

Groups and Services by Invite or Referral Only

Group/Service	Day & Time	Details	Cost
Learning Space	Monday-Thursday 09:30- 15:00 (term-time only)	1:1 solution-focused support for children and young people aged 5-18 years who may be experiencing a range of challenges. www.learningspace.org.uk/about_us	Free
Bubble Group	Monday 16:00-17:30 (term-time only)	For young people aged 11 years and over who are struggling with anxiety and social isolation. www.learningspace.org.uk/bubblegroup	Free
Heads Together	Weekdays 6-12 weekly sessions of 50 minutes	Counselling service aimed to help young people aged 11-24 to cope with difficult emotional, family or personal circumstances, enabling them to lead fuller and more satisfying lives. www.ymcaeast Surrey.org.uk/children/emotional-wellbeing-mental-health/heads-together-counselling/	Free
Community Wellbeing Team	Weekdays 8 weekly sessions of 50 minutes	1:1 or small group support for children and young people aged 8-18 to help support mental health and emotional wellbeing. www.ymcaeast Surrey.org.uk/children/emotional-wellbeing-mental-health/community-wellbeing-team/	Free

Contact us

Monday to Friday | 09:30-14:30

YMCA Phoenix Youth Centre,
Preston Manor Road,
Epsom, Tadworth KT20 5FB

E phoenixcentre@ymcaeast Surrey.org.uk

Find us online

www.ymcaeast Surrey.org.uk/phoenix-youth-centre/

f X @ YMCAEastSurrey

YMCA EAST SURREY



Registered charity no. 1075028

YMCA

YMCA PHOENIX YOUTH CENTRE

PART OF YMCA EAST SURREY

Supporting young people in Tadworth and surrounding areas



2024 Term time only programme

YMCA Phoenix Youth Centre, Preston Manor Road, Epsom, Tadworth KT20 5FB

All sessions are held at the **YMCA Phoenix Youth Centre, Preston Manor Road, Epsom, Tadworth KT20 5FB** unless otherwise stated.
For bookings please email phoenixcentre@ymcaeastssurrey.org.uk

If payment is an issue, please speak to us

Day	Group	Time	Details	Cost	Booking or application form required?
Mon	YMCA Step Forward (except bank holidays)	18:00-20:00	Support and activities for young people aged 17-24 with mental health and emotional wellbeing needs. www.ymcaeastssurrey.org.uk/children/emotional-wellbeing-mental-health/step-forward/	Free	No - drop-ins welcome
Wed	WAVES (Term time only)	15:45-17:15	Emotional wellbeing youth club for 13-19 year olds. www.ymcaeastssurrey.org.uk/children/emotional-wellbeing-mental-health/waves/	Free	No - drop-ins welcome
Thu	Mary Frances Trust Young People Peer Support Group	15:30-17:00	Social and peer support group. With activities and discussions to support your mental health and emotional wellbeing (no diagnosis needed!). For young people aged 16-25. Register to book a place - Call: 01372 375400 Text: 07929 02472 Email: info@maryfrancestrust.org.uk www.maryfrancestrust.org.uk	Free	Yes
	YMCA Youth Club (Term time only)	17:30-19:30	Friendly and relaxed Youth Club with weekly themed activities for school years 6-11. Parents/carers to complete the online form before attending. www.ymcaeastssurrey.org.uk/children/youth-family-services/youth-clubs/phoenix-youth-centre-tadworth/	Free	Yes
Fri	Rebound Therapy (Term time only)	30 minute sessions	Using trampolines to provide fun and therapeutic exercise for young people with a wide range of support needs and disabilities. Care plan to be completed and an initial site visit required before attending. www.ymcaeastssurrey.org.uk/children/disability-activities/rebound-therapy/	£46 Free trial sessions available	Yes
	The MYTI Youth Club Plus certain days during the school holidays between 10:00-16:00	16:15-19:15	Youth Club for young people aged 8-15 in the Tadworth and surrounding area. Parents to complete an application form before a child attends. www.myticlub.org.uk/	Free - donations welcome	Yes
Sat	Yip4Youth Short Breaks On select Saturdays. Plus certain days during the school holidays	10:00-16:00	For young people aged 12-17 with disabilities, including those who need 1:1 support. Care plan to be completed and initial meeting required before attending. www.ymcaeastssurrey.org.uk/children/disability-activities/short-breaks-12-18/epsom-ewell/	£30 per day	Yes
	Preston Community Intergenerational Arts Group First Saturday of every month	14:00-16:00	Craft, board games and fun. Plus a chance to have a cuppa and talk the afternoon away. All ages welcome. Children must be accompanied by an adult. Any enquires please contact Maria on 07854171376	Donations welcome	No