

# Services and activities available in South Ham for those aged from 0 to 19



supported by  
**Basingstoke  
and Deane**

**Residents in South Ham have told us that it is very important to develop and promote activities for young people.**

Organisations and groups in South Ham have come together as South Ham United to produce this directory, and to support the community-led plan for South Ham.



*You are advised to check the times and costs with providers before attending.*

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**Charge** - please check with provider

## Postnatal support:

### **Baby and Me**

1pm to 2.30pm Friday (referral only)

### **Baby Massage**

10.30pm to 11.30pm Wednesday



*Location: Westside Community Centre, Paddock Road, South Ham RG22 6QB  
For more information call Westside Community Centre on 01256 464571  
or email westsidecommunitycentre@hotmail.co.uk*

## Health visitor services:

### **Baby weigh-in clinic**

1.30pm to 2.45pm every Thursday

*Location: Westside Community Centre, Paddock Road, South Ham RG22 6QB  
For more information call Westside Community Centre on 01256 464571  
or email westsidecommunitycentre@hotmail.co.uk*

## Nurseries and Pre-schools:

### **Westside Pre-school** *(From two to five year olds)*

Monday, Tuesday, Thursday and Friday 9.15am to 3.45pm

Wednesday 9.15am to 12.15pm

*Location: Westside Community Centre, Paddock Road, South Ham RG22 6QB*

*For more information call Westside Pre-school on 01256 324829*

*or email westsidepreschool@btconnect.com*

### **Park View Infant School Nursery** *(Take children the term after their third birthday)*

Morning sessions 8.30am to 11.30am

Afternoon sessions 12.30pm to 3.30pm



*Location: Pinkerton Road, South Ham, Basingstoke. RG22 4QQ*

*For more information call 01256 322554*

## Toddler groups:

### **Jelly Tots Toddler Group** *(Up to five years)*

1pm to 2.30pm Wednesday. Price £2

### **Rhythm Babes** *(Up to one year)*

10am to 11am Friday. Price £2.50

### **Rhythm Movers** *(Up to five years)*

11am to 12pm Friday. Price £2.50

*Location: Westside Community Centre, Paddock Road, South Ham RG22 6QB*

*For more information call Westside Community Centre on 01256 464571*

*or email westsidecommunitycentre@hotmail.co.uk*

### **PlayTime** *(Parent/carers, babies, toddlers and pre-schoolers).*

Thursdays during school term-time 10am to 11.15am.

No admission charge, but donations welcome.

*Location: St. Andrew's Methodist Church, Western Way, South Ham, RG22 6ER  
(adjacent to Camrose Medical Centre)*

*For more information call Theresa on 01256 329616*

### **Toddler Group** *(For babies and young children with their parents or carers).*

Stay and play from 10am to 12 midday each Wednesday during term time.

*Location: St Joseph's Church, St. Michael's Rd, South Ham RG22 6TY*

*For more information call the parish office on 01256 323595*

### **Jelly babies** *(Exclusively reserved for parents and toddlers).*

Every Tuesday and Thursday 11.30am to 12.30pm during term time.

*Location: Basingstoke Aquadrome*

*For more information call 01256 472343 or visit [www.basingstokeleisure.com](http://www.basingstokeleisure.com)*

### **Toddler Time**

Wednesday 9am to 10.30am. No admission charge.

*Location: Park View Infant School, Pinkerton Road, South Ham, Basingstoke*

*RG22 4QQ. For more information call 01256 322554*



## After-school clubs and activities for children aged six to 11:

### M and M dancing

Thursdays 4.30pm to 7.30pm and Saturday 9am to 4.30pm.

For more information email [admin@mandmacademy.co.uk](mailto:admin@mandmacademy.co.uk)



### Elevation (self-defence)

Sundays 8.50am to 10.30am.

Location: Westside Community Centre, Paddock Road, South Ham RG22 6QB

For more information call Westside Community Centre on 01256 464571

or email [westsidecommunitycentre@hotmail.co.uk](mailto:westsidecommunitycentre@hotmail.co.uk)



### Boys' Brigade

A Christian youth organisation offering a range of activities

3rd Basingstoke BB Company [www.3rdbasingstoke.org](http://www.3rdbasingstoke.org)

[www.facebook.com/3rdbasingstokebb](http://www.facebook.com/3rdbasingstokebb)



**Anchors Section** (from five to eight years) **Juniors Section** (from eight to 11 years)

Fridays (most of the year) 6.30pm to 7.45pm

Weekly session subscription £1.50

Location: St. Andrew's Methodist Church, Western Way, South Ham, RG22 6ER

(adjacent to Camrose Medical Centre)

For more information call Theresa on 01256 329616

### Explorers (up to nine years)

Christian story-telling and activities with a shared feast.

Meet from 4pm to 5pm on the second Friday of the month during term time.



### Pizza, Pray and Play (from nine to 11)

An opportunity to eat, play games and have a quiet time in prayer. Also includes visits to activity centres. Meet in St Joseph's from 6.15pm to 7.15pm on the second Friday of each month during term time.

Location: St Joseph's Church, St. Michael's Rd, South Ham RG22 6TY

For more information call Helen Thomas Children's and Families Ministry Co-ordinator at St Joseph's Parish 01256 323595 or 07449 516414

or email [hthomas@portsmouthdiocese.org.uk](mailto:hthomas@portsmouthdiocese.org.uk)

### Eco-Gardening Club (from four to 16 years)

Inspero's Gardening and Eco Club teaches children useful life skills including a better approach to healthy food, and contributes to children's emotional and physical health. At the club they will learn how to grow food, get active outdoors and take part in lots of craft and nature activities.

To find out more visit [www.inspero.org.uk/love2grow/](http://www.inspero.org.uk/love2grow/) or call/text 07950 686614



### Cooking Club (from five to 16 years)

Cooking Club programme for young people runs from various venues in Basingstoke. The classes teach children how to prepare and cook nutritious meals from first principles.

To find out more visit: [www.inspero.org.uk/love2cook/](http://www.inspero.org.uk/love2cook/)



Location: Inspero, Bardwell Close Community Garden, South Ham and Stratton Park Community Garden

### Wave Rave sessions (from eight to 15 years).

Every Friday from 6pm to 8pm. Cost: £4 per session.

Young people can enjoy a fun, relaxed time in the lagoon and 20m pool with popular music playing throughout.

Location: Basingstoke Aquadrome

For more information call 01256 472343 or visit [www.basingstokeleisure.com/](http://www.basingstokeleisure.com/)

## Holiday clubs and activities:

### Summer Streetz (From 11 to 18)

For more information visit: [www.westsidecommunitycentre.co.uk/summer-streetz.html](http://www.westsidecommunitycentre.co.uk/summer-streetz.html)

### Mini Streetz (From five to 11)

For more information visit: [www.westsidecommunitycentre.co.uk/mini-streetz.html](http://www.westsidecommunitycentre.co.uk/mini-streetz.html)

Location: Westside Community Centre, Paddock Road, South Ham, RG22 6QB

### Challenger Sports/Tetra Brazil

Location: Park View Infant School, Pinkerton Road, South Ham, Basingstoke, RG22 4QQ

For more information visit [ukchallengersports.com/Basingstoke/tetrabrazil](http://ukchallengersports.com/Basingstoke/tetrabrazil)

## Youth clubs and activities for children aged 11 and over:

### Westside Youth Project

6.30pm to 8.30pm Tuesday and Thursday

### Internet Café/ Homework Club

3.30pm to 5.30pm Thursday

Location: Westside Community Centre, Paddock Road, South Ham RG22 6QB

For more information call Westside Community Centre on 01256 464571

or email [westsidecommunitycentre@hotmail.co.uk](mailto:westsidecommunitycentre@hotmail.co.uk)



### Boys' Brigade

A Christian youth organisation offering a range of activities

Fridays (most of the year) 7.30pm to 9.30pm and sporting activities until 10pm. Weekly session subscription £2

Location: St. Andrew's Methodist Church, Western Way, South Ham, RG22 6ER adjacent to Camrose Medical Centre

For more information call Theresa on 01256 329616

3rd Basingstoke BB Company [www.3rdbasingstoke.org](http://www.3rdbasingstoke.org)

[www.facebook.com/3rdbasingstokebb](http://www.facebook.com/3rdbasingstokebb)

### JP3 (from 11 to 13)

A great opportunity to meet friends, have fun, learn about faith and learn to pray. Meet in St Joseph's from 5pm to 6.30pm every second and fourth Sunday of the month during term time. There are extra sessions during Lent.

### 'RUAH' Hebrew word for spirit (from 13 to 15)

Meet every second and fourth Friday of the month during term time from 7.30pm to 9.30pm for community and fun as well as prayer and Christian faith development.

Location: St Joseph's Church, St. Michael's Rd, South Ham RG22 6TY

For more information call St Joseph's Parish Office on 01256 323595

### Young volunteer opportunities (from 14 to 18)

Inspero runs a young volunteer programme for children, helping them prepare for the world of work. Training will be provided as well as opportunities to represent the charity at various events in and around Hampshire. Inspero is looking for young people who are committed to improving their skills and supporting its work.

Location: Inspero, Bardwell Close Community Garden, South Ham and Stratton Park Community Garden

For more information visit [www.inspero.org.uk/young-volunteers/](http://www.inspero.org.uk/young-volunteers/) or call/text 07950 686614

### **Teen gym sessions** *(from 11 to 16)*

Use the gym facility and have access to qualified instructors to help achieve your fitness goals.

Weekdays 4pm to 6pm, weekends 11am to 2pm.

Cost: £20.99 per month / £1.25 per session for those with parents on income support.

*Location: Basingstoke Aquadrome*

*Call 01256 472343 or visit [www.basingstokeleisure.com](http://www.basingstokeleisure.com)*

## **Family services and activities:**

### **Cook and eat**

*Location: Westside Community Centre, Paddock Road, South Ham RG22 6QB*

*For more information call Westside Community Centre on 01256 464571*

*or email [westsidecommunitycentre@hotmail.co.uk](mailto:westsidecommunitycentre@hotmail.co.uk)*



### **All age church service**

A short service designed for all ages with hymns and readings and usually a practical activity. There is also a recently refurbished children's corner in the church stocked with books, puzzles, drawing equipment and toys for younger children. The service is held on the first Sunday of each month at 10am. Tea and coffee are available after the service.

### **Messy Church - craft and activities for children** *(from two to 13)*

Sessions are usually held on the third Friday of every month between 3.30pm and 5.45pm. Free but donations are welcome.

Parents/carers are required to stay with their children. Refreshments and opportunities to chat available, including those with younger children and babies. Sandwiches and cakes served after a short bible story and singing session (approximate 10 minutes) in the church.

*Location: St. Peter's Church, Pinkerton Road, South Ham RG22 6QP*

*More information at [www.basingstoketeamparish.org.uk](http://www.basingstoketeamparish.org.uk)*

*or email Vicky Bennett at [Bennett.family@lineone.net](mailto:Bennett.family@lineone.net)*

### **Messy Church** *(all welcome)*

Fun crafts based around a Christian theme, celebration time and food. Usually held on every second Sunday of each month from 2pm to 4pm, but please check before attending.

*Location: St Joseph's Church, St. Michael's Rd, South Ham RG22 6TY*

*For more information contact Helen Thomas Children's and Families Ministry Co-ordinator at St Joseph's Parish,*

*01256 323 595 or 07449 516414 or email [hthomas@portsmouthdiocese.org.uk](mailto:hthomas@portsmouthdiocese.org.uk)*

### **Family sessions**

Sessions specifically designed for those with children. The family sessions offer a calm and enjoyable atmosphere for young and old alike. Saturday 1pm to 6pm or Sunday 8am to 6pm.



*Location: Basingstoke Aquadrome*

*Call 01256 472343 or visit [www.basingstokeleisure.com](http://www.basingstokeleisure.com)*

### **Parent and Child Family Cook Off programme**

This is a family cooking course where parents cook, eat and learn about healthy eating and good food as well as enjoying the dishes they make by sitting down to eat and have conversation:

- Give your child the opportunity to learn new skills with you
- Inspire one another to have a positive attitude to healthy food choices
- Learn to cook with seasonal and locally produced food
- Increase your confidence and learn where food comes from



*Location: BCoT Restaurant, Worting Rd, Basingstoke RG21 8TN*

*For more information please ring or text Inspero 07950 686614.*

*This is a subsidised course with little cost. Our next course will be in the Autumn.*

## **South Ham United**

Westside Community Centre, Paddock Road,  
South Ham, Basingstoke, RG22 6QB

**Tel:** 01256 464571

**Email:** [westsidecommunitycentre@hotmail.co.uk](mailto:westsidecommunitycentre@hotmail.co.uk)