

# Youth Action Diversity Trust Presents:

Call 020 8308 3862  
to book a place!

## Youth Inclusion Activities (For 8 - 12 Year Olds)

YADT proudly present a program for young people aged 8 to 12 years, offering a variety of fully inclusive activities! Costing just £5 per person they are run at our North Cray Neighbourhood Centre in Sidcup by our friendly and supportive team. The Social Club hosts a variety of activities each week including art and design projects and sporting challenges. The Cookbook Club is a great club for those who love to get creative in the kitchen. We also run a dedicated ADHD Social Club and Autism Social Club for young people.

### **For more information please contact our Head Office:**

North Cray Neighbourhood Centre

1 Davis Way Sidcup DA14 5JR

020 8308 3862

Email: [contact@YouthActionDiversityTrust.co.uk](mailto:contact@YouthActionDiversityTrust.co.uk)

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@YADTBexley

Registered Company No. 5905999

Registered Charity No. 1118218



## **The Social Club: MUST BOOK. £5 Per Person**

### **Mondays 5pm to 6.15pm**

The Social Club is all inclusive and enables young people to meet and make new friends, take part in sports and games, individual and team challenges and art and design projects. The club is designed to be the perfect space for young people to try their hand at a variety of different things in a safe and friendly environment.

## **Autism Social Club: MUST BOOK. £5 Per Person**

### **Tuesdays 5pm to 6pm**

The Autism Social Club meets on a weekly basis and provides a safe environment for young people to meet with their peers and have fun. The weekly sessions provide a range of calming activities including fun games, crafts, and cooking in a structured, supported and fun way.

Parents and carers are asked to stay on-site where they have the opportunity to talk to like-minded parents over a cup of tea or coffee!

## **ADHD Social Club: MUST BOOK. £5 Per Person**

### **Wednesdays 5:30pm to 6:30pm**

The ADHD Social Club meets on a weekly basis and provides a safe environment for young people to meet with their peers and have fun. The weekly sessions provide a range of activities including fun games, sports, cooking and other hands-on activities in a structured way. The sessions look at developing key social skills, improve concentration, attentiveness and skills for life.

Parents and carers are asked to stay on-site where they have the opportunity to talk to like-minded parents over a cup of tea or coffee!

## **The Cook Book Club: MUST BOOK. £5 Per Person**

### **Thursdays 5:15pm to 6:30pm**

The Cook Book Club is perfect for young people who love to cook and explore the wonderful world of food. With a different recipe to master each week this sociable club will teach valuable life skills in the kitchen and is a great way to meet new friends with a like minded passion! Due to the nature of these sessions bookings will work in blocks of 6 and payment must be made in advance.