



45 White Lion Street | London | N1 9PW | liftislington.org.uk

Summer Term 2016

WEEKLY ACTIVITIES

Youth Sessions



We have board games, books, music, playlists made by you, table tennis, TV, videos and an X box. There's lots of space to just chill out and hang about and there are plenty of people to talk to. Sometimes we have debates, projects or talks about issues affecting young people's lives.

There are computers and free wifi to use if you are studying, applying for jobs or just doing personal stuff. We also have lots of exciting photographic design and music software that is available to use.

Youth workers are always on hand for a chat. Our team have a wealth of knowledge and anyone needing specialist support we can signpost you in the right direction.

Mondays, Wednesdays and Fridays 4-9pm 13-19yrs

Workout in the Gym



We have a wide range of kit including free and fixed weights and CV machines. The gym is supervised by instructors to help you with technique and planning workouts. We also have regular group stretching and circuit sessions. You will be given a gym induction and programme card as part of your first visit.

Monday, Wednesday and Friday Inductions 5-6pm Session 5-8.45pm Wednesday 4-5pm females only 13-19yrs

Sanjuro Martial Arts

Sanjuro uses music to teach practical martial arts in a safe and professional environment. Sanjuro classes will empower you and help increase your confidence as you learn how to stay safe whilst getting fitter and more flexible. No experience necessary. Non-contact class.

Mondays 6-7pm 13-19yrs

Parkour and Free Running

Learn jumping and landing, rolling and vaulting, climbing and balancing. Pick up some new moves and develop your momentum and flow with Roundhouse.

Mondays 6-8pm 12-19yrs Tuesdays 5-7pm 12-19yrs

Fun Fit Females

Join us for fun and fitness with a wide range of activities that will include non-contact boxing, sports, games, aerobics, body conditioning, dance and more. With Access to Sports.

Wednesdays 4-6pm 14-21yrs

Body Art and Carnival Costume



This summer term we have a fantastic opportunity to be part of a project with iindigo world. This could lead you to taking part in the Highbury Fields Festival and the Notting Hill Carnival. We will start with body art and make up, learning to use stencils, mask making and creating prints. Later we will be making costumes, carnival music and dance.

Wednesdays 7-8pm 13-19yrs

Vocal Coaching

Develop your pitch, range and intonation. Improve your performance skills and vocal delivery techniques with experienced singers Derek and Daniel. Everyone welcome from beginners to advanced.

Wednesdays 7-9pm 13-19yrs

Boot Camp

Come to this new session if you want to get fast results and work out in a 'no slacking' environment. We focus on abs and legs with squats, the plank, lunges and crunches. You have to be moderately fit to take part and appreciate an intense level of motivation.

Wednesdays 7.30-8.30pm 13-19yrs

Pad Training



Training with focus pads is a great way to develop your reflexes, agility and overall cardio vascular fitness. It tones your muscles and helps reduce body fat. You also work on rhythm, timing and stamina.

Fridays 6.30-8.30pm 13-19yrs

COURSES

Fusion Cooking



Each week we cook a different dish from around the world. All recipes are healthy, tasty, economical and easy to make. On the course you will also gain your Food Health and Hygiene Certificate level 1 accreditation. To book speak to a youth worker, call 07825 098689 or email lift@isledon.co.uk

Fridays 6.30-8.30pm 15 April - 27 May and 10 June to 15 July 13-19yrs

Archery



Archery is an exciting Olympic sport that greatly improves focus and concentration, upper body strength and coordination. This is a great chance to learn how to find your anchor point, draw a bow and release an arrow, though the main target is having fun safely. Turn up to tasters or book course via website.

Mondays 5.30-6.15pm or 6.15-7pm Tasters session 9 and 23 May Course 6 June - 18 July 13-25yrs

Fencing



Fencing is a classic art, part of our military history and much loved by the film industry. It is also an Olympic sport that is great for improving agility, flexibility, speed and hand-to-eye coordination. Fencing is also great fun to do and there will be a chance to compete. This is an inclusive course in partnership with The Westminster Society. To book speak to a youth worker call 07825 098689 or email lift@isledon.co.uk

Fridays 6-7pm 15 April - 10 June 13-25yrs

ADVICE AND SUPPORT

Pulse

We can help you with free, confidential, advice, information and support. You can come for services including pregnancy testing, morning after pills, sexual health check-ups, contraceptives and to ask questions about sex and relationships. You can bring a friend for support.

Mondays and Wednesdays 3.30-7pm 13-25yrs

Young People in Mind

Mind Connect offer an accessible, free and confidential counselling service for young people to come and talk. We can arrange up to 12 one-to-one sessions on this welcoming, relaxed and friendly programme. You might want to talk to someone because you feel low, stressed or anxious or are coming to terms with a loss or bereavement. To book speak to a youth worker, call 07825 098689 or email lift@isledon.co.uk

Mondays 3-8.30, Tuesdays 1-3pm and Fridays 10am-12noon 16 - 19 or up to 21 if a care-leaver or up to 25 if in education or have a disability

Family Mediation

Sometimes families argue and situations can be hard to take. If relationships at home are challenging you may feel let down and confused. Alone in London's family mediation service is fair, impartial and non-judgemental.

Wednesdays 3-5pm fortnightly

Progress Team (Youth Careers)



Qualified advisors can help you with careers guidance, job coaching, mock interviews, support in English and maths up to Level 2, a traineeship or apprenticeship or work experience. Allow time when you drop in as you may have to wait for a while to be seen. Bring a copy of your CV if you have one.

Wednesdays and Fridays 12-5pm 16-19yrs or up to 25 with SEN. For more info call 0207 527 7031.

SPECIAL EVENT

Here To Create and Donate

Spread some summer sunshine by getting crafty and making something to raise a smile in someone else. All handmade gifts are donated locally.

Wednesday 1 June 5-7pm 13-19yrs

For full information on the programme please visit liftislington.org.uk