

Summer Holiday 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 Futureversity (was 'Summer Uni London')

Barnet Youth and Connexions who organise all the courses and Futureversity 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.



... the new name for...



How to book a Futureversity course in 4 steps!

1. Go to www.futureversity.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

Please note- your place will not be confirmed until your Parent Consent and deposit has been received. You will not be able to turn up on the day with your consent form- it must be received before the course begins.

Last date to enrol on courses running the first week is 9TH July 2010.

For following weeks, check the website.

Want IPOP to refer? Contact us as soon as possible

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? 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 Disabled Children's Team/Complex Needs Team/Adult Social Work 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.

All Course descriptions provided by Futureversity

SPORTS AND ACTIVE



Introduction to Health and Fitness

Dates: Tuesday 27th July – Thursday 29th July 2010 (3 days)

Age Group: 14-19 (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 10-1pm

Venue: Burnt Oak Youth Club, Watling Avenue, Edgware. HA8 ONJ

Activities: Keeping Fit and Toned is important to lead an active healthy life. Fitness For Your Future are here to teach you how you can do this while, at the same time having fun and seeing results quick. Whether you are training for the basketball or athletics team or just want to tone up for the summer, we help you achieve this goal with our variety of classes designed to get results!

Athletics for Everyone

Dates: Tues 27th July , Thurs 29th July, Tues 10th Aug & Thurs 12th Aug (1 day courses)

Age Group: 10- 25 Years

Times: 1-4pm

Venue: Cophall School, Pursley Road London NW7 2EP

Activities: Are you interested in Athletics, but no sure where to start? Would you like to try different events in a fun and relaxed environment? Then this is the course for you. Whether you are an absolute beginner or a confident athlete, come along and try something new, or improve on what you can already do. Would you like to try sprinting? Hurdles? Jumping? Hammer throwing? And more?. Want to find out how athletics can help you with other sports, and your overall fitness? You will on this course. Those who are disabled or currently do much sport are particularly welcome, but you will equally get a lot from this course if you already have some experience. We cater for everyone!

Football at West Hendon

Dates: Monday 26th July - Friday 30th July 2010

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

Times: 2-4pm

Venue: West Hendon Community Centre, Marsh Drive, West Hendon NW9

Activities: Football workshops at West Hendon during the summer break. Come along and take part in training and learning ball skills from a qualified coach!

Squash for Hearing and Deaf Juniors

Dates: Mon 26th July – Weds 28th July, (Deaf juniors) Weds 4th Aug- Fri 6th Aug, Mon 9th Aug- Weds 11th Aug

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

Netball for Hearing and Deaf Juniors

Dates: Mon 26th July – Weds 28th July, Mon 9th Aug- Weds 11th Aug

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

Times: 10.30-12.30pm or 1.30-3.30pm

Venue: The Walker Ground, Waterfall Road , Southgate N14 7JZ

Activities: Enjoy Netball at the Walker Ground. Come and join in the fun in our beautiful surroundings. All standards and abilities welcome. 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!

Archery for Hearing and Deaf Young People

Dates: Mon 26th July , Fri 6th Aug, and Mon 9th- Weds 11th Aug

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

Times: 10.30-12.30pm (Hearing)& 1.30- 3.30pm (Deaf Young People)

Venue: The Walker Ground, Waterfall Road Southgate N14 7JZ

Activities: Enjoy Archery at the Walker Cricket Ground. Come and join in the fun in our beautiful surroundings, and stay and have lunch at the café.

Climbing Wall

Dates: Fri 6th Aug and Mon 9th Aug

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

Times: 3 sessions to choose from- 9.30-11am, 11.30-1pm & 2-3.30pm

Venue: The Walker Ground Waterfall Road Southgate N14 7JZ

Activities: Come and try the climbing wall at the walker Cricket Ground.

Come and Join in the Fun in our Beautiful Surroundings and stay and have lunch in the Cafe!

Archery at Whitefields School

Dates: Wednesday 4th August & Thursday 5th August

Age Group: 9-14 years

Times: 2 sessions to choose from- 10-12.30pm & 1-3pm

Venue: Whitefields School, Claremont Road, Cricklewood NW2 1TR

Activities: A 2 hours introduction to archery course set indoors with a fully qualified archery instructor. Young people will learn the basic skills required to be able to be confident and safe using a bow and arrows. A 2 hours introduction to archery course set indoors with a fully qualified archery instructor. Young people will learn the basic skills required to be able to be confident and safe using a bow and arrows.

Multisports

Dates: 26/07/10 – 30/07/10

Age Group: 8-14 years old

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. 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.

Body and Soul Sports

Dates: Mon 2nd Aug- Fri 6th Aug & Mon 16th August-Fri 20th August

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

Times: 1.30-5pm

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

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.

Elite Football at Woodhouse

Dates: Mon 2nd August-Friday 6th August & Monday 16th August- Friday 20th August

Age Group: 8-17 years (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 10-1pm

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

Activities: A football programme for all abilities. Quality coaching, fun games and internal tournaments. Trophies are presented at the end of the week for various achievements. Come along and play the Elite way

Introduction to Judo

Dates: Monday 2nd August 2010- Thursday 5th August 2010

Age Group: 12-16 years

Times: 10-12pm

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

Activities: Introduction to Judo- not just an Olympic Sport! This course has everything- teaching moves like how to pin down your opponent, how to outwit them which not only teaches you the basics of judo but also how judo can also be used as self defence. You'll even learn a little Japanese whilst you're doing it and all this will be taught by our Olympic hopeful athletes/coaches!

Tennis

Dates: Monday 9th August- Wednesday 11th August

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: Learn to play table tennis with experienced professional coaches.

Football at London Academy

Dates: Monday 9th August- Friday 13th August

Age Group: 9-19 years (up to 25 for young people with Learning Disabilities/ Difficulties) Young people will play in age groups

Times: 10.30-2pm

Venues: London Academy Spur Road, Edgware HA8 8DE

Activities: Good training is vital for the development of football skills, especially at a younger age. At football academy we have great coaches who will motivate and train students using all the knowledge and expertise that they have gained over the years.

Touch Rugby

Dates: Monday 9th August- Wednesday 11th August

Age Group: 9-17 years (up to 25 for young people with Learning Disabilities/ Difficulties) Young people will play in age groups

Times: 10.30-2pm

Venues: London Academy, Spur Road Edgware HA8 8DE

Activities: Touch rugby is a fun game for both boys and girls that is easy to learn and a great way to get into shape.

BMX biking

Dates: Weds 11th August- Thursday 12th August (2 days)

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

Times: 10.30-4pm

Venues: London Academy, Spur Road Edgware HA8 8DE

Activities: Learn what it is like to perform excellent stunts using a bmx bike. In an exciting 3 day workshop you will learn how to look after a bike, ride it in safe but exciting areas and make a ramp to perform stunts over. Bring your own bike if you have one but bikes will be provided.

Youth Gym

Dates: Monday 9th August- Friday 13th August

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

Times: 12-4pm

Venues: Church Farm Youth Club , Church Hill Road, East Barnet EN4 8XE
(please note this venue is not wheelchair accessible)

Activities: Church Farm Youth Club as a fully equipped gym. Why don't you come along to our Induction to gym session and learn how to use the gym equipment and keep fit at the same time.

Trampolining

Dates: Monday 9th August & Tuesday 10th August (2 days)

Age Group: 9-14 years

Times: 10.30-12.30pm & 1-3pm

Venues: Whitefields School Claremont Road, London NW2 1TR

Activities: This trampolining course is open to young people of all abilities. Come and enjoy jumping, bouncing and twisting in a safe and welcoming environment!



PERFORMING AND CREATIVE ARTS

Fashionista

Dates: Monday 26th- Friday 30th July 2010 (5 days)

Age Group: 11-16 years

Times: 10.30-4.30pm

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

Activities: Do you fancy yourself as a style guru? Move over Gok Wan, You're no longer the style council man. The Actiondog Team with their FASHIONISTA course are coming to take over the FASHION scene. Join this course and uncover the secrets of styling with Fashion Industry professionals. Customise and accessorise. Learn about new HOT brands and trends. Re-invent yourself and learn to Re-create different looks & become a fashion style guru

Costume Making

Dates: Monday 26th- Friday 30th July (5 days)

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

Times: 12-2pm (8-12's) 2.30-5pm (13-19)

Venues: Arts Depot, 5 Nether Street London N12 0GA

Activities: Learn the tricks of the trade when it comes to designing costumes for the stage. Develop fashion skills and explore the world of theatre design in a week of making stunning costumes.

History of Hip Hop

Dates: Monday 26th- Friday 30th July (5 days)

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

Times: 11-4pm

Venues: Rithmik Studios, Canada Villa Youth Centre Pursley Road Mill Hill London NW7 2BU

Activities: Come with us on a journey back in time, back to the birth of hip hop. Learn the history of Hip Hop from its beginnings in West Indian music across the Atlantic to the Bronx in New York and its emerging dj culture and pre hip hop poets such as Last Poets and Gill Scot Herron. You will learn how make your own beats like the sugar Hill Gang. Using the latest Logic Pro software in a professional recording studio taught by Hip Hop Historians and music industry producers who remixed the likes of Amy Winehouse and Macy Gray. You will be inspired to make your own music by learning about the Hip Hop pioneers, graffiti artists, Dj's and MC's of the 70' and 80's and game changers such as timberland from more recent times.

Stage Combat

Dates: Monday 2nd August- Friday 6th August (5 days)

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

Times: 12-2pm (8-12's) and 2.30-5pm (13-19's)

Venues: Arts Depot 5 Nether Street North Finchley N12 0GA

Activities: An exciting and dynamic introduction to the art of stage combat ranging from hand to hand fighting to duelling with swords!

Photonation

Dates: Monday 2nd August- Friday 6th August (5 days)

Age Group: 11-16 years (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 10.30am-4.30pm

Venues: Burnt Oak Youth/Leisure Centre. Watling Avenue Edgware HA8 ONJ

Activities: Ever wondered what it was like to be a professional photographer, create a portrait, do a glamorous fashion shoot.

Learn how to use a camera from scratch download images and then manipulate the images in your own Photo Album. Well now you can. join the Action dog team on their Photo Nation 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.

Don't miss out! Cause a Sensation! Move over David Bailey Here comes PhotoNation

Film Production

Dates: Monday 2nd August- Friday 6th August (5 days)

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

Times: 10am-5pm

Venues: Canada Villa Youth Centre Pursley Road Mill Hill London NW7 2BU

Activities: Want to make a film about something that matters?

A professional TV and Radio production company is offering training in film production. From story boarding to cameras skills, from acting to editing " you will have total creative control. We use industry standard equipment with a range of cameras, lights and editing software. Our trainers are also filmmakers. We deliver training with a van that is kitted out with editing software, macs and a video booth. This is an opportunity to make your voice heard through film. The course lasts 15 hours and there are opportunities to volunteer with us after the course has finished. Accreditation is also offered.

Fashion Fix

Dates: Friday 6th August (1 day)

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

Times: 11-3pm

Venues: Grahame Park Youth Centre, Corner Mead Grahame Park NW9 5RA

Activities: You've probably seen those TV shows where stylists help people to look their best by choosing the right clothes to make the very best of them selves. Knowing what suits you and looks good on you can be an incredibly positive, confidence-building experience. So, now it's your turn to learn how to maximise your image and the impact through the clothes and accessories that you wear. You'll learn how to dress successfully and make the most of yourself EVERY DAY!! Whether it's an interview, a date, a party or what to wear to work; you'll learn how to make the right choices. Taught by a professional image consultant and life coach, you will learn how to look great, feel confident, shop effectively and save money.

Fashion at the Institute

Dates: 02-Aug-2010 - 06-Aug-2010

Age Group: 8-13 years

Times: 10:00 - 12:30pm

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

Activities: Getting 'The Look' begins here. Design your own customized T-shirts and a range of fashion accessories in this fun and totally up-to-the-minute workshop for young fashionistas.

Pottery at the Institute

Dates: 26-Jul-2010 - 30-Jul-2010 & 02-Aug-2010 - 06-Aug-2010

Age Group: 8-13 years

Times: 10:00 - 12:30pm

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

Activities: This popular pottery class gives you the chance to enjoy clay creatively in the beautiful setting of our state of the art pottery studio. Have fun making clay people, animals, birds, fantastic creatures – or whatever takes your fancy.

Write your Own Musical

Dates: Monday 2nd August- Friday 6th August 9 5 days)

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

Times: 10.30-5pm

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

Activities: Write Your Own Musical: work with a musical director, song writer and choreographer to create and perform your own musical. This course is suitable for musicians, singers and songwriters, performers and anyone who is interested in sound and music technology. During the week you will learn how to use computer technology and acoustic instruments to create soundscapes, how to compose and deliver songs and work supportively with others to create a dramatic narrative. Your musical will be performed at Finchley Youth Theatre on the final day. This course can lead to an Arts Award Qualification

Art and Design

Dates: Monday 2nd August- Weds 4th August (3 days)

Age Group: 14-17 years (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 10.30-4.30pm

Venues: Middlesex University –Trent Park Bramley Road, Oakwood N14 4YZ

Activities: This combined art and design project, based in the art studios at Trent Park, will draw upon the local environment as a stimulus for a wide range of individual and group work using both 2D and 3D media including digital video. At the end of the project you will have the opportunity to present your work.

Bling Bling Butterflies

Dates: Monday 2nd August- Tuesday (Week 2) 3rd August & Monday 16th August- Tuesday 17th August (Week 4)

Age Group: 9-14 years

Times: 10.30-3pm

Venues: Rainbow Youth Centre (Week 2) Rainbow Centre Dollis Valley Drive Barnet EN5 2UN
Whitefields School (Week 4) Claremont Road Cricklewood NW2 1TR

Activities: Beautiful bling bling butterflies: let your imagination take flight and dazzle us with your designs.

Make your own Music Video

Dates: Monday 2nd August- Wednesday 4th August (3 days)

Age Group: 11-16 years

Times: 2-5pm

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

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.

Dates and Venues are Subject to Change- Check www.futureversity.org for up-to-date information

Music Production Workshops

Dates: Monday 2nd August- Friday 6th August (5 days)

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

Times: 11-1pm

Venues: West Hendon Community Centre, Marsh Drive, West Hendon NW9

Activities: If you want to develop your existing production skills, learn how to build a track or record vocals then come along to this session. You will be able to take a copy of your work home with you.

Dance Workshops

Dates: Monday 2nd August- Friday 6th August (5 days)

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

Times: 1.30-3.30pm

Venues: West Hendon Community Centre, Marsh Drive, West Hendon NW9

Activities: Dance Workshops @ West Hendon Youth Club during the summer break! Learn the expression through dance! Different techniques will be explored! Create your own routine and take part in a mini performance!

Creative Writing

Dates: Monday 9th August- Wednesday 11th August (3 days)

Age Group: 16-19 years (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 10.30am -3.30pm

Venues: Middlesex University, Hendon Campus The Burroughs, NW4 4BT

Activities: Taught by published author and lecturer in Creative Writing, this is a course for anyone who wants to write fiction. It is about giving participants the confidence to step outside conventional thinking and help writers find their own voice. With an emphasis on enjoyment and creative impulse, the course provides a springboard for further creative endeavour.

Dance like Michael Jackson

Dates: Tues 10th August- Thurs 12th August 2010

Age Group: 11-16 years

Times: 11.00am-4.00pm

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

Activities: Michael Jackson is one of the greatest dancers of all time, both in creativity and performance. His moves have mesmerised audiences around the globe, as well as inspired a generation of dancers. Through his dance steps he will continue to inspire generation after generation. Ever wanted to move like Michael? Well now is your chance! This course is suitable for all levels and finishes with a showcase performance for friends and family.

Make your own Scary Movie

Dates: Mon 26-Jul – Fri 30-Jul

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

Times: 10:30am - 5:30pm

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

Activities: Do you want to make your own scary movie? This 5 day course gives you the chance to act, direct and shoot your own horror film. Includes a special effects make-up workshop to make sure your film is really gruesome. Film previews on the Friday afternoon to scare all your family and friends.

Circus Skills

Dates: Monday 9th August- Friday 13th August (5 days)

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

Times: 10-12pm (8-12's) and 1-4pm (13-19's)

Venues: Arts Depot 5 Nether Street, North Finchley N12 0GA

Activities: Join our most exciting Circus School yet as Ockhams Razor roll up to teach their daredevil skills! Learn the tricks of aerial work and other performance circus techniques.

Slam Poetry

Dates: Tuesday 10th August- Friday 13th August

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

Times: 12pm-4.15pm

Venues: East Finchley Library, 226 High Road. N2 9BB

Activities: Calling all SLAM stars and budding lyricists. Write and perform your own SLAM poetry! Learn how to create or improve your poetry writing and SLAM performance in beat box, rap, or your own original style. Star in a short film of your performance and you'll get the chance to enter your video into the national youth poetry slam championships 2010 SLAMbassadorsUK/www.slam.poetrysociety.org.uk. See your name and work in print! All poems or lyrics written during the course will be published in a booklet. Beginner's welcome.

Cheerdance

Dates: Monday 9th August- Friday 13th August (5 days)

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

Times: 10-1pm

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

Activities: Love the tight, precise motion of cheerleading and the funky style of Hip-Hop, blended with the technical aspect of street jazz? Well, now you can have it all with this special fusion of Cheerdance!

Design and Operate Life sized puppets

Dates: Monday 16th August - Friday 20th August 2010 (5 days)

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

Times: 10.30-6.00pm

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

Activities: Think puppets are for kids? Think again! The Lion King, Avenue Q, Warhorse: 3 huge West End hits, demonstrating the power and range of live animation and adult puppeteering. You will work with professional puppeteer Alice Kentish (Warhorse, Little Angel Theatre) to design, create and operate your own puppets. Alice designs and constructs all types of puppets but particularly enjoys using everyday things as a starting point. On this course you will learn new skills and be supported in creating a short piece of theatre using the techniques learnt. The week will culminate in a showcase performance for friends and family

Signing Show Choir

Dates: Monday 16th August - Friday 20th August (5 days)

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

Times: 2-5pm

Venues: Artsdepot, 5 Nether Street North Finchley N12 0GA

Activities: Why sing when you can sign! From Britney Spears to Jay-Z, learn how to perform your favourite songs using sign-language and dance movement during this innovative course. There will be the chance to pick up some basic sign-language whilst you're at it too. By the end of the course, you'll be able to show off your new skills in a performance to friends and family. Think Glee but better!

Acting Up

Dates: Monday 16th August - Friday 20th August (5 days)

Age Group: 14-17 years (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 10-4pm

Venues: Middlesex University, Hendon Campus The Burroughs, NW4 4BT

Activities: A short course in acting and drama based in improvisation games and releasing creativity through fun interactive exercises. Taught by two experienced professional actors and teachers, you will be led through a fun daily vocal and physical warm up leading on to work on improvisation and devising and culminating in a staged performance at the end of the week. This course is high energy, engaging and above all fun. It is suitable for all levels of acting experience from zero all the way to those considering drama at university or drama school.

Gospel Singing

Dates: Monday 16th August - Friday 19th August (4 days)

Age Group: 11-16 years (upto 25 for young people with Learning Disabilities/ Difficulties)

Times: 10.30-4.30pm

Venues: Rainbow Centre Dollis Valley Drive Barnet EN5 2UN

Activities: Ever wanted to sing out loud and proud. Let your voice be heard in a public environment. Test your vocal chords to the upmost and show family and friends what a fantastic singing voice you have. Then why not join Actiondogs Makes Me Wanna Holla!! (Gospel & R&B Choir course). Loosen up, shake it up and let it all pour out!! Join UP and sing out Loud and Proud. Join MAKES ME WANNA HOLLA!! Today.

Barnet Rock School

Dates: Monday 16th August - Friday 20th August (5 days)

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

Times: 10.30-3.30pm

Venues: Downs Sounds Rehearsal Studios Units 3-4 Lower Park Road New Southgate Industrial Estate N11 1QD

Activities: Do you sing or play guitar, bass, keyboards or drums?

Do you want to meet other like-minded people and form a band? If the answer is yes, then you should apply for a place on Barnet Rock School Join-a-Band course which is taking place in Barnet from 1st to 4th June 2010. You will be able to get a band together or join a band and rehearse through the week in a series of daily sessions, in a professional rehearsal studio using top line equipment. Experienced musicians will be on hand to help you through the process and on the final day you will be able to present and perform your set of material to all the other bands on the course. The course is very popular, so book now to be sure of getting a place!

Manga-tastic

Dates: Tuesday 17th August - Friday 20th August (4 days)

Age Group: 12-18 years (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 1.30-4.30pm

Venues: South Friern Library, Colney Hatch Lane, N10 1HD

Activities: Back by popular demand, Mangatastic will introduce you to a published manga author who will show you how to draw manga, how to create characters and how to develop new stories. By the end of the course you will have drawn and written your own story to be published in a collection.

Introduction to Filmmaking

Dates: Monday 26th July – Wednesday 28th July (3 days, week 1) and Monday 9th August- Wednesday 11th August (3 days, week 2) Monday 16th August- Wednesday 18th August (3 days, week 3)

Age Group: 13-25 year olds

Times: 2.00-5.00pm

Venues: Week 1- Grahame Park Youth Centre Corner Mead, Grahame Park Way NW9 5RA
Weeks 2 and 3 - Burnt Oak Youth Centre Watling Avenue Edgware HA8 ONJ

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. Weeks 1 and 2 are particularly aimed at young people with learning difficulties/ disabilities.

Pure Vocal 1 and Pure Vocal 2

Dates: Monday 9th August- Friday 13th August (5 days)

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

Times: 1-3pm (8-12's)

3.30-5.30pm (13-19's)

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

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.

Rithmik Music Production

Dates: Monday 9th August- Friday 13th August (5 days)

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

Times: 1pm-5pm

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

Activities: If you have an ear for music, singing, rapping or beat making, then you can come and find out how those creative ideas in your head can become tracks. 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 sound recordings.



PERSONAL DEVELOPMENT

Bricklaying, Carpentry and Decorating Taster

Dates: Tuesday 27th July – Thursday 29th July (3 days)

Age Group: 14-18 years (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 10-4pm

Venue: Barnet College Grahame Park Way Colindale NW9 5RA

Activities: Are you interested in learning a new skill?

If you've ever considered a career in the construction industry, then this may be the course for you. This short course will introduce you to the basic skills of bricklaying, Carpentry & Joinery and painting & decorating. It will give you a taster of what its like to work in this industry. You will gain tips and guidance on bricklaying, carpentry & joinery, and on painting & decorating whilst having fun!

Hair and Beauty Skills

Dates: Mon 26th July – Friday 30th July (5 days)

Age Group: 14-18 years old (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 1-4pm

Venue: Barnet College Grahame Park Way Colindale NW9 5RA

Activities: Are you interested in learning a new skill?

If you've ever considered a career in the hair and beauty industry, then this may be the course for you. This short course will introduce you to the basic skills and give you a taster of what its like to work in this industry. You will gain tips and guidance on hair and beauty styles whilst having fun!

Psychology

Dates: Wednesday 28 July – Friday 30th July (3 days)

Age Group: 14-17 years old (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 10.00-4.30pm

Venue: Middlesex University, Hendon Campus The Burroughs, NW4 4BT

Activities: Psychology is the science of mind and behaviour. You will be introduced to the study of the human mind through presentations and discussions on human intelligence, mental illness, addiction and consciousness. In addition, there will be practical demonstration on detecting deception and social psychology and opportunity to discuss career pathways in psychology.

Spanish for Fun

Dates: Monday 2nd August- Weds 4th August (3 days)

Age Group: 10-14 years

Times: 10-4pm

Venues: Middlesex University, Hendon Campus. The Burroughs, NW4 4BT

Activities: This course will give your children the confidence to speak Spanish in everyday situations and introduce them to Spanish Culture. This is a fun course in which children will be actively engaged through role-play, games, presentations, drawing, and singing. Learning how to interact in a different language will stimulate their thinking and will help to build children's confidence and social skills.

How to become a Music Industry Professional

Dates: Monday 9th August- Friday 13th August (5 days)

Age Group: 16-19 years old (up to 25 for young people with Learning Disabilities/ Difficulties)

Times: 10-4pm

Venues: Middlesex University, Hendon Campus. The Burroughs, NW4 4BT

Activities: A week-long project for enthusiastic, aspiring songwriters, composers, event managers and performers. Your task? To help plan, promote, rehearse and stage a concert designed to showcase talents across popular, world, jazz and/or classical music.

Motorcycle Workshop

Dates: Tuesday 10th August- Friday 13th August (4 days)

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

Times: 10-2pm (Tues-Thurs) & 9.30-5pm (Friday)

Venue: Grahame Park Corner Mead Grahame Park Way NW9 5RA

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.

Beauty Taster Workshop

Dates: Monday 9th August and Tuesday 10th August (2 days)

Age Group: 12-16 years

Times: 10.30-2pm

Venues: London Academy Spur Road Edgware HA8 8DE

Activities: Learn how to put on make-up well to show off your best features. Learn how to shape and trim your eyebrows using the threading technique and learn how to paint and decorate your fingernails using fun polish and decorations.

Improving Self Worth

Dates: Monday 16th August- Friday 20th August (5 days)

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

Times: 10am-1pm

Venues: Burnt Oak Youth Leisure Centre Watling Avenue. Burnt Oak HA8 0EL

Activities: An interactive and innovative course designed to help young people realise their potential and to understand that they have the power to achieve a rewarding and fulfilling life.

Ensuring personal development and employability.

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

Dates: Monday 26th July – Friday 30th July & Mon 9th- Friday 13th August

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, and 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.

Cookery at the Institute

Dates: 26-Jul-2010 - 30-Jul-2010

Age Group: 8-13 years

Times: 13:00 - 15:30

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

Activities: Come and get the opportunity to share our love of cooking good food. In a closely supervised class, you will learn to prepare a range of sweet and savoury dishes – all vegetarian and all nut-free.

Cookery at Whitefields

Dates: Mon 2nd Aug-2010 & Tues 3rd -Aug-2010

Age Group: 9-14 years

Times: 10:30 - 12:30 and 13:00 - 15:00

Venue: Whitefield School Claremont Road, NW2 1TR

Activities: A series of two hours cookery workshops in which you will learn how to prepare, make and evaluate different healthy options using set ingredients within a given budget. The workshops will be led by an experienced food technology specialist.

OTHER COURSES

Beastly Bugs

Dates: Monday 9th August & Tuesday 10th August (2 days)

Age Group: 9-14 years

Times: 10.30-3pm

Venues: Whitefield School Claremont Road Cricklewood NW2 1TR

Activities: Beastly Bugs: Help build the scariest hairiest spider or the biggest battling beetle. Come and help us create some crazy 3D creepy crawlers!

OTHER SCHEMES -NOT FUTUREVERSITY

Fun 4 All at Oak Lodge School for 11+ young people

Running from 26th July- 20th August. Contact Ayesha on 07703014314 or email: fun4allproject@aol.co.uk for more details

IPOP Young Volunteer Programme for Disabled Young People aged 14-19 years old

Want to help out at playschemes over the summer? Then join our training and mentoring programme. Phone Peggy at IPOP on 020 8441 0404 or email youth@ipop.org.uk for an application form. Useful Contact Numbers

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 Futureversity queries and advise on all sorts of youth services for 13-25 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
