

FREE

Just turn up!



Havant Sessions

Autumn/Winter 2023



DAY	ACTIVITY	PLACE	DESCRIPTION
Monday 3-5pm (Term time only)	Supporting wellbeing 10-17 yr olds	Wave, 23-25 Elm Grove, Hayling Island, PO11 9EA	Games, mindfulness, arts and crafts and well-being workshops
Monday 5-7pm	Youth Drop-in 10-17 yr olds	Havant Rugby Club, PO9 3EJ	Games, sports, make friends, arts and crafts, try something new.
Tuesday 4-6pm	Your Goal Football session 10-17 yr olds	Front Lawn Community Hub PO9 5AN	Football games/coaching plus 1:1 mentoring (Delivered in partnership with PiTC)
Tuesday 4.30-6.30pm	Lighthouse Project School yrs 6-8	Motiv8 - The Hub Park Parade PO9 5AA	Games, mindfulness, arts and crafts, cooking, peer support and well-being workshops (Delivered in partnership with Mind)
Wednesday (Call for time & place)	LGBTQIA+ support	Leigh Park	LGBTQIA+ discussions, peer support and arts and crafts activities
Wednesday 5.30-7.30pm	Lighthouse Project School yrs 9-11	Leigh Park Community Centre	Games, mindfulness, arts and crafts and well-being workshops (Delivered in partnership with Mind)
Thursday 3.30-5.30pm	Youth Drop-in 10-17 yr olds	Front Lawn Community Hub PO9 5AN	Games, make friends, arts and crafts, events, try something new, challenge yourself.
Thursday 5.30-7.30pm	Lighthouse Project 16-18 yr olds	Motiv8 - The Hub Park Parade PO9 5AA	Games, mindfulness, arts and crafts, cooking, peer support and well-being workshops (Delivered in partnership with Mind)
Friday 3-5pm (holidays only)	Your Goal Football session 10-17 yr olds	Front Lawn Community Hub PO9 5AN	Football games/coaching plus 1:1 mentoring (Delivered in partnership with PiTC)

We can also provide relationship and sexual health advice including FREE condoms - call or message us to arrange a confidential appointment

The Hub
Park Parade
Leigh Park
PO9 5AA



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Motiv8 South - Havant Team



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