



LAUNCHPAD
from possibility to reality

SUMMER HOLIDAY ACTIVITIES

For young people 13+ 2023

FREE



ISLINGTON

= For a more equal future



Cooking at Lift Outdoor Kitchen

LAUNCHPAD
from possibility to reality

SV
SUMMERVERSITY

Summerversity is back and larger than ever with over 100 free courses to help you enjoy your summer, learn new skills and make new friends. From sports to arts, cooking, music, tech and media there is something for everyone.

The Launchpad programme helps young people 16+ prepare for work, careers and further education. Many courses offer accreditations leading to a nationally recognised qualification – great for CVs.

Most courses are suitable for complete beginners. All venues are accessible.

A free meal will be available with many of the courses.

Activities are free for young people aged 13 – 24 who live or study in Islington.

In this guide you will find the programme listing. Full details and how to book are on the website. If you need help booking drop into a youth hub.

www.summerversity.co.uk

EVERY WEEK SESSIONS

EMPLOYMENT SUPPORT

Rose Bowl

Mondays 24 July – 14 August | 2 – 4pm

Help with CVs, job hunting, applications and interview techniques

BREATHE, WALK AND CYCLE

Copenhagen Youth Project

Tuesdays 25 July – 29 August | 1 – 5pm

Mindfulness through breath training and exercise

ARCHERY

Lift Youth Hub

Mondays or Wednesdays 24 July – 23 August

5.30 – 6.30pm and 6.30 – 7.30pm

Fun and safe intro to basic skills/techniques with Access to Sports

MUSIC MNTR LIVE with GAIN CTRL

Platform Youth Hub

Tuesdays 25 July – 29 August | 12 – 5pm

Develop your music with chart-topping Islington professionals

FOOTBALL CAMP

Elthorne Park

Tuesdays and Thursdays 25 July – 10 August | 12 – 1.30pm

Work on ball skills, footwork, fitness and goal scoring

FILM MAKING

SoapBox Islington

Wednesdays 26 July – 16 August | 1 – 4pm

Screen writing, filming, directing and editing

HEALTH AND WELLBEING

The Zone

Wednesdays 26 July – 16 August | 4.30 – 8pm

Tools to handle stress through yoga, essential oils and massage

CONNECT AND CREATE

Floating Garden

Thursdays 27 July – 24 August | 2 – 4pm

Relax and rewild with creative wellbeing activities around water

FRIDAY FEAST

Lift Youth Hub

Fridays 28 July – 25 August | 3.30 – 6.30pm

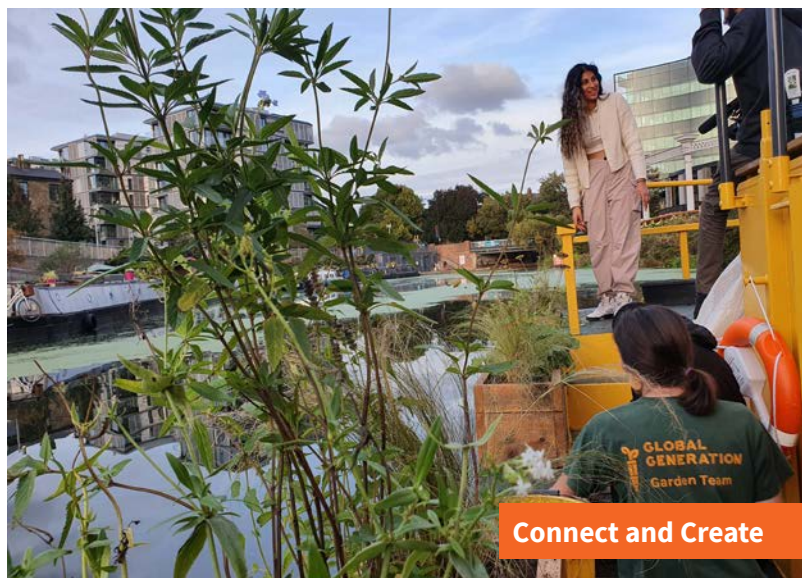
Cooking for family and large groups of friends

FRIDAY SOCIAL

Lift Youth Hub

Fridays 28 July – 25 August | 6.30 – 8.30pm

Come along for the Friday Feast and meet new people



Connect and Create

ONE DAY EVENTS

LEARN TO PITCH DRAGON'S DEN STYLE

West Library

Friday 4 August | 11am - 4.30pm

Develop a tech-focused business idea with professional help

DISCOVER TECH with SoapBox

The Zone

Thursday 10 August | 1 - 4pm

Explore new tech like 3D Printing, VR, game design and music

EMERGENCY FIRST AID AT WORK

Islington Boat Club

Monday 14 August | 11am - 6pm

How to save a life and gain a qualification to boost your CV

SNORKELLING AND SCUBA

Ironmonger Row Baths

Thursday 17 August | 7 - 9.30pm

Learn about basic kit, snorkelling and scuba diving skills

MANAGING YOUR FINANCES

Lift Youth Hub

Thursday 24 August | 1 - 2.30pm

Earnings, tax, saving, borrowing, debt, planning and safety



Snorkelling

CARNIVAL AND FILM PROJECT

Spend your holidays preparing for Carnival! The Indigo Prxject is back at Lift Youth Hub. There is a chance to be part of the world famous Notting Hill Carnival procession.

Videos will be made throughout the project.

AFRO FUSION DANCE BEGINNERS

Mondays 24 July - 21 August | 4 - 6pm

We will be making a Carnival-inspired dance video

ADVANCED AFRO FUSION / SOCA DANCE

Mondays 24 July - 21 August | 6.30 - 8.30pm

Be part of the Notting Hill Carnival celebration

COSTUME MAKING

Wednesdays 26 July - 23 August | 4.30 - 6pm

CARNIVAL BODY PAINTING

Wednesdays 26 July - 23 August | 6.30 - 8pm



Indigo Prxject at Notting Hill Carnival

SHORT COURSES - WEEK ONE

Monday 24 - Friday 28 July

POOL LIFEGUARDING AWARD NPLQ accreditation can get you a job in the leisure industry	16-24yrs	Cally Pool	8am - various	Monday - Sunday
STA SWIMMING TEACHERS COURSE Become a qualified level 2 swimming teacher with this award	16-24yrs	Ironmonger Row Baths	9am - 5pm	See website
OUTDOOR CATERING COURSE Planning, food preparation, cooking and customer service	14-21yrs	Lift Youth Hub	9.30am - 2pm	Monday - Friday
GET BEHIND THE CAMERA WORKSHOPS with LSA Camera, sound, script, costume, music video and visual effects	13-16yrs	London Screen Academy	10am - 3pm	Monday - Friday
BECOME A CONFIDENT CYCLIST On-road cycle skills sessions plus a tour of London sights	13-19yrs	Finsbury Park	10am - 12noon or 1 - 3pm	Monday - Friday
FANTASY AND SPECIAL EFFECTS MAKEUP Transform using prosthetics, cosmetics and everyday items	13-18yrs	Prospex	Various - see website	Mon - Wed or Wed - Friday
START KAYAKING COURSE First time on the water - fun introduction to paddlesport	13-19yrs	Islington Boat Club	10.30am - 12.30pm	Monday - Friday
BICYCLE MAINTENANCE with YES Outdoors Learn how to fix and maintain a bike - and get to keep it!	13-19yrs	Lift Youth Hub	11am - 1pm	Monday - Friday
TRAINER AND T-SHIRT DESIGN with King of Trainers Concepts, personal branding, design and techniques	13-24yrs	Lift Youth Hub	11am - 4pm	Monday - Thursday
SWIMMING LESSONS Gain water confidence and learn basic swimming skills	13-15yrs	Cally Pool	11.30am - 12.15pm	Monday - Friday
SWIMMING LESSONS Gain water confidence and learn basic swimming skills	16-21yrs	Ironmonger Row Baths	12.15 - 1pm	Monday - Friday

SHORT COURSES - WEEK ONE continued

Monday 24 - Friday 28 July

FOOTBALL SPORTS CAMP Work on ball skills, footwork, fitness and goal scoring	13-16yrs	Finsbury Leisure Centre	1 - 3pm	Monday - Thursday
MUSIC PRODUCTION MASTERCLASSES Create, produce and mix music and meet industry insiders	13-24yrs	SoapBox Islington	1 - 4pm	Tuesday - Friday
GAMING TOURNAMENTS with Gain Ctrl Win prizes playing video games on a cinema sized screen	13-21yrs	Platform Youth Hub	1 - 5pm	Tuesday - Friday
MULTI-SPORTS with Access to Sports Football, basketball, cricket, netball, tennis and more	13-16yrs	Finsbury Park	1.30 - 3.30pm	Monday - Thursday
START KAYAKING COURSE First time on the water - fun introduction to paddlesport	13-19yrs	Islington Boat Club	1.30 - 3.30pm	Monday - Friday
BASKETBALL FOR GIRLS with Access to Sports Ball handling, footwork, fitness, teamplay and more	13-19yrs	London Metropolitan University	2 - 4pm	Monday - Thursday
BICYCLE MAINTENANCE with YES Outdoors Learn how to fix and maintain a bike - and get to keep it!	13-19yrs	Platform Youth hub	3 - 5pm	Monday - Friday
VEGETARIAN AND VEGAN COOKING Learn the basics of curries, wraps, bakes and more	13-21yrs	Lift Youth Hub	3.30 - 6.30pm	Tuesday - Thursday
BARBERING COURSE with Man is King Learn to barber with one of the UK's top male stylists	16-21yrs	Rose Bowl	4 - 7pm	Tuesday - Friday
BASKETBALL with Access to Sports Ball handling, footwork, fitness, teamplay and more	13-19yrs	London Metropolitan University	4 - 6pm	Monday - Thursday

SHORT COURSES - WEEK TWO

OUTDOOR CATERING COURSE 14-21yrs

Planning, food preparation, cooking and customer service

MUSIC MAKERS LAB 13-18yrs

Sing, play an instrument and be in a band

SPORTS LEADERSHIP LEVEL 1 13-16yrs

Nationally recognised qualification in leadership skills

SUMMER ART HANGOUT with Cubitt Artists 13-19yrs

Drawing, collage, printmaking and gallery visits

START KAYAKING COURSE 13-19yrs

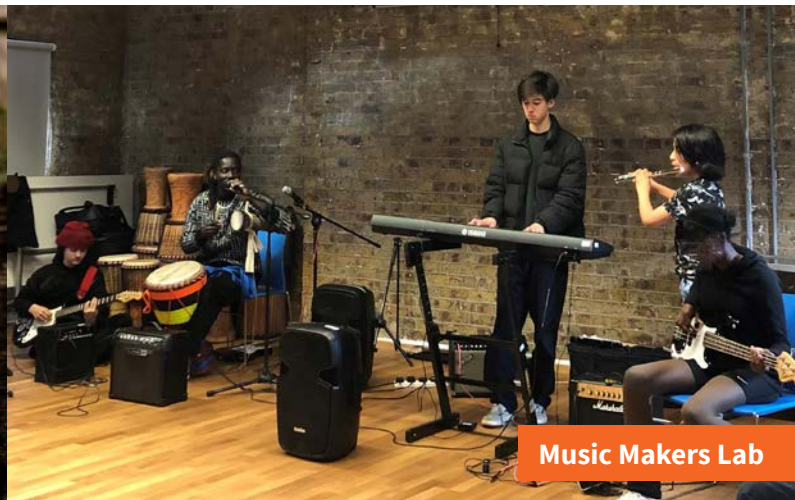
First time on the water - fun introduction to paddlesport

Monday 31 July – Friday 4 August

Lift Youth Hub	9.30am - 2pm	Monday - Friday
Platform Youth Hub	10am - 3pm	Monday - Friday
Finsbury Park	10am - 4pm	Monday - Friday
Lift Youth Hub	10.30am - 3.30pm	Monday - Thursday
Islington Boat Club	10.30am-12.30pm	Monday - Friday



Kayaking



Music Makers Lab

SHORT COURSES - WEEK TWO continued

Monday 31 July – Friday 4 August

FILMING ON THE CANAL with Film Creatives 13 – 19yrs Creating videos for social media in a water sports setting	Islington Boat Club	11am – 4pm	Wednesday – Friday
SWIMMING LESSONS 16-21yrs Gain water confidence and learn basic swimming skills	Cally Pool	11.30am - 12.15pm	Monday - Friday
SWIMMING LESSONS 13-15yrs Gain water confidence and learn basic swimming skills	Ironmonger Row Baths	12.15 - 1pm	Monday - Friday
GAMES DESIGN 13-19yrs Developing industry design skills using Maya and Unity	SoapBox Islington	1 - 3pm	Tuesday - Friday
PRESS PLAY GAME SHOW 13-21yrs Fun competitive team games that will get you moving	Lift Youth Hub	1.30 - 3.30pm	Tuesday - Thursday
DISCOVER KAYAKING COURSE 13-19yrs Follows from Start Kayaking - accredited paddling skills	Islington Boat Club	1.30 - 3.30pm	Monday - Friday
TAG ARCHERY with Access to Sports 13-16yrs Action game played with bows and foam-tipped arrows	Finsbury Park	1.30 - 3.30pm	Monday - Thursday
BASKETBALL FOR GIRLS with Access to Sports 13-19yrs Ball handling, footwork, fitness, teamplay and more	London Metropolitan University	2 - 4pm	Monday - Thursday
INDEPENDENT LIVING COOKERY 13-21yrs Core cooking skills, budgeting and good value recipes	Lift Youth Hub	3.30 - 6.30pm	Tuesday - Thursday
BASKETBALL with Access to Sports 13-19yrs Ball handling, footwork, fitness, teamplay and more	London Metropolitan University	4 - 6pm	Monday - Thursday
NAIL TECHNICIAN 16-21yrs Skills for manicures, acrylic, gel polish and nail art	Rose Bowl	4 - 7pm	Tuesday - Thursday

SHORT COURSES - WEEK THREE

Monday 7 - Friday 11 August

OUTDOOR CATERING COURSE 14-21yrs Planning, food preparation, cooking and customer service	Lift Youth Hub	9.30am - 2pm	Monday - Friday
SIA SECURITY GUARD LICENCE (WEEK 1 OF 2) 18-24yrs Get qualified for a job in the security industry, includes first aid	Lift Youth Hub	9am - 5.30pm	Wednesday - Friday
BECOME A CONFIDENT CYCLIST 13-19yrs On-road cycle skills sessions plus a tour of London sights	Finsbury Park	10am - 12noon or 1 - 3pm	Monday - Friday
START KAYAKING COURSE 13-19yrs First time on the water - fun introduction to paddlesport	Islington Boat Club	10.30am - 12.30pm	Monday - Friday
GRAFFITI ARTS with Highbury Roundhouse 14-18yrs Express yourself with spray paint	Highbury Roundhouse	11am - 2pm	Tuesday - Friday
TRAINER AND T-SHIRT DESIGN with King of Trainers 13-24yrs Concepts, personal branding, design and techniques	Lift Youth Hub	11am - 4pm	Monday - Thursday
SWIMMING LESSONS 13-15yrs Gain water confidence and learn basic swimming skills	Cally Pool	11.30am - 12.15pm	Monday - Friday
SWIMMING LESSONS 16-21yrs Gain water confidence and learn basic swimming skills	Ironmonger Row Baths	12.15 - 1pm	Monday - Friday
ROLLER SKATING 13-19yrs Get some skates on and enjoy the fun	Emirates Stadium Concourse	1.30 - 3.30pm	Monday - Thursday
MAKING PODCASTS 13-19yrs Content creation, audio equipment, recording and editing	Rose Bowl	1 - 4pm	Monday - Friday
STEP UP PREP UP FOR AN APPRENTICESHIP 16-18yrs How to earn money while gaining a career-related qualification	West Library	1 - 5pm	Monday - Friday

SHORT COURSES - WEEK THREE continued

Monday 7 - Friday 11 August

MULTI-ACTIVITIES FOR YOUNG PEOPLE with SEND 13-16yrs Arts, crafts, gym, sports, games and team-building	Lift Youth Hub	1 - 5pm	Monday - Thursday
EXPLORE KAYAKING COURSE 13-19yrs Follows Discover Kayaking - intermediate paddling skills	Islington Boat Club	1.30 - 3.30pm	Monday - Friday
ATHLETICS 13-16yrs Coached track and field activities with Access to Sports	Finsbury Park	1.30 - 3.30pm	Monday - Thursday
FENCING 13-19yrs Develop power, balance and dexterity in this accredited course	Platform Youth Hub	2 - 4pm	Monday - Friday
UPCYCLING FASHION AND TEXTILES 14-18yrs Learn the skills to turn older clothes into this year's fashion items	Highbury Roundhouse	3 - 6pm	Tuesday - Friday

Athletics at Finsbury Park



Multi-activities for young people with SEND



SHORT COURSES - WEEK FOUR

Monday 14 - Friday 18 August

OUTDOOR CATERING COURSE 14-21yrs Planning, food preparation, cooking and customer service	Lift Youth Hub	9.30am - 2pm	Monday - Friday
SIA SECURITY GUARD LICENCE (WEEK 2 OF 2) 18-24yrs Get qualified for a job in the security industry, includes first aid	Lift Youth Hub	9am - 5.30pm	Monday - Friday
ANIMAL CARE 13-16yrs Fun farm activities, perfect if you want to work with animals	Freightliners City Farm	10am - 1.30pm	Monday - Friday
DISCOVER KAYAKING COURSE 13-19yrs Follows from Start Kayaking - accredited paddling skills	Islington Boat Club	10.30am - 12.30pm	Monday - Friday
SWIMMING LESSONS 16-21yrs Gain water confidence and learn basic swimming skills	Cally Pool	11.30am - 12.15pm	Monday - Friday
SWIMMING LESSONS 13-15yrs Gain water confidence and learn basic swimming skills	Ironmonger Row Baths	12.15 - 1pm	Monday - Friday
TENNIS COACHING CAMP 13-19yrs Forehand, backhand, serve and play with Access to Sports	Finsbury Park	12.30 - 2.30pm	Monday - Thursday
ROLLER SKATING 13-19yrs Get some skates on and enjoy the fun	Emirates Stadium Concourse	1.30 - 3.30pm	Monday - Thursday
VOICEOVERS FOR RADIO AND PODCAST ADVERTS 13-19yrs Covers voiceover technique, equipment, recording and editing	Rose Bowl	1 - 4pm	Monday - Friday
CREATING CONTENT FOR SOCIAL ACTION (WEEK 1 OF 2) 14-18yrs Multi-media training to campaign for a greener world	Lift Youth Hub	1 - 4pm	Monday - Wednesday

SHORT COURSES - WEEK FOUR continued

Monday 14 - Friday 18 August

MULTI-ACTIVITIES FOR YOUNG PEOPLE with SEND 13-16yrs Arts, crafts, gym, sports, games and team-building	Lift Youth Hub	1 - 5pm	Monday - Thursday
START KAYAKING COURSE 13-19yrs First time on the water - fun introduction to paddlesport	Islington Boat Club	1.30 - 3.30pm	Monday - Friday
SANDA KICKBOXING 13-19yrs Self-defence and combat sport for all abilities	Lift Youth Hub	1.30 - 4.30pm	Monday - Friday
CHEERLEADING 13-19yrs Action-packed fun mix of dance, gymnastics and team work	Mary's Youth Club	5.30 - 7.30pm	Monday - Friday

Sanda Kickboxing



Animal Care

SHORT COURSES - WEEK FIVE

Monday 21 - Friday 25 August

FOOTBALL REFEREE COURSE 14-24yrs Useful FA qualification that can lead to part-time work	Highbury Fields	9am – 5pm	Tuesday and Wednesday
BECOME A CONFIDENT CYCLIST 13-19yrs On-road cycle skills sessions plus a tour of London sights	Finsbury Park	10am - 12noon or 1 - 3pm	Monday - Friday
CITY FARMING BUSINESS 15-24yrs Animal care, gardening, landscaping, visitor services	Freightliners City Farm	10am - 5pm	Monday - Friday
BACKSTAGE THEATRE AND FILM 15-24yrs Explore production, camera, sound, lighting and design	National Youth Theatre	10am - 5pm	Monday - Friday
MULTI-ACTIVITIES FOR YOUNG PEOPLE with SEND 13-16yrs Arts, crafts, cooking, sports, games and team-building	Lift Youth Hub	11am - 3pm	Monday - Thursday
MAKE A THEATRE PERFORMANCE 13-19yrs Create and act in a show with Angel Shed	Angel Shed Theatre	11am - 4pm	Tuesday - Friday



Swimming Lessons



Make a Theatre Performance with Angel Shed

SHORT COURSES - WEEK FIVE continued

Monday 21 - Friday 25 August

SWIMMING LESSONS 13-15yrs Gain water confidence and learn basic swimming skills	Cally Pool	11.30am - 12.15pm	Monday - Friday
SWIMMING LESSONS 16-21yrs Gain water confidence and learn basic swimming skills	Ironmonger Row Baths	12.15 - 1pm	Monday - Friday
GIRLS FOOTBALL 13-17yrs Ball skills, footwork, fitness, teamwork and goal scoring	Sobell Leisure Centre	1 - 3pm	Tuesday - Friday
CREATING CONTENT FOR SOCIAL ACTION (WK 2 OF 2) 14-18yrs Multi-media training to campaign for a greener world	Lift Youth Hub	1 - 4pm	Monday - Wednesday
MIX AND BLEND with DJ Joss Simmons 13-19yrs Learn how to use decks and keep an audience entertained	Lift Youth Hub	2.30 - 5.30pm	Wednesday - Friday
CARIBBEAN COOKING 13-21yrs Learn how to make patties, jerk chicken and more	Lift Youth Hub	3.30 - 6.30pm	Tuesday - Thursday



Angel Shed

CANDI

444 Camden Road, N7 0SP

Cally Pool

229 Caledonian Road,
N1 0NH

Copenhagen Youth Project

172 Copenhagen St, N1 0ST

Elthorne Park

Hazellville Road, N19 3NF

Emirates Stadium Concourse

Hornsey Road, N7 7AJ

Finsbury Leisure Centre

Norman Street, EC1V 3PU

Finsbury Park

Seven Sisters Rd, N4 1EE

Floating Garden

Regent's Canal Towpath
N1C 4UR

Freightliners City Farm

Sheringham Road, N7 8PF

Highbury Fields

N5 1AR

Highbury Roundhouse

71 Ronalds Road, N5 1XB

Ironmonger Row Baths

Norman Street, EC1V 3AA

Islington Boat Club

City Road Basin,
16 Graham Street, N1 8JX

Lift Youth Hub

45 White Lion Street,
N1 9PW

London Metropolitan University

Science Centre, Hornsey
Road, N7 7DD

London Screen Academy

62-66 Highbury Grove,
N5 2AD

Mary's Youth Club

Upper Street, N1 2TX

National Youth Theatre

443-445 Holloway Road,
N7 6LW

Platform Youth Hub

2 Tiltman Place, off Hornsey
Road, N7 7EE

Prospex

Underground Youth Centre,
Piper Close, N7 8TQ

Rose Bowl Youth Centre

St Paul's Park,
Ramsey Walk, N1 2PT

SoapBox Islington

69 Old Street, EC1V 9HX

Sobell Leisure Centre

Hornsey Road, N7 7NY

West Library Youth Employment Hub

Bridgeman Rd, N1 1BD

The Zone

28 Carleton Road, N7 0EQ



Floating Garden

MORE THINGS TO DO

In addition to Summerversity there are lots more free or low cost things to do in Islington.

Holiday Activities with Food	www.islington.gov.uk/HAF
Access to Sports Project	accesstosports.org.uk
Copenhagen Youth Project, N1 0ST	cyproject.org
Freightliners Farm, N7 8PF	freightlinersfarm.org.uk
Highbury Roundhouse, N5 1XB	highbury-roundhouse.org.uk
Islington Boat Club, N1 8JX	islingtonboatclub.com
Lift Youth Hub, N1 9PW	liftislington.org.uk
Mary's Youth Club, N1 2TX	marys.org.uk/youthclub
Platform Youth Hub, N7 7EE	platformislington.org.uk
Prospex, N7 8TQ	prospex.org.uk/holiday
Rose Bowl, N1 2PT	rosebowlislington.org.uk
SoapBox Islington, EC1V 9HX	soapboxislington.org.uk
The Zone Youth Project, N7 0EQ	izzy-info.com

Get Behind the Camera with the LSA





www.summerversity.co.uk