

## 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. <a href="http://www.learningspace.org.uk/about_us">www.learningspace.org.uk/about_us</a>	Free
YMCA 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. <a href="http://www.ymcaeastsurrey.org.uk/children/emotional-wellbeing-mental-health/heads-together-counselling/">www.ymcaeastsurrey.org.uk/children/emotional-wellbeing-mental-health/heads-together-counselling/</a>	Free
YMCA 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. <a href="http://www.ymcaeastsurrey.org.uk/children/emotional-wellbeing-mental-health/community-wellbeing-team/">www.ymcaeastsurrey.org.uk/children/emotional-wellbeing-mental-health/community-wellbeing-team/</a>	Free

## Contact us

Monday to Friday | 09:30-14:30

E [phoenixcentre@ymcaeastsurrey.org.uk](mailto:phoenixcentre@ymcaeastsurrey.org.uk)

Find us online

[www.ymcaeastsurrey.org.uk/phoenix-youth-centre/](http://www.ymcaeastsurrey.org.uk/phoenix-youth-centre/)



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

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YMCA EAST SURREY

Registered charity no. 1075028



YMCA PHOENIX  
YOUTH CENTRE

PART OF YMCA EAST SURREY

## Supporting young people in Tadworth and surrounding areas



## 2025 Term time 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](mailto: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. <a href="http://www.ymcaeastssurrey.org.uk/children/emotional-wellbeing-mental-health/step-forward/">www.ymcaeastssurrey.org.uk/children/emotional-wellbeing-mental-health/step-forward/</a>	Free	Drop- ins welcome
Wed	YMCA WAVES (Term time only)	15:45-17:15	Emotional wellbeing youth club for 12-17 year olds. <a href="http://www.ymcaeastssurrey.org.uk/children/emotional-wellbeing-mental-health/waves/">www.ymcaeastssurrey.org.uk/children/emotional-wellbeing-mental-health/waves/</a>	Free	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: <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a> <a href="http://www.maryfrancestrust.org.uk">www.maryfrancestrust.org.uk</a>	Free	Yes
	YMCA Youth Club (Term time only)	17:15-18:45	Friendly and relaxed Youth Club with weekly themed activities for school years 6-11. Parents/carers to complete the online form before attending. <a href="http://www.ymcaeastssurrey.org.uk/children/youth-family-services/youth-clubs/phoenix-youth-centre-tadworth/">www.ymcaeastssurrey.org.uk/children/youth-family-services/youth-clubs/phoenix-youth-centre-tadworth/</a>	Free	Yes
Fri	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. <a href="http://www.myticlub.org.uk/">www.myticlub.org.uk/</a>	Free - donations welcome	Yes
Sat	YMCA 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. <a href="http://www.ymcaeastssurrey.org.uk/children/disability-activities/short-breaks-12-18/epsom-ewell/">www.ymcaeastssurrey.org.uk/children/disability-activities/short-breaks-12-18/epsom-ewell/</a>	£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

