

# WHAT'S ON FOR YOUNG PEOPLE IN LEWISHAM 2026?



Free & Low Cost Activities



For Young People Living in Lewisham



# Sports & Fitness

## Football

### Sports Fun 4 All

Free football sessions all over the borough. Weekend, afterschool and holiday sessions with Food provided.

<https://sportsfun4all.com/>

### Saving Souls Football and Self-Defence

Free football and self-defence. Improving mental health and well-being through sports, safe space forums and community resources.

Bellingham Leisure Centre, 5 Randlesdown Rd, London SE6 3BT.

<https://www.savingsouls.org.uk/>

### Swimming and SUP

Low cost swimming and paddleboarding in Beckenham Place Park, BR3 5BN. For more info visit:

<https://www.ptpcoaching.co.uk/bpp-home>

## Martial Arts

### Easy Steps

Free Tai Chi. Tuesdays 11:00 to 12:00, all ages welcome.

Free Wing Chun. Thursdays 13:00 to 14:00, all ages welcome.

At Zhulin, 100-104 Lewisham High Street, SE13 5JH. Lewisham Central.

<https://www.easystepuk.org/>

Register / Info on Eventbrite: <https://www.eventbrite.com/o/easystepuk-108451234471>

### Aquila Taekwondo

Low cost Taekwondo classes. All over Lewisham.

<https://www.aquilataekwondo.com>

## Boxing

### Sting ABC

Lewisham's community boxing club offering free training for young people in Sydenham. Professional coaching for all ages. T: [07707845772](tel:07707845772)

Email: [stingabccic@gmail.com](mailto:stingabccic@gmail.com) or visit.

TNG, 111 Wells Park Road, London SE26 6AD

<https://stingabc.org.uk/>

## **Double Jab**

Low Cost boxing club in New Cross. Opening Hours Mon-Sun: 06:00 to 22:00.

Contact [doublejabboxing@gmail.com](mailto:doublejabboxing@gmail.com) T: [020 3719 3393](tel:02037193393) visit:

Moonshot Centre, Fordham Park, SE14 6LU.

<https://www.doublejabboxing.com/>

## **Basketball**

### **Positive Activities CIC**

Present Basketball Match Day, Free, every 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month 12:30 to 13:30 aged 11 -14. For more info T: 07572068198 or DM via Instagram to book a spot @positive.activities.

Windrush lane, SE23 2BB (Sports Cage) Forest Hill.

<https://www.instagram.com/positive.activities/>

## **Multi Sports**

### **Community Space Lewisham**

An open access accessible and inclusive space for all ages serving free surplus food and offering a range of activities including ping pong, dance classes and more, classes are free and hot food is available Tuesday to Friday (also free) in Lewisham Central.

Boxing Pilot: A weekly boxing session will begin in April '26, for young people aged 11–16, running every Thursday.

At Community Space, Unit 17, Lewisham Shopping centre, Molesworth Street, SE13 7HB.

<https://lewishamcommunityspace.played.co/>

## **Cooking**

### **Cook n Chill**

Every 2<sup>nd</sup> Friday of the month, 17:00 to 19:00. Learn to cook, meet new people, hang out and play games. Open to care experienced young people 12 to 16 years old.

Free and you get to eat what you make, so food is available, with Kinship Kitchen and Positive Activities CIC.

At the Irish Community Centre, 2A Davenport Rd, SE6 2AZ, Rushey Green.

For more info or to register your interest email [info@kinship-kitchen.co.uk](mailto:info@kinship-kitchen.co.uk)

### **Pristine Youth**

Offers free cooking courses and school holiday activity clubs and a youth club.

Parkside Community Centre, 1 Copperwood Pl, London SE10 8GE. Lewisham Central/Blackheath

Follow them here: <https://www.instagram.com/pristineyouthcic> and DM for more information.

## **Creative, Arts, Textiles & Crafts**

### **Mads Do and Mend**

Empowers people and communities to mend their clothes and mend themselves through craft and creativity, workshops and projects including clothes mending, textile skills and techniques and more. Free and lower costs options available, various locations borough wide.

<https://www.madsdoandmend.com/>

### **Make Me Studio**

Host free sewing classes, drop in's and programmes for children, young people and adults from their friendly sewing studio based in Crofton Park Community Library.

<https://www.makemeestudio.co.uk/>

### **Writing Club**

Free teen creative writing clubs at various libraries including Sydenham and Forest Hill.

<https://calicolibraries.com/>

## **Performing Arts, Music, Dance & Theatre**

### **Lewisham Youth Theatre**

Free theatre, musical and acting classes and holiday camps.

Lewisham Youth Theatre, 436 Lewisham High Street, SE13 6LJ.

For more info, email [info@lewishamyouththeatre.com](mailto:info@lewishamyouththeatre.com) Tel: [020 8318 2508](tel:02083182508).

<https://www.lewishamyouththeatre.com/>

### **Montage Theatre Arts**

Offer musical theatre clubs, activities and holiday programmes for young people with free and subsidised options available in Brockley and Deptford. For more info visit:

<https://www.montagetheatre.com/>

### **Second Wave**

Offer a safe space to build skills and confidence through free youth arts workshops and groups. Saturday programs for ages 11 to 18 and Young women's groups Thursdays 15:30-18:00 in Deptford.

1st Floor. Deptford Mission Building, 1 Creek Road, Deptford, SE8 3BT

For more info visit:

<https://secondwave.org.uk/>

## **IRIE! Dance**

IRIE! Youth dance company celebrates African and Caribbean dance forms, in New Cross. Lower cost, on Tuesday's 17:00 – 18:30.

IRIE! Dance Theatre, Fordham Park, Angus St, London SE14 6LU.

For more info visit: <https://www.riedancetheatre.org/what-s-on>

## **Nature, Outdoors, Health & Wellbeing**

### **Wildcat Wilderness**

A community green space in the heart of Catford, offering a range of volunteering activities (Thursdays and Fridays) and ad hoc workshops, events, festivals and activities. Free and low cost activities. For more info and bookings visit:

<https://wildcatwilderness.org/>

### **Saving Souls Young Men's Group**

Hosted fortnightly on Wednesdays 16:30 to 18:30 for free for young men aged 18+. Improving mental health and well-being through sports, safe space forums and community resources, in Bellingham.

At Bellingham Leisure Centre, 5 Randlesdown Rd, London SE6 3BT.

<https://www.savingsouls.org.uk/>

### **Orchard Garden's Community Garden**

Drop-in gardening sessions on Friday mornings from 10:00 to 13:00. Lewisham Central. Free. Food Available during school holidays.

Orchard Garden's community Centre, Columbine Way, Lewisham, SE13 7LQ.

For more info, email [hannah@lewishamlocal.com](mailto:hannah@lewishamlocal.com)

## **Activism, Conservation & Youth Voice**

### **CC Foundation**

A grassroots organization dedicated to empowering young people aged 16 to 25 to reach their full potential through a variety of exciting projects in Catford. For more info email: [info@ccfoundationorg.com](mailto:info@ccfoundationorg.com) or visit:

<https://ccfoundationorg.com/>

### **Lewisham Young Mayor and Young Advisors**

The Young Mayors Team works with the elected Young Mayor, Deputy Young Mayor and Young Advisors to support youth democracy in Lewisham. Young Advisors meet every Monday 17:00 to 19:00 in the Civic Suite, Catford SE6 9SE

For more info visit:

<https://www.lewishamyoungmayor.com>

## **EasySteps UK**

Online youth group offering support, discussion and storytelling and sharing for more info email [info@easystepuk.org](mailto:info@easystepuk.org) or visit

<https://www.easystepuk.org/get-involved/youth-voices-in-action>

## **Second Wave**

Working with a diverse range of local organisations and services to empower young people as the next generation of community leaders. They have several groups including Young Women's empowerment, Challenging Hate Crime and Drama based outreach programmes. Free; in Deptford.

1st Floor. Deptford Mission Building, 1 Creek Road, Deptford, SE8 3BT

T:020 8694 2444. For more info visit:

<https://secondwave.org.uk/aboutus/projects>

## **Elevate 100**

A dedicated youth space in Downham supporting local young people break down barriers to employment, gain skills and access support for their wellbeing. A free co working space, workshops, events and activities @Downham Health & Leisure Centre, 7-9 Moorside Rd, Bromley BR1 5EW. For more info email:

[elevate100downham@gmail.com](mailto:elevate100downham@gmail.com) or visit:

[https://www.instagram.com/elevate100\\_downham](https://www.instagram.com/elevate100_downham)

## **Power the Fight**

Tackling youth violence through training, events and campaigns, for more info visit

<https://www.powerthefight.org.uk/>

## **Proud to be Me CIC**

An alternative Provision for Girls & LGBTQ+ Youth offering workshops, training and support, for more information visit:

<https://www.proudtobemecic.org/>

## **Climate Action Lewisham**

A local residents' action group working to support and generate initiatives in Lewisham that reduce our collective carbon footprint, and promote healthy and thriving neighbourhoods in the face of our climate and ecological crisis. To get involved email:

[info@climateactionlewisham.org](mailto:info@climateactionlewisham.org) or visit: [climateactionlewisham.org](https://climateactionlewisham.org)

## **Thames 21 River Action Group**

Environmental charity Thames21 partners with local communities to reconnect people with their waterways, boosting well-being, increasing biodiversity, and enhancing resilience to climate change. Lewisham is in the Ravensbourne Catchment and our three rivers are the Pool, Quaggy and Ravensbourne.

To see what's on in Lewisham please visit: <https://www.thames21.org.uk>

## **Skate Parks & BMX**

**Beckenham Place Park BMX Track**

**Beckenham Place Park Skate park**

**Folkstone Gardens Skate Park (Deptford Skate park)**

**Ladywell Fields Skate Park**

**Telegraph Hill Skate Park**

For more info and what.3.words locations for Lewisham and London wide Skate parks visit **The Skateparks Project**

<https://www.skateparks.co.uk/london/east/lewisham>

## **Youth Clubs**

### **CAYA @ The Albany**

A free club for any young person in the local area who wants somewhere to hang out, study, get creative and make connections. Hot food is available every week as well as games, art materials, a nail station, table tennis and new activities to try out all the time including graffiti, DJing, dancing, poetry and a recording studio to create beats or record songs. Tuesdays 16:00 -20:00 in Deptford.

The Albany, Douglas Way, London SE8 4AG. For more info visit:

<https://www.thealbany.org.uk/take-part/come-as-you-are>

### **XLP**

The mobile youth club on a bus, free, with locations in Lewisham; Perry Vale on Tuesdays and Pepys estate on Fridays. They also offer an arts program, and a sports program, for more info and referrals visit:

<https://www.xlp.org.uk/>

### **Orchard Garden's Youth Club**

Alternate Thursday's (2<sup>nd</sup> and 4<sup>th</sup> of the month starting in May 2026) from 16:00 - 18:00pm for 11+, free, including activities such as arts, crafts, music, games and more. Lewisham Central. Food Available.

Orchard Garden's Community Centre, Columbine Way, Lewisham, SE13 7LQ.

Email [hannah@lewishamlocal.com](mailto:hannah@lewishamlocal.com) for registration and more information.

### **Somerville**

Somerville Youth Club open 3 evenings a week during term time on Monday, Tuesdays and Wednesday 16:00 - 19:00pm for 8 to 15, free including activities such as arts, crafts, music, games and more. Holiday Programmes run in school holidays. New Cross. Food Available. 260 Queen's Rd, SE14 5JN T: 0207 732 1403. For more info visit:

<https://somerville-online.org.uk>

### **Irish Centre Youth Club**

A free safe, supportive space for young people to socialise, learn, and have fun. Wednesday's from 16:00–19:15.

2A Davenport Rd, Catford, London SE6 2AZ. For more info visit:

<https://lewishamirish.org.uk/social-clubs-classes/youth-club/>

### **Grove Park Youth Club**

GPYC Studios is the flagship in-house open access youth club for young people aged 11–17 (up to 21 with SEND) held on Tuesdays and Thursdays 18:00 - 20:30 and is free. Please email to enquire about registration. Grove Park, Marvels Lane, SE12 9PR.

Email: [info@grovetparkyouthclub.co.uk](mailto:info@grovetparkyouthclub.co.uk) or visit:

<https://www.grovetparkyouthclub.co.uk>

## **Service providers that offer a range of activities including youth clubs, drop-in sessions, and free courses**

### **Lewisham Youth Services**

All the council run youth clubs and services, all are free and most offer food.

<https://www.youth.lewisham.gov.uk/>

### **We are Lewisham**

A website dedicated to all things Lewisham, find local events and activities within culture, art, dance, food, music and more.

<https://www.wearelewisham.com/>

## **Libraries**

### **Lewisham**

<https://libraries.lewisham.gov.uk/>

## **For young people**

<https://libraries.lewisham.gov.uk/events/category/teens>

**Calico** (Forest Hill, Sydenham, Manor Park & Crofton Park)

<https://calicolibraries.com/>

**Community Centres**

## **Leisure Centres**

### **Better**

Covers Glass Mill, Wavelengths, Sutcliffe Park, Bellingham, Ladywell  
Arena & Forest Hill Pools.

<https://www.better.org.uk/>

### **Downham**

<https://www.leisurecentre.com/downham-health-leisure-centre>

 [www.lewishamlocal.com](http://www.lewishamlocal.com)  
 [hannah@lewishamlocal.com](mailto:hannah@lewishamlocal.com)  
or [hello@lewishamlocal.com](mailto:hello@lewishamlocal.com)

 [bankofthingslewisham](https://www.facebook.com/bankofthingslewisham)  
 [bankofthingslewisham](https://www.instagram.com/bankofthingslewisham)  
 [bankofthings19](https://www.tiktok.com/bankofthings19)

