APPENDIX A - Example of programmes delivered across the month in different localities

North Locality:

Day of Week	Team	Project	School Year	Venue	Times
Monday	Universal Team	Inters/Seniors Youth Club - This project is for children and young people in school year 7-13. This club provides access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are designed by children and young people for children and young people.	SY 7-13	South Ruislip Young Peoples Centre, 543 Victoria Road, Ruislip HA4 OJE	16:00- 18:30
Monday	-	Detached Work - Our youth workers are working in places and spaces in the Ruislip area to engage with children and young people and our communities in their local places. We offer a range of activities and support for children and young people. You will find us in local community spaces such as high streets, parks, outside schools and colleges.	-	Ruislip High Street	16:00- 18:30
Monday	Targeted Team	Transition Support One to One support with children and young people who may be struggling with 'transitions' in their lives such as moving from Primary school to Secondary school or moving into independent living		Ruislip Young Peoples Centre, Bury Street, Ruislip, HA4 7SX	16:00 – 19:00

Tuocdov	Targeted	MDACT	Daranta	Puiclin Voung Doonlos	
Tuesday	Targeted	MPACT	Parents	Ruislip Young Peoples	
	Team	M-PACT (Moving Parents and	and	Centre, Bury Street,	
		Children Together) is an	children	Ruislip, HA4 7SX	
		evidence based whole family			
		programme. The overall			
		objective of the programme			
		is to improve the physical and			
		psychological health of the			
		children /young people			
		effected by parental			
		substance misuse.			
Tuesday	Community,	Young Carers	Ages 5 – 9	South Ruislip Young	15:30-
	Voluntary		one week	Peoples Centre, 543	18:00
	and Faith	Support group for the	and 10-	Victoria Road, Ruislip	
	Sector Team	brough's young carers	15 the	HA4 OJE	
			next		
			week		
			Week		
Tuesday	Community,	Young Carers	Ages 13+	South Ruislip Young	18:00 -
	Voluntary	Support group for the		Peoples Centre, 543	20:30
	and Faith	Support group for the		Victoria Road, Ruislip	
	Sector Team	brough's young carers		HA4 OJE	
	Universal	Inters/Seniors Youth Club-	SY 7-13	Llaudan Sahaal	15:30-
ivveunesdav	Universal		21 /-12	$\Pi ayuon School,$	15:30-
Wednesday			517-15	, ,	
vveunesday	Team	This project is for children	517-15	Wiltshire Lane, Pinner	18:00
weanesday		This project is for children and young people in school	517-15	•	
weanesday		This project is for children and young people in school year 7-13. This club offers	51 /-15	Wiltshire Lane, Pinner	
weanesday		This project is for children and young people in school year 7-13. This club offers access to informal learning	51 /-12	Wiltshire Lane, Pinner	
weanesday		This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information	517-15	Wiltshire Lane, Pinner	
weanesday		This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a		Wiltshire Lane, Pinner	
weanesday		This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as		Wiltshire Lane, Pinner	
weanesday		This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games,		Wiltshire Lane, Pinner	
weanesday		This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games		Wiltshire Lane, Pinner	
weanesday		This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games,		Wiltshire Lane, Pinner	
weanesday		This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games		Wiltshire Lane, Pinner	
weanesday		This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are		Wiltshire Lane, Pinner	
weanesday		This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children and young		Wiltshire Lane, Pinner	
Wednesday		This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children and young people for children and		Wiltshire Lane, Pinner HA5 2LX	
	Team	This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children and young people for children and young people.		Wiltshire Lane, Pinner HA5 2LX Ruislip Young Peoples	18:00
	Team Universal Team	This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children and young people for children and young people. Duke of Edinburgh Award session	14-25	Wiltshire Lane, Pinner HA5 2LX Ruislip Young Peoples	18:00 19:00-
	Team Universal Team (Specialist &	This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children and young people for children and young people. Duke of Edinburgh Award session The DofE is designed to	14-25 years old	Wiltshire Lane, Pinner HA5 2LX Ruislip Young Peoples Centre, Bury Street,	18:00 19:00-
	Team Universal Team (Specialist & Accredited	This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children and young people for children and young people. Duke of Edinburgh Award session The DofE is designed to challenge children and young	14-25 years old	Wiltshire Lane, Pinner HA5 2LX Ruislip Young Peoples Centre, Bury Street,	18:00 19:00-
	Team Universal Team (Specialist &	This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children and young people for children and young people. Duke of Edinburgh Award session The DofE is designed to challenge children and young people between the ages of	14-25 years old	Wiltshire Lane, Pinner HA5 2LX Ruislip Young Peoples Centre, Bury Street,	18:00 19:00-
	Team Universal Team (Specialist & Accredited	This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children and young people for children and young people. Duke of Edinburgh Award session The DofE is designed to challenge children and young people between the ages of 14-24 to attain standards of	14-25 years old	Wiltshire Lane, Pinner HA5 2LX Ruislip Young Peoples Centre, Bury Street,	18:00 19:00-
	Team Universal Team (Specialist & Accredited	This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children and young people for children and young people. Duke of Edinburgh Award session The DofE is designed to challenge children and young people between the ages of 14-24 to attain standards of achievement and endeavour	14-25 years old	Wiltshire Lane, Pinner HA5 2LX Ruislip Young Peoples Centre, Bury Street,	18:00 19:00-
	Team Universal Team (Specialist & Accredited	This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children and young people for children and young people. Duke of Edinburgh Award session The DofE is designed to challenge children and young people between the ages of 14-24 to attain standards of achievement and endeavour in a wide variety of active	14-25 years old	Wiltshire Lane, Pinner HA5 2LX Ruislip Young Peoples Centre, Bury Street,	18:00 19:00-
	Team Universal Team (Specialist & Accredited	This project is for children and young people in school year 7-13. This club offers access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children and young people for children and young people. Duke of Edinburgh Award session The DofE is designed to challenge children and young people between the ages of 14-24 to attain standards of achievement and endeavour	14-25 years old	Wiltshire Lane, Pinner HA5 2LX Ruislip Young Peoples Centre, Bury Street,	18:00 19:00-

Wednesday	Community, Voluntary and Faith Sector Team	adventure and to develop and learn outside the classroom. HACS Hillingdon Autistic Care and Support	Ages 13+	South Ruislip Young Peoples Centre, 543 Victoria Road, Ruislip HA4 OJE	18:45 – 21:30
Thursday	-	Detached Work– Our youth workers will be working in places and spaces in the Northwood Hills area to work with young people and our communities in their local places. We can offer a range of activities and support for children and young people. Our youth workers will be working in the local communities such as high streets, parks, outside schools and colleges.		Northwood Hills	16:00- 18:30
Thursday	Targeted Team	AIMS mentoring One-to-one mentoring support.	Ages 11- 19 years	Haydon School, Wiltshire Lane, Pinner HA5 2LX	11:00 - 15:00
Thursday	Targeted Team	AIMS mentoring One-to-one mentoring support.	19 years	Ruislip Young Peoples Centre, Bury Street, Ruislip, HA4 7SX	16:00 – 20:00
Friday	Universal Team	Juniors Youth Club - This project is for children in school year 4-6. This club provides access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children for children.	SY 4-6	Ruislip Young Peoples Centre, Bury Street, Ruislip, HA4 7SX	15:45 - 18:45

Friday	Universal	Inters/Seniors Youth Club -	SY 7-13	Ruislip Young Peoples	19:00 -
	Team	This project is for young		Centre, Bury Street,	21:45
		people in school year 7-13.		Ruislip, HA4 7SX	
		This club provides access to			
		informal learning			
		opportunities, information			
		and guidance. We offer a			
		range of programmes such as			
		Life Skills, Cooking, Games,			
		Sports, Arts, Music, Games			
		etc. The programmes are			
		design by young people for			
		young people.			
Saturday	Community,	HACS	Ages 13+	South Ruislip Young	10:00 -
	Voluntary		-	Peoples Centre, 543	16:00
	and Faith	Hillingdon Autistic Care and		Victoria Road, Ruislip	
	Sector Team	Support		HA4 OJE	

Southeast Locality

Day of Week	Team	Project	School Year	Venue	Times
Monday	Targeted Team	IChoose (Boys & Young Men's Programme) Weekly groups for boys and young men. Each week, explore issues that affect young people through games, cooking, craft, sport, activities and discussion.	years	Harlington Young Peoples Centre, Pinkwell Lane, Hayes, UB3 1PB	16:30- 19:30
Monday	Targeted Team	AIMS mentoring One-to-one mentoring support.	Ages 11-19 years		16:00 - 20:00
Tuesday	Universal Team	Inters/Seniors Youth Club - This project is for young people in school year 7-13. This club provides access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Games, Sports, Arts, Music, Games etc. The	SY 7-13		16:00- 18:00

		programmes are design by young people for young people.			
Tuesday	Universal Team (Specialist & Accredited Team)	Duke of Edinburgh Award session The DofE is designed to challenge children and young people between the ages of 14-24 to attain standards of achievement and endeavour in a wide variety of active interests – to serve their communities, experience adventure and to develop and learn outside the classroom.	old	Harlington Young Peoples Centre, Pinkwell Lane, Hayes, UB3 1PB	15:30- 18:30
Tuesday	Team (Mobile & Detached	Inters/Seniors YMCA Youth Club. This project is for children and young people in school year 7-13- This club provides access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children and young people for children and young people.	SY 7-13	YMCA Hayes, 70 Station Road; Hayes; UB3 4DF	16:00- 18:30
Tuesday	Targeted Team	AIMS mentoring One-to-one mentoring support.	Ages 11-19 years	Barnhill Community High School, Yeading Lane, Hayes UB4 9LE	15:00
Tuesday	Targeted Team	CONNECT One-to-one support for children, pre-entry to group work.	Ages 11 – 19 years	Hayes Family Hub, College Way, Hayes UB3 3BB	15:45 – 18:45
Tuesday	Targeted Team	Sorted/KISS/Link open access information sessions	Ages 16 – 19 years	Uxbridge College Hayes Campus, College Way, Coldharbour Lane, Hayes UB3 3BB	12:00 – 14:00
Tuesday	Targeted Team	KISS	Ages 16 – 19 years	Uxbridge College Hayes Campus,	12:00 – 14:00

		One-to-one mentoring and support around sex, relationships, CSE and sexual health education.		College Way, Coldharbour Lane, Hayes UB3 3BB	
Tuesday	Community, Voluntary and Faith Team	Young Carers Support for the Borough's Young Carers community	Ages 13+	Harlington Young Peoples Centre, Pinkwell Lane, Hayes, UB3 1PB	1800 – 20.30
Wednesday	Targeted Team	Being Me Programme for children who have witnessed domestic abuse to explore self-esteem, healthy relationships and personal safety.	Ages 8 – 17 years	Hayes Family Hub, College Way, Hayes UB3 3BB	16:00 – 19:00
Wednesday	Targeted Team	AIMS mentoring One-to-one mentoring support.	Ages 11-19 years	Hayes Family Hub, College Way, Hayes UB3 3BB	16:00 – 20:00
Wednesday	Targeted Team	Switch Transition support programme delivered in school to support with the transition from primary to secondary school.	Ages 8 to 11	Grange Park Junior School, Lansbury Drive, Hayes UB4 8SF	12;00 – 14:00
Wednesday	Universal Team (Specialist and Accredited)	School Superzone project Incorporating the Sports Leaders Award	SY 8 +	Harlington School, Pinkwell Lane, Hayes UB3 1PB	10:00 – 13:00
Wednesday	Community, Voluntary and Faith Sector Team	HACS Hillingdon Autistic Care and Support	Secondary School age offer	Harlington Young Peoples Centre, Pinkwell Lane, Hayes, UB3 1PB	1630 - 1830
Thursday	Universal Team	Inters This project is for children and young people in school year 7-9 This club provides access to informal learning opportunities, information and guidance. We offer a range of	SY 7-9	Harlington Young Peoples Centre, Pinkwell Lane, Hayes, UB3 1PB	16:00 - 18:15

		programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children and young people for children and young people.			
Thursday	Universal (Mobile & Detached Team)	Detached Work– Our youth workers are working in places and spaces in the Hayes Town area to engage with children and young people and our communities in their local places. We offer a range of activities and support for children and young people. Our youth workers will be working in the local communities such as high streets, parks, outside schools and colleges.	SY 7 plus	,	16:00- 18:30
Thursday	Universal (Mobile & Detached Team)	Girls Youth Club- this project is for girls and young women in school year 7-13- This club provides access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by young people for young people.	SY 7 - 13	Botwell Library, East Avenue, Hayes Town, UB3 2HW	16:00- 18:30
Thursday	Targeted Team	Switch Transition support programme delivered in school to support with the transition from primary to secondary school.	Ages 8 to 11	William Byrd Primary School, Victoria Lane, Harlington, Middlesex UB3 5EW	12:00 – 14:00
Thursday	Targeted Team	Link Counselling one-to-one counselling. Delivered online and at various community locations.	Ages 13 to 24		16:30 – 19:30

Friday	Universal Team	Juniors Youth Club - This project is for children in school year 4-6. This club provides access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children for children	SY 4-6	Harlington Young Peoples Centre, Pinkwell Lane, Hayes, UB3 1PB	14:45- 17:15
Friday	Universal Team	Seniors Youth Club - This project is for young people in school year 9-13. This club provides access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by young people for young people.	SY 9-13	Harlington Young Peoples Centre, Pinkwell Lane, Hayes, UB3 1PB	18:00 - 20:30
Friday	Universal Team (Specialist & Accredited Team)	School Superzone project Incorporating the Sports Leaders Award	14-25 years old	Harlington Young Peoples Centre, Pinkwell Lane, Hayes, UB3 1PB	08:00 – 11:00
Saturday	Community, Voluntary and Faith Sector Team	Young Carers Support group for the borough's young carers	one week and ages	Harlington Young Peoples Centre, Pinkwell Lane, Hayes, UB3 1PB	10:00 – 13:00
Saturday	Targeted Team	AIMS mentoring - Group Drop In.	Ages 11-19 years	Harlington Young Peoples Centre, Pinkwell Lane, Hayes, UB3 1PB	13:00 – 16:30
Sunday	Community, Voluntary and Faith Sector Team	Transition to Excel Basketball and mentoring programme	Secondary School age offer	Harlington Young Peoples Centre, Pinkwell Lane, Hayes, UB3 1PB	08:30 – 12:00

Southwest Locality

Day of Week	Team	Project	School Year	Venue	Times
Monday	Universal Team	Inters/Seniors Juniors Youth Club - This project is for children and young people in school year 7-13. This club provides access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are design by children and young people for children and young people.	SY 7-13	Uxbridge Family Hub, Civic Centre, High Street, Uxbridge UB8 1UW	18:30 - 21:30
Monday	Universal Team	Drop-in Information and advice activities and signposting	Ages 16 - 19	Uxbridge College, Park Road, Uxbridge UB8 1NQ	11:30 – 14:30
Monday	Universal Team	Project Night This project is for children and young people in school year 7-13. This club provides access to informal learning opportunities, information and guidance. We offer a range of programmes such as Life Skills, Cooking, Games, Sports, Arts, Music, Games etc. The programmes are designed by children and young people for children and young people	SY7+	Uxbridge Family Hub, Civic Centre, High Street, Uxbridge UB8 1UW	18:00 – 21:00
Monday	Targeted	CONNECT	Ages 11 –	Uxbridge Family Hub, Civic Centre,	15:45 - 18:45

Monday	Targeted	Link Counselling	0	Uxbridge Family	15:0 —
	Team	One-to-one counselling. Delivered online and at various community locations.	21	Hub, Civic Centre, High Street, Uxbridge UB8 1UW	20:00
Monday	Targeted Team	Sorted One-to-one mentoring and counselling around drugs and alcohol education.	Ages 11 - 19	The Skills Hub, Falling Lane, West Drayton UB7 8AB	10:00 – 14:30
Tuesday	Targeted Team	CONNECT One-to-one support for children, pre-entry to group work.	-	Uxbridge Family Hub, Civic Centre, High Street, Uxbridge UB8 1UW	15:45 - 18:45
Tuesday	Targeted Team	AIMS mentoring One-to-one mentoring support.	19 years	Uxbridge Family Hub, Civic Centre, High Street, Uxbridge UB8 1UW	16:00 – 20:00
Tuesday	Targeted Team	Link Counselling One-to-one counselling. Delivered online and at various community locations.	-	Uxbridge Family Hub, Civic Centre, High Street, Uxbridge UB8 1UW	14:00 – 20:00
Wednesday	Targeted Team	AIMS mentoring One-to-one mentoring support.		Park Academy West London, Park View Road, Uxbridge UB8 3GA	15:30
Wednesday	Targeted Team	AIMS mentoring One-to-one mentoring support.	Ages 11- 19 years	Uxbridge Family Hub, Civic Centre, High Street, Uxbridge UB8 1UW	16:00 – 20:00
Wednesday	Targeted Team	Link Counselling One-to-one counselling. Delivered online and at various community locations.	Ages 13 to 24	Uxbridge Family Hub, Civic Centre, High Street, Uxbridge UB8 1UW	15:00 – 20:00
Wednesday	Targeted Team	Link Counselling One-to-one counselling. Delivered online and at various community locations.	Ages 13 to 24	P3 charity, Albert Road, West Drayton UB7 8ES	15:00 – 18:00

Thursday	Targeted Team	Unique Swagga (Girls & Young Womens programme) Weekly groups for girls and young women. Each week, explore issues that affect young people through games, cooking, craft, sport, activities and discussion.	19	Street, Uxbridge UB8 1UW	15:30 – 18:30
Thursday	Targeted Team	CONNECT One-to-one support for children, pre-entry to group work.	Ages 11 – 19 years	Uxbridge Family Hub, Civic Centre, High Street, Uxbridge UB8 1UW	15:45 - 18:45
Thursday	Targeted Team	KISS (sexual health drop-in) One-to-one mentoring and support around sex, relationship, CSE and sexual health education.	Ages 11 – 19 years	Uxbridge College, Park Road, Uxbridge UB8 1NQ	12:00 – 14:00
Thursday	Targeted Team	KISS (sexual health drop-in) One-to-one mentoring and support around sex, relationship, CSE and sexual health education.	Ages 11 – 19 years	Uxbridge Family Hub, Civic Centre, High Street, Uxbridge UB8 1UW	15:15 – 18:00
Thursday	Targeted Team	LGBTQIA+ session Monthly groups for 13 to 16- year-olds and 16 to 19-year- olds who are questioning or identify as LGBTQIA+.	13-16 years & 16-19 years (alternate)		17:00 – 19:00
Thursday	Targeted Team	Switch Transition support programme delivered in school to support with the transition from primary to secondary school.	0		08:00 – 10:00
Thursday	Targeted Team	Switch Transition support programme delivered in school to support with the	Ages 8 to 11	Cowley St Lawence, Worcester Rd, Cowley, Uxbridge UB8 3TH	10:00 – 12:00

		transition from primary to secondary school.			
Thursday	Targeted Team	Sorted/KISS/Link open access information sessions	Ages 16 – 19 years	Uxbridge College, Uxbridge Campus	12:00 – 14:00
Thursday	Targeted Team	KISS One-to-one mentoring and support around sex, relationship, CSE and sexual health education.	Ages 11 to 19	Skills Hub, Falling Lane, West Drayton UB7 8AB	10:00 – 14:30
Thursday	Universal Team (Specialist & Accredited)	Young Enterprise Programme Young people offered the opportunity to run their own company, make decisions about their business from deciding their company name and designing a product and managing the company finances		Uxbridge Library, High Street, Uxbridge, UB8 1HD	17:00 – 18.30
Friday	Universal Team (Mobile & Detached)	Detached Work Our youth workers are working in places and spaces in the West Drayton area to engage with children and young people and our communities in their local places. We offer a range of activities and support for children and young people. Our youth workers will be working in the local communities such as high streets, parks, outside schools and colleges.	SY 7 plus	Uxbridge High Street	16:30 - 19:30
Friday	Universal Team (Mobile & Detached)	Detached Work Our youth workers are working in places and spaces in the West Drayton area to engage with children and young people and our communities in their local places. We offer a range of activities and support for	SY 7 plus	Uxbridge High Street	16:30 - 19:30

		children and young people. Our youth workers will be working in the local communities such as high streets, parks, outside schools and colleges.		
Saturday	Targeted Team	Link Counselling One-to-one counselling. Delivered online and at various community locations.	Uxbridge Family Hub, Civic Centre, High Street, Uxbridge UB8 1UW	10:30 – 13:30