

TAG Youth Club Yoga

03
Apr

⌚ 7pm to 8pm
📍 Ham Youth Centre, Ham Close. [View map](#)

Yoga is becoming more popular every day – not just for adults, but for children as well. Perhaps more important, for children with SEND, it can be used as an alternative therapy. Yoga can help increase concentration, flexibility, and strength.

It can also develop coordination and reduce stress and anxiety.

Age range

Age of users

From 8 years to 25 years

Organiser and contact details

Organiser

Giles Hobart

Email address

info@tagyouthclub.org

Phone

07557397934

Costs

Costs

Suggested donation £10

Event repeats

Repeats

This event repeats on the following dates:

- 3Apr
- 10Apr
- 17Apr
- 24Apr
- 1May
- 8May
- 15May
- 22May

Opening times

Days and times of activity / opening

Friday from 19:00 to 20:00 alternate Fridays - please check with tag youth for specific dates

Accessibility

Accessible building

Yes

Accessible toilets

Yes

Please describe how accessible the toilet area is for example is it a 'Changing Places' accessible toilet, does it have changing facilities, hoists etc

Ham Youth Centre accessible toilets accommodates wheelchairs and rails are in place, unfortunately there is no ceiling tracking or changing beds.

Parking facilities

Yes

Dietary needs catered for

N/A

Staff have specialist training

Yes

Please enter any further details about your accessibility / specialist support

TAG is not in the position to provide 1:1 support, if additional support is needed then this must be organised by the young person, parent or carer and be provided by a third party (TAG is a parent free zone)

Taking part if you are a child or young person with additional needs or a disability

How can a child or young person with SEND take part in this activity

Our provision is inclusive of all children and young people including those who may have a disability or who have Special Educational Needs. Please contact us to ensure that your child's needs are understood and supported.

Who to contact for more information about inclusion and accessibility

Name

Giles Hobart

Email address

info@tagyouthclub.org

Event reminders

You can send yourself a reminder email three days prior to events taking place. 'TAG Youth Club Yoga' is taking place on 03 April 2026.

Location map