

**FEBRUARY ½ TERM 2011.
BARNET YOUTH AND CONNEXIONS
POSITIVE ACTIVITIES FOR 8-25 YEAR OLDS.**

The following is a list of free activities available to young people in Barnet as part of the Youth and Connexions Positive Activities programme.

Whilst all young people are free to apply, priority will be given to those who are referred by a professional so please let IPOP know if you are booking yourself or if you would like us to book you onto an activity.

IF YOU THINK YOUR YOUNG PERSON WILL NEED EXTRA SUPPORT, PLEASE LET IPOP KNOW AND CONTACT YOUR SOCIAL WORKER OR THE COMPLEX NEEDS TEAM

To book please complete the enclosed Parent Authorisation Form. This needs to be sent with a £5 returnable deposit to Canada Villa Young People's Activity Centre, Pursley Road, NW7 2BU.

The deadline for applications onto all courses is **Thursday 10th February 2011.**

Digital Art Project

Ages -13-19 years

Venue - Burnt Oak Library, Watling Avenue, HA8 0UB

Dates and time – Sat 19, Tues 24 and Fri 25 February, 11am-5pm

Digital photography workshops by professional photographer. You will be taken out around Burnt Oak, learning how to capture different scenes, such as crowds, landscape and architecture. Once you have a collection of photos you will help to turn these into a photo mosaic that will be displayed on the outside of the Burnt Oak Library for all to see. Priority will be given to young people from the Burnt Oak area.

GYM Sessions

Ages - 13-19 years

Venue – Church Farm Youth Club, Church Hill Rd Barnet, Hertfordshire EN4 8XE

Dates and Time – Mon 21st – Fri 25th February 11-1pm

Weight Training workshops at church farm youth club during February half term. Come along to our fully equipped gym and learn the benefits of weight training from a qualified gym instructor.

Archway Motorbike Project

Ages - 13 -19 years

Venue – Grahame Park Young People's Activity Centre, Grahame Park Way, NW9 5RA

Dates and Time – Tues 22nd – Thurs 24th February 1.30-5pm, Fri 25th February 10-5pm

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.

Multisports

Ages 8-17 years

Venue – Woodhouse College, Woodhouse Road, N12 9EY

Dates and Time – Mon 21st – Fri 25th February 10-1pm

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 Eite sports. Never played before? Great, come and have fun the Elite way

SAS Kung Fu -Chinese Boxing

Ages- 8-19 years

Venue - Woodhouse College, Woodhouse Road, N12 9EY

Dates and Time – Mon 21st – Fri 25th February, 1-4pm

Bruce Lee's Kung Fu – Wing Chun, Tai Chi, and self protection skills, sparring and body conditioning, incorporating football, basketball and other games. Get fit have fun and get a certificate for your school / college, SAS martial arts grading certificate. Learn something that may save your life and may lead to a job in fitness and health.

Song writing

Ages-12-19 years

Venue – London Academy, Spur Road, HA8 8DE

Dates and Time – Mon 21-Weds 23rd February, 10-2pm

Learn how to compose your own songs and perform them live in a gig. This is the first part of an ASDAN Arts Award. Each day the participants will work together to analyse songs and learn how to write their own positive composition.

Crazy Castles and Perfect Palaces

Ages-10-16 years

Venue - North Road Community Centre, 230 Burnt Oak Broadway, Edgware, HA8 0AP

Dates and Times – Weds 23-Thurs 24th February, 10.30-3.30pm

Build your own Crazy Castle or Perfect Palace using different materials and techniques. Unlock your imagination and hoist the flag of creativity!

Fitness and Nutrition Training Programme

Ages-15-19 years

Venue – London Academy, Spur Road, HA8 8DE

Dates and Times- Mon 21st, Weds 23rd and Fri 25th February, 10.30-12.30pm

Get fit, build muscle, learn about nutrition to either lose weight or define body mass. Joining a gym or simply becoming more active does not guarantee a healthier lifestyle. London Academy's Gym fitness is different as we provide our students with support and guidance not only in fitness but also in nutrition and lifestyle management. This 3 day holistic course approaches well-being positively and with the help of personal trainers students reach and maintain their goals, therefore achieving total wellness.

Football, Boxing and Trampolining

Ages- 11- 17 years

Venue – Grahame Park Astro Pitch and Grahame Park Young People's Activity Centre, Grahame Park Way, NW9 5RA

Dates and Times – TBC

Is one sport just not enough for you? Come down to Grahame Park and play football for an hour before having an hours boxing session at the Grahame Park Young People's Activity Centre. And then why not try trampolining in the afternoon at St James' School.

Pottery

Ages- 8-13 years

Venue – The Institute Arts Centre, 3 Beaumont Close, N2 0GA

Dates and Time – Mon 21st – Weds 23rd February, 10-12.30pm

A course designed to introduce children to methods of working with clay in exciting and creative ways. Techniques of pinching, coiling, moulding, modelling and slab building.

Cartooning

Ages- 8-13 years

Venue – The Institute Arts Centre, 3 Beaumont Close, N2 0GA

Date and Time – Mon 21st – Weds 23rd February, 10-12.30pm

A fun course aimed at anyone who would like to have a go at drawing cartoons. Absolutely anyone can do it regardless of drawing ability. You'll pick up some handy tips and tricks that are bound to get your cartoons looking more like the professionals.

Please turn over to back page

Puppet Making

Ages-8-13 years

Venue – The Institute Arts Centre, 3 Beaumont Close, N2 0GA

Date and Time – Mon 21st – Weds 23rd February, 1-3.30pm

Learn to design, create and operate your own puppets, let your imagination run wild...

Cooking

Ages-8-13 years

Venue – The Institute, 3 Beaumont Close, N2 0GA

Date and Time – Mon 21st – Weds 23rd February, 1-3.30pm

Your chance to get a taste for cooking. Enjoy delicious, healthy recipes to make and take home. Experiment with making pizzas, pancakes and cooking with pasta.

Useful Websites

www.barnet.gov.uk/Positive-activities

www.barnetbase.net

Useful numbers

IPOP- 020 8441 0404

Canada Villa (for course queries) 020 8359 3530

Complex Needs Team (for support) – 020 8359 7374/ 7721