



HESTON IN THE COMMUNITY

ABOUT US

Heston in the community represents Heston area we offer a safe environment to develop, educate people within the Hounslow Borough and West London area. Engaging with local people to make a genuine impact on their lives and build towards a brighter future.

We aim to tackle the low levels of participation and increase the involvement of young people and adults in the local community area with our projects. All projects aim to create community cohesion leading to people having healthy, active, and socially inclusive lifestyles. Teaching the participants teamwork, commitment, sportsmanship, honesty.

Encouraging positive relationships, positive team spirit and togetherness always.

We work with business, schools, youth clubs/services, grassroots teams, and sports centres to deliver projects in the community.



OUR MISSION

Our mission is to create a fun, safe supportive learning environment and deliver high-quality recreation activities/skills training to individuals in the community.
HITC = A place for all to express themselves and to help them fulfil their potential leading to boost their long-term outcomes.
We want to give hope and opportunities to children and young people in Hounslow borough, so they fulfil their potential and leave prepared and excited for adult life.

Our Youth club and Community programmes are free to access, open to all, and take place in Heston.
Community programmes covering a range of social issues including health and wellbeing, employability, anti-social behaviour, crime, education, and youth engagement.
Providing opportunities for all ages and abilities.

OUR VISION

In order to achieve our overarching goals, we must:

- > Build a sustainable program model to ensure the quality of our provision to all participants.
- > Engaging the local community and making a genuine impact on their lives, using the community projects as the medium to connect the community and reduce isolation.
- > Provide a safe environment for young people to increase their skill set and lower the rising unemployment levels amongst young people. By providing work experience and courses to support our young people to becoming future youth coaches.
- > Ensure that all Staff/Participants/Key Stakeholders that partner us on our journey embrace and live Heston in the community values.



OUR VALUES

Whether you work at Heston in the community or attend the sessions as a participant, we all live by one set of values.
Our five values are our guiding principles that help us choose between right and wrong ways of working, and they guide important decisions.

- *Inclusion*
- *Empowerment*
- *Enjoyment*
- *Quality of Service*
- *Committed to community*



WHAT WE OFFER

YOUTH CLUB

Senior boys club – 12-16 years – Monday

Senior girls club - 12-16 years - Friday

Juniors homework club – 8-11 years – Wednesday

Juniors club – 8 -11 years - Friday

flyers are available for more information.



HITC YOUTH FOOTBALL LEAGUE

Delivering weekly football for the ages below

Wheat division – 7 - 8 years – Wednesday

Aerodrome – 13 – 16 years – Wednesday

Sported division – 9/10 years – Thursday

Communitas – 11/12 years – Thursday

Saturday morning football starting soon 9 - 12 years!

flyers are available for more information.



HITC HAF CAMPS

We have been delivering HAF camps for 4 years.

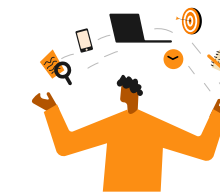
We are delivering a summer 2025 camp at Heston farm estate
flyers are available for more information.

ADULTS

Adults Wellbeing Football – Thursday

Asylum seeker support group

Floating support



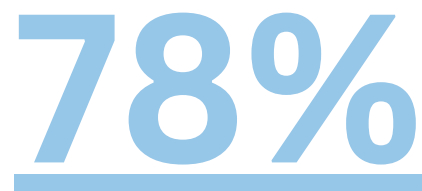
Impact



200 Total service users



Beneficiaries reporting improved wellbeing



Beneficiaries reporting improved physical wellbeing