



Easter Spring Break 2010



Activities in Barnet for Children and Young People aged 8+

In this booklet you will find different activities that are happening this holiday for children and young people in Barnet through 'Summer Uni London'.

Barnet Youth and Connexions who organise all the courses and Summer Uni course tutors welcome the inclusion of disabled young people and are keen for young people to access as many activities as possible. IPOP work very closely with Barnet Youth and Connexions to make sure disabled young people have the right information and support to get the best out of the courses they attend. All of the courses available are **free**, however a £5 deposit is required to secure your place.

At the end of the booklet you will find a list of useful numbers of organisations that can give you more information and advice on things to do for all children and young people.



How to book a Summer Uni London course in 4 steps!

1. Go to www.summerunilondon.org
2. Register on the website, either as an young person or parent
3. Once you are registered, choose 'Barnet', search through the courses, pick the ones you like and choose them by clicking 'add to my course cart'
4. Print of the 'Parent Authorisation form, add your £5 cheque deposit and send it to address given

You will then receive regular email updates about your application

Last date to enrol on courses directly is Thursday 1st April 2010
Want IPOP to refer? Contact us by Tuesday 30th March 2010

Too much choice? Need more information?

Interested in an activity, but not sure if it will be suitable or feel your child/ young person may need extra support to access it? Or not sure which activity will suit your young person best and would like some advice? Just give us a call at IPOP and we will see what we can do to help. Check the website regularly for updates and new courses being added. Many courses for young people up to 19 years old, will take young people with learning difficulties/ disabilities up to 25 years old just ask

Your young person will need some extra support?

In the first instance, talk to us. You might have been allocated some hours for support from the Complex Needs Team, which could be used at these activities, or you may need more hours. Or your young person might be able to be supported by one of our Group support workers that we place at these activities.

Letting IPOP know about the courses you have booked

Please do let us know at IPOP if you have booked onto a course so we can liaise with the organisers and make sure the right support is in place for your young person

No access to the Internet?

If you do not have Internet access, or would just prefer us to do it, IPOP can refer your young person to their chosen course. We will then keep you informed of the progress of your application. Just phone IPOP on 020 8441 0404 to request a referral to a course.

SPORTS AND ACTIVE



Climbing Adventure Experience

Dates: Tuesday 6th April

Age Group: 13-19 (up to 25 for young people with Learning Disabilities/Difficulties)

Times: 9.45-4pm

Venue: Meet at Canada Villa, Youth Centre Pursley Road, Mill Hill, NW7 2BU- then off to Phasels Wood

Activities: Do you like the challenge of climbing to great heights and then plummeting to the ground again! Then you will love our day out to Phasels Wood Activity Centre. You will have the opportunity to try ABSEILING, CLIMBING and HIGH ROPES.

Squash for Hearing and Deaf Young People

Dates: Thursday 8th April & Friday 9th April

Age Group: 8-19 (up to 25 for young people with Learning Disabilities/Difficulties)

Times: 10.30-12.30pm

Venue: The Walker Ground Waterfall Road Southgate N14 7JZ

Activities: Enjoy Squash at the Walker Ground with Southgate Squash Club. Come and join in the fun in our beautiful surroundings. All standards and abilities welcome.

Hockey for Hearing and Deaf Young People

Dates: Thursday 8th April & Friday 9th April

Age Group: 8-19 (up to 25 for young people with Learning Disabilities/Difficulties)

Times: 1.30-3.30pm

Venue: The Walker Ground Waterfall Road Southgate N14 7JZ

Activities: Enjoy Hockey at the Walker Ground with Southgate Squash Club. Come and join in the fun in our beautiful surroundings. All standards and abilities welcome.

Mega Adventure Experience

Dates: Wednesday 7th April

Age Groups: 13-19 (up to 25 for young people with Learning Disabilities/Difficulties)

Times: 9.45am – 4pm

Venue: Meet at Canada Villa, Youth Centre Pursley Road, Mill Hill, NW7 2BU- then off to Phasels Wood

Activities: Do you like the buzz of adventurous activities and want to try something new? Then you will love our day out to Phasels Wood Activity Centre. This time you will have the opportunity to try CRATE STACKING a new and fun activity for real adrenalin junkies! It's a race to see who can climb the highest, quickest without falling off! Then you can have a go at the CRESTA RUN where you will ride down a 50m slope on a wheeled sledge ... it's a race ... can you win? Finally you will fly down the ZIP WIRE on an 80m run through the trees where you will be harnessed to an overhead cable whilst experiencing the thrill of this exciting activity.

Maximum Adventure Experience

Dates: Thursday 8th April

Age Groups: 13-19 (up to 25 for young people with Learning Disabilities/Difficulties)

Times: 9.45am – 4pm

Venue: Meet at Canada Villa, Youth Centre Pursley Road, Mill Hill, NW7 2BU- then off to Phasels Wood

Activities: An Adventure day that offers a mix of true adventurous activities! Take aim on the ARCHERY course and push your skill to the limit! Then have a go on the ADVENTURE TRAIL a low-level assault course. Finally you get to have a go at POTHOLING. This takes place in the 150m manmade underground muddy pipe system ... it's dark and dirty!

Multisports

Dates: Monday 12th – Thurs 15th April

Age Group: 8-14 years

Times: 10-1pm

Venue: Woodhouse Sixth Form College Woodhouse Road London N12 9EY

Activities: A great way to learn and play some great new sports. Come and play Lacrosse, short tennis, Tag Rugby, Kwik Cricket, football, Basketball and more with us at Elite Sports. Never played before great, come and have fun the Elite way.

Body and Soul Sports with Youth Leadership

Dates: Monday 12th – Thurs 15th April

Age Group: 8-19 (up to 25 for young people with Learning Disabilities/Difficulties)

Times: 11-3pm

Venue: Ashmole School, Cecil Road Southgate London N14 5RJ

Activities: Bruce Lee's Kung Fu - Wing Chun, Tai Chi and self-protection skills. Sparring, Body Conditioning, incorporating football, basketball and other games. Get fit, have fun and get a certificate. Learn something that may save your life, and may lead to a job in fitness and health.

Basketball

Dates: Monday 12th – Thurs 15th April

Age Group: 9-18 (up to 25 for young people with Learning Disabilities/Difficulties)

Times: 1.30-4.30pm

Venue: Woodhouse Sixth Form College Woodhouse Road London N12 9EY

Activities: Beginners program designed to introduce young people to the basic fundamental skills of basketball. The course also offers young people who have some experience with the opportunity to improve their technical skills and technical knowledge of basketball. Older age groups will also learn how to manage, administer and officiate their own tournaments and games.

Social Netball

Dates: Weds 14th and Thurs 15th April

Age Group: 8-19 (up to 25 for young people with Learning Disabilities/Difficulties)

Times: 10am -4pm

Venue: The Walker Ground Waterfall Road Southgate N14 7JZ

Activities: Junior Social Netball - 8-19 Years Old. All Standards / abilities welcome. Come and enjoy Netball at the Walker Ground (on the Southgate Weld Tennis Courts) Energetic and Fun!

Snowboarding Taster Session

Dates: Weds 14th April

Age Group: 13-19 (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 9.45 -4pm

Venue: Canada Villa, Youth Centre Pursley Road, Mill Hill, NW7 2BU then off on a minibus to Snowboarding centre in Hemel Hempstead

Activities: Have you ever fancied snowboarding down a real mountain with real snow? We can't give you a mountain, but we can give you snow! Join us for a 3 hour beginner's lesson on the perfect slope and with perfect snow!! The Snow Centre offers the ideal experience you are looking for with real alpine conditions every snowboarder dreams of.



PERFORMING AND CREATIVE ARTS

Animation

Dates: Tuesday 6th April – Friday 9th April

Age Group: 11-16 years

Times: 10.30-4.30pm

Venues: Grahame Park Youth Centre Corner Mead Grahame Park Way Hendon NW9 5RA

Activities: Ever wanted to make your own animation, tell a wacky story, create a sensation? Then why don't you join the Actiondog team on their Animation Creation course? Let your imagination run wild, make a dream reality, have fun creating something special that will make your friends and family sit back, look, listen and gasp in amazement at your creation. Learn FLASH & STOP FRAME ANIMATION. Don't miss out! Cause a Sensation! Join the Animation Creation.

Jurassic Sculpture Park

Under 11yr old Friendly!

Dates: Tues 6th April- Thursday 8th April

Age Group: 8-12 years

Times: 9.30-4pm

Venue: Cricklewood Millennium Green Clarendon Rd Cricklewood NW2

Activities: 'Jurassic Sculpture Park' A hands on creative project to explore your imagination and hunt down your creative skills...work outside with wood, wire and other stuff to design and build large scale dino - sculptures. Reinvent those incredible pre-holistic creatures that once ruled the earth!

ANNIE

Under 11yr old Friendly!

Dates: Tuesday 6th April – Friday 9th April

Age Group: 8 – 13 years

Times: 10.30-3.30pm

Venues: Finchley Youth Theatre, 142 High Road, East Finchley, N2 9ED

Activities: Learn with professionals! You will dance, sing and act in 'Annie'. Learn how to put on and perform a show in less than a week! This workshop is led by a professional dancer/ choreographer and professional actor. Both of whom have many years of experience specialising in teaching children all three disciplines and the skills needed to get a show on in just few days. You will learn how to deliver lines, sing a song, kick and twirl like a professional. It will be demanding but fun and there will be a tremendous sense of achievement, which will amaze all your family and friends, but most of all amaze you.

Art and Craft

Under 11yr old Friendly!

Dates: Tuesday 6th April- Thursday 8th April

Age Group: 9-17 years (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 10.30-2pm

Venues: London Academy Spur Road Edgware HA8 8DE

Activities: If you love the idea of working with a wide range of materials from clay, to card, being creative and making some gifts, come along and join us at the art and craft academy.

Introduction to Filmmaking for young people with Learning Difficulties/ Disabilities

Dates: Tuesday 6th April and Weds 7th April

Age Group: 13-25 year olds

Times: 2.30-5.30pm

Venue: Canada Villa, Youth Centre Pursley Road, Mill Hill, NW7 2BU

Activities: The objective of this course is to create a short film. Although the emphasis will be on the creative process, all aspects of the course will be very 'hands on' and inclusive with everybody having a chance to direct, use the camera and be the 'talent' in front of the camera.

Radio Presenting and Production

Dates: Friday 9th April & Monday 12th – Thurs 15th April

Age Group: 12-19 (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 11-4pm

Venue: Rainbow Centre Dollis Valley Drive Barnet EN5 2UN

Activities: Do you have a real passion for music and really want to learn skills from professional DJ's & MC's on the scene? The British DJ & MC Academy are offering you two days training in DJ'ing MC'ing, Radio Presenting and are going to be bringing in producers to help to learn and even make your own beat.

Pure Vocal 1 and Pure Vocal 2

Dates: Monday 12th – Thurs 15th April

Age Group: 8-12 years & 13-19 (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 1-3pm (younger group)
3-5pm (older group)

Venue: Grahame Park Youth Centre Corner Mead Grahame Park Way Hendon NW9 5RA

Activities: Develop your pure vocal talent with professional urban and R&B singers. Through group singing you will learn and perform several tracks and learn how to improve the way you sing with expert advice on vocal and performance techniques. You will be able to try your hand at song writing and writing rap lyrics, learn how to structure songs, learn how to harmonise and also learn the tricks of rhyme and rhythm.

Record a Track and Make a Music Video

Dates: Monday 12th – Thurs 15th April

Age Group: 13-19 (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 11-4pm

Venue: Canada Villa, Youth Centre Pursley Road, Mill Hill, NW7 2BU

Activities: If you have an ear for music, singing, rapping or beat - making and would like to record your own song and make an accompanying video all in 4 days, then come and find out how those creative ideas in your head can become music and film. You will have a CD to show off in no time. From creating lyrics, you will use Logic music software to create the music and work with others to produce a whole track. Rithmik is a youth music studio using industry standard equipment where you will come away with professional sounding recordings. Then you will take your track and work with film industry experts to create your video. How cool is that?

Play in a Day

Dates: Monday 12th April

Age Group: 13-18 (up to 25 for young people with Learning Disabilities/Difficulties)

Times: 10.30-6pm

Venue: Finchley Youth Theatre, 142 High Road, East Finchley, N2 9ED

Activities: Come and learn how to create a 'play in a day', working like a professional theatre company. Taught by two professional directors in a newly refurbished theatre, you will have the opportunity to create a piece of theatre from scratch in a total of 8 hours!! This exciting one-day challenge will develop your skills as an actor, director and in technical theatre. It will also give you the chance to perform the piece at the end of the day. No experience is needed; this course will be fun for all!!

Passion for Fashion

Dates: Monday 12th April –Thurs 15th April

Age Group: 13-19 (up to 25 for young people with Learning Disabilities/Difficulties)

Times: 10am -2pm

Venue: Burnt Oak Youth Centre Watling Avenue Burnt Oak HA8 0NJ

Activities: Calling all creative young people with a Passion for Fashion. Gain real experience in a retail setting. Create a professional, fashion related window display & win fabulous prizes in our styling competition

PERSONAL DEVELOPMENT



Barnet Young Apprentice

Dates: Tue 06 Apr 2010 - Thu 15 Apr 2010

Age Group: 11-18 years old

Times: 3-5pm

Venue: Burnt Oak Youth Centre Watling Avenue Burnt Oak HA8 0NJ

Activities: So you wanna be the next Alan Sugar? Battle against other teams to create the most successful business. Do you have what it takes to make your ideas a reality?

Motorcycle Workshop

Dates: Tuesday 6th April – Friday 9th April

Age Group: 11-19 (up to 25 for young people with Learning Disabilities/Difficulties)

Times: 9.45- 4pm

Venue: Canada Villa, Youth Centre Pursley Road, Mill Hill, NW7 2BU

Activities: Motorcycle Workshop is a course aimed to teach you the everyday servicing techniques to keep your motorbike in tip top condition. You'll spend time with our tutors maintaining our fleet of dirt bikes before spending a day off-roading. We can teach from absolute beginners to wannabe racers.

Speaking in Public

Dates: Friday 9th April & Monday 12th April

Age Group: 13-19 (up to 25 for young people with Learning Disabilities/Difficulties)

Times: 10-1pm

Venue: Burnt Oak Youth Centre Watling Avenue Burnt Oak HA8 0NJ

Activities: Statistically more people are frightened of speaking in public than are frightened of spiders!!!! Does the thought of talking in public fill you with dread? Do you know what to do? How to handle your nerves? The chances are that you'll have to present on a number of different occasions throughout your life and career. And you'll want to get it right!!! This workshop will show you how to do it, develop your skills and increase your confidence. It's fun, interactive, highly practical and what you learn will last you forever.

Looking Good in what you wear

Dates: Friday 9th April & Monday 12th April

Age Group: 13-19 (up to 25 for young people with Learning Disabilities/Difficulties)

Times: 1.30-4.30pm

Venue: Burnt Oak Youth Centre Watling Avenue Burnt Oak HA8 0NJ

Activities: Have you ever watched one of those 'make-over' programmes on television? Do you sometimes wonder if what you're wearing really suits you? Do you know how to look your absolute best? Whatever the fashion; there are principles to looking good – and if you know what these are for you, then you'll know how to choose clothes which fit and flatter you. This workshop is fun, interactive and will give you skills that you can use for the rest of your life when you open your wardrobe!

Action for Kids Personal Development for Young People with Learning Difficulties/ Disabilities

Dates: Tuesday 6th April – Thursday 15th April (8 days)

Age Group: 15- 25 for young people with Learning Disabilities/ Difficulties)

Times: 10am-3.30pm

Venue: Ability House 15A Tottenham Lane Hornsey London N8 9DJ

Activities: This is a chance to try out some martial arts, do some creative things, learn to make a great meal, have some fun days out with other young people and also learn about the world of work in a real office. You could have a week of varied activities designed to develop self-confidence and independence. It will be an enjoyable, inspiring, learning experience in a friendly environment. Transport to Hornsey will be available.

Chinese Cooking

Dates: Tuesday 6th April- Thursday 8th April

Age Group: 13-19 (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 10.30-1.30pm

Venue: Rainbow Centre Dollis Valley Drive Barnet EN5 2UN

Activities: Know your Wonton from your Dim Sum? Come and learn to cook 2-3 Chinese dishes a day on this exciting and very tasty course! On the final day you will be able to invite a special guest to come and try what you have learnt to cook! This course will show you how easy it is to make fab tasting food!

OTHER COURSES and TRIPS

SpyMasters

Dates: Tuesday 13th April

Age Group: 13-19 (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 10am -4pm

Venue: Canada Villa, Youth Centre Pursley Road, Mill Hill, NW7 2BU

Activities: At Spy master they have created a unique spy themed experience that is best described as a cross between 'Mission Impossible' and 'Crystal Maze'. You will enter the covert mission training centre with your team and see if you are up to the challenge of infiltrating 'The Russian Embassy'. Your team is accompanied by a Top Spymasters' Training Agent who will shadow our mission in the Embassy assessing your every decision. You are then de-briefed and scored on your mission's success.

Animal Farm Adventure

Dates: Thursday 15th April

Age Group: 8-14 years

Times: 10 -4.30pm

Venue: Canada Villa, Youth Centre Pursley Road, Mill Hill, NW7 2BU then off to Lee Valley

Activities: Come and enjoy looking around a real working farm. Lee Valley Park's Hayes Hill Farm has over 200 farm animals including some rare breeds, which you can see as well as cows being milked. Easter is also a time you can see newborn animals like baby lambs and baby rabbits! Other holiday activities at the farm will take place during our visit, which may include Animal Racing, Tractor Rides and Handling Small Animals.

OTHER HOLIDAY ACTIVITIES (NOT SUMMER UNI)

Fun 4 All Holiday Youth Scheme

Dates: 6th -9th April and 12th – 16th April

Times: 10-4pm

Army Welfare Centre in Sweets Way for young people 11+.
Contact Ayesha on 07703 014 314

IPOP's Moving On, Moving Up Programme for 17-25 year olds

Courses on Inclusive First Aid, Travelling and Making Friends being held over the first week of the holiday

Email youngadults@ipop.org.uk or call Danielle on 020 8441 0404

Useful Contact Numbers

IPOP - 020 8441 0404. office@ipop.org.uk

LBB Complex Needs Team – 020 8359 7374/ 7721. Will advise on one to one support available and can let you know about many more 'short breaks' available to disabled young people.

Barnet Play Association- 020 8344 2755. Lots of information on play activities and also on Barnet Play Day

LBB Barnet Youth & Connexions Service - 020 8359 7842/ 7808/ 7830 (Can help with summer uni London queries and advise on all sorts of youth services for 13-19 year olds)

FYi- FYi, Barnet's Information Service for children and families on 0800 389 8312 or email fyi@barnet.gov.uk who can advise on all sorts of activities

www.barnetbase.net an online directory of children and young people's activities.

About IPOP

IPOP is a registered charity (no. 1076063) that provides services for disabled children and young people to access mainstream play and leisure services. We support children of all abilities play and socialise together both after school and in the holidays. Give us a call or pop in and see us to find out more.

**IPOP, Salisbury Road, High Barnet, EN5 4JP
www.ipop.org.uk | 020 8441 0404 | office@ipop.org.uk**
