ONLINE DRAMA ACADEMY Drama activities online.

KEEP CALM AND CRAFT ONLINE An online craft workshop where we will provide the resources for all 4 sessions.

WELLNESS MATTERS ONLINE Online fun activities to support feeling good in body and mind.

SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "STAYING SAFE AND MAKING POSITIVE CHOICES" Support with the transition into secondary school.

KISS ONLINE Consent and relationships explored.

SORTED ONLINE Cannabis explored.

LINK ONLINE Trauma and bereavement toolkit.

ONLINE PODCAST WORDSHOP Learn to write, record and broadcast your own podcast (3 day programme).

SPEND SMART Having fun and keeping safe online workshop.

WEEK 3 ONLINE DRAMA ACADEMY Drama activities online.

KEEP CALM AND CRAFT ONLINE An online craft workshop where we will provide the resources for all 4 sessions.

WELLNESS MATTERS ONLINE Online fun activities to support feeling good in body and mind.

SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "GETTING ORGANISED" Support with the transition into secondary school.

KISS ONLINE Boundaries and relationships explored.

SORTED ONLINE Alcohol explored.

LINK ONLINE Anger & conflict toolkit.

HAPPY HAIR CARE Make your own hair products for happy and healthy hair. All resources provided. (3 day programme).

SMILE SMART Self-esteem boost and reflection workshop.

WEEK 4 ONLINE DRAMA ACADEMY Drama activities online.

KEEP CALM AND CRAFT ONLINE An online craft workshop where we will provide the resources for all 4 sessions.

WELLNESS MATTERS ONLINE Online fun activities to support feeling good in body and mind.

SWITCH ONLINE: MOVING TO SECONDARY SCHOOL "FRIENDS, FRENEMIES AND BEING YOURSELF" Support with the transition into secondary school.

KISS ONLINE Grooming and CSE explored.

SORTED ONLINE Party drugs explored.

LINK ONLINE Self-esteem and well-being toolkit.

COOKING UP A STORM An online programme where we will provide the resources (3 day programme).

STUDY SMART Study skills memory boosting workshop.

MON 3RD - 7TH AUG

MON 10TH - 14TH AUG

MON 17TH - FRI 21ST AUG

MON 24TH - FRI 28TH AUG

# ADOLESCENT DEVELOPMENT SERVICES

## THE PEOPLE BEHIND THE TARGETED PROGRAMMES

Contact us to see  
how we can support  
your young people

### **CENTRAL CONTACT CENTRE**

Targeted Programmes  
targetedprogrammes@hillingdon.gov.uk  
01895 556 300

Make a referral to the Adolescent Development Services' Targeted Programme offer all year round at: [bit.ly/targetedprogrammes](https://bit.ly/targetedprogrammes)

### **BOYS AND YOUNG MEN'S PROGRAMME**

Sandra Rose  
srose@hillingdon.gov.uk  
01895 556 300 ext 4124  
07809230760

### **GIRLS AND YOUNG WOMEN'S PROGRAMME**

Monica Gaga  
mgaga@hillingdon.gov.uk  
01895 556 300 ext 4226  
075 7214 3777

### **PEER LEADERSHIP PROGRAMMES**

Marie Fleming  
mfleming@hillingdon.gov.uk  
01895 556721 ext: 6721  
07908 798471

### **EMOTIONAL HEALTH AND WELLBEING PROGRAMMES**

Aurora Da Silva  
adasilva@hillingdon.gov.uk  
01895 277222  
07947625106

### **SEXUAL HEALTH AND WELLBEING PROGRAMMES**

Vicky Cooke  
vcooke@hillingdon.gov.uk  
01895 556 300 ext: 4235  
07951 884349

### **SUBSTANCE USE AND MISUSE PROGRAMME**

Ania Frejlich-Botha  
afrejlich-botha@hillingdon.gov.uk  
01895 250721 ext: 4134  
07957789589

### **TRANSITION SUPPORT PROGRAMME**

Chamila Somaskandan  
csomaskandan@hillingdon.gov.uk  
01895 556300 ext: 4173  
07958 121123

### **OPERATIONS MANAGER ADOLESCENT DEVELOPMENT SERVICES**

Lucy Wylde  
lwylde2@hillingdon.gov.uk  
01895 556300 ext 4261  
07710 854663

Adolescent Development Services take referrals all year round for our Targeted Programmes. Why not contact us about our term time offer or to join our mailing list so you never miss an opportunity for the young people and families you work with.

Many thanks,

*Adolescent Development  
Services' Target Programmes team*

[targetedprogrammes@hillingdon.gov.uk](mailto:targetedprogrammes@hillingdon.gov.uk)