

News Update

Issue 1 October 2014



We would like to welcome all friends and supporters of Islington Boat Club to our first quarterly email news update, highlighting what is happening at The Club and some of our achievements, particularly those of our young members.

Summer holiday fun at Islington Boat Club

Summer Holiday Programme 2014

Young member Lily Johnson (15) tells of her experiences this summer at Islington Boat Club

Just like all the summer holidays that I have attended at Islington Boat Club, this year was lively and extremely enjoyable.

We had some amazing sessions along with many productive and wonderful trips. Myself and many other young people gained

various certificated awards and qualifications. Kayaking as always at The Boat Club was awesome and on top of that we had multiple other trips and activities to have a go at. I had a great time bonding with new and old members as it was very busy. It was great to get to know others and keep active.

The Boat Club offered endless opportunities to take part in different things, for example our week-long narrow boat trip; this was a great week for me and otherstogetawayandparticipate in enjoyable activities. Overall, I had some great experiences at Islington boat club this summer as I'm sure I will next year.



Lee Valley White Water Centre Trip

Fifteen year old Amy Kember recalls her experience this summer when Islington Boat Club took some young club members to the Lee Valley White Water Centre

I was very lucky to have been chosen to go on this trip. It was an experience of a lifetime. John, Rajab and Chris took thirteen of us there and as we prepared ourselves for the next hour and watched as the Legacy course filled up. I have to admit that it didn't seem all that challenging...until I was on the way up the moving conveyer belt, Chris leading.

The water was faster than I expected and the dreaded stoppers, a challenging foe, capping almost immediately as I hit the stopper, the waves pushing me further down the course. A line was thrown and I grabbed it, being pulled to land. It was fierce but the anxiety hadn't kicked in, neither had the adrenaline.

Already I was feeling slightly pumped and ready to go for another round. It started; I took the advice of leaning



forward upon coming into a stopper and paddling hard. As much as you were going downstream, you needed to power through the stoppers and stay straight, which was difficult as upon coming into contact with a stopper, my boat often went to one side but I made it through most of the course before I came upon a capsized boat, it drifted ahead of me turning me on to the side as I approached a stopper, Jess coming up behind and well... I capsized. Not completely unpredictable but I was quite gutted that I couldn't make it through the course, but the experience of managing to go past the stoppers was great. Overall, I fully enjoyed it, the hype, and the adrenaline pumping around my body and trying something that definitely was out of my comfort zone. As I got out of the water and over to get my boat, I'm pretty sure I was grinning like a mad idiot, sopping wet from head to toe.



Where people had grown less scared facing the course over the two hours, strangely, I grew more so.

Maybe it was because I spent longer out of my boat than in it over the three or four times that I was there.

Islington Boat Club is a great place and without having stumbled on it, I probably wouldn't have gone on this trip or made new friends and a new skill and hobby. Overall, my experience over this summer was amazing and I fully enjoyed every second of it!

Islington Upper Deckers Programme

Islington Boat Club is currently seeking ways of improving the lives of Islington residents over the age of 50 by giving them access to a range of activities on and off the water



Photos © Franc David, 2014



Islington is in the top 10 most deprived boroughs in the country with older people suffering the greatest deprivation. The vast majority of our older residents live alone and often do not claim benefits despite requiring them. These causes of need can be compounded by dealing with the complexities of the welfare system, struggling with housing problems, literacy issues and social isolation.

As with many inner city boroughs, Islington has large immigrant and refugee communities, many of whose older members require extra support when faced with difficulties. Following a period of hospitalisation or bereavement the more affluent older people in Islington may also need support coping and re-building their lives.

We at IBC want to work to improve the quality of life of all local older people and their carers in Islington and work in partnership with Age Concern and other like-minded organisations in the borough to build stronger links to reach older people and encourage them to undertake greater levels of physical and mental activities.

We want to encourage and facilitate enjoyable activities for older people, providing social gatherings on and off the water, exercise and confidence building programmes of activities to reduce isolation, develop training programmes, provide inter-generational initiatives, and opportunities to manage long term illnesses and to have their voices heard through the introduction of an Upperdeckers Forum Group.

To this end we recently arranged for a visit to The Boat Club by members of Westminster's Upper Deckers, already long established as a group, so that we could get some feedback from them as to how such a group might experience what we can offer them here on the water front in The City Road Basin.

We will post updates on the progress we make with these plans.



*Amy Kember's story
of the white knuckle experience at
Lee Valley White Water Centre
as it appeared in an Arsenal FC
match programme in
October this year*

“ ”

MY STORY

THE WORK OF THE ARSENAL FOUNDATION AND THE PARTNERS AND PROJECTS IT SUPPORTS HAVE TOUCHED THE LIVES OF MANY PEOPLE. HERE WE EXPLORE THEIR PERSONAL STORIES.

Islington Boat Club is a water-based activity centre providing training, exercise, an active youth programme and schools. Before the club was 10 years old, this summer the boat club, which received a grant from The Arsenal Foundation, took teenagers to Lee Valley White Water Centre. 17-year-old Maya Kember recalls her experience...

“Already I was feeling pumped and ready to go again. I took the advice of leaning forward on coming into a stopper and paddling hard. Even though I was going downstream, I needed to power through the stopper and stay straight, which was difficult because when you touch a stopper your boat wants to go one way. But I made it through most of the course before I came across another boat. I drifted ahead of me, banded me onto my side and... I capsize!”

That went horrendously unpredictable, but I was guided by a coach. Still, the experience of managing to go past the stopper was great... the adrenaline was pumping as I got further and further away from my comfort zone. As I got out of the water, I'm pretty sure I was groaning like an old dog, saying we're from heat to me.

While other people grew tired, I was still going strong. I spent longer out of my boat than in it over the three or four times that I attempted the course!”

Islington Boat Club is a great place to visit, without having to leave the city. It's a great place to visit, without having to leave the city. It's a great place to visit, without having to leave the city.

“I felt very lucky to have been able to do this. It was an experience of a lifetime. Thirteen of us went to Lee Valley and we prepared ourselves for an hour as we readied as the loggers counted in us. I have to admit I didn't look at that challenging... until I was on the water in the moving conveyor belt. The water was better than I expected and I fit over of the disabled 'stopper'. Waves dragged me further down the course on my side before someone threw me a line so I could be pulled to dry land. It was funny but the anxiety hadn't kicked in... yet.”

The Arsenal Foundation funds projects which empower young people to improve their skills and fulfil their aspirations... helping the Club's philosophy of giving young players a chance. Through local and international partnerships, the work of the Foundation is far-reaching. From football and football projects and representing children to working with Sam Cookson to teach football and young people in China and Indonesia to have a lasting legacy. For more information go to www.arsenal.com/thearsenalfoundation

“ I am always hearing wonderful things about Islington Boat Club. It really is a great place for kids to go and have fun, learn new skills and also keep safe.”

Brooke Kinsella, MBE (2014)
Actress and anti-knife crime campaigner



Islington Boat Club • City Road Basin • Regent's Canal

16-34 Graham Street • London N1 8JX

Tel: 020 7253 0778 • Email: newsletter@islingtonboatclub.com

Web: www.islingtonboatclub.com



Become a Friend of Islington Boat Club



The Friends of Islington Boat Club act as ambassadors to help spread the word about what we do, and encourage young people to get involved in our activities. We also keep our Friends up to date with all our latest news, and invite them to join us for social events at the Club. If you are ready to become a Friend of Islington Boat Club and want to join our mailing list, or if you would like to learn more about becoming a Friend, please email us directly at newsletter@islingtonboatclub.com or complete and return the form on the back of this sheet.

By becoming a member of our dedicated group of supporters, you can help make a difference to young people living in Islington. You can also visit our website www.islingtonboatclub.com to become a Friend or make a donation to The Club.

IBC Friends Membership Scheme

There are now three categories of membership to choose from:

AFFILIATE MEMBERSHIP (for individuals) £10 per year (minimum fee)

- Get to stay in touch and keep up with the club via our e-newsletter
- Attend the IBC annual general meeting (AGM)

ASSOCIATE MEMBERSHIP (individuals and not for private profit organisations) £100 per year

- Get to stay in touch with The Club and
- Attend the IBC annual general meeting (AGM)

In addition, associate members:

- Get to attend an annual Boat Club reception on the IBC barge and narrowboat

FELLOWSHIP (for individuals and not for private profit organisations) £300 per year

- All the benefits of affiliate and associate members.

In addition you

- Have a chance to become a qualified narrowboat helm or skipper and a Powerboat driver. In the second year of a fellowship, you would have one day's access to the narrowboat for you and your friends and family.

For details of how to make a donation to Islington Boat Club, please see below.

You can download a PDF version of the Friends application form from our website.

IBC Friends Membership Application Form

Name/s: _____

Address: _____

Phone: _____

Email: _____

Date: _____

I should like to take out:

AFFILIATE MEMBERSHIP

ASSOCIATE MEMBERSHIP

FELLOWSHIP

How to pay:

You can make payments to Islington Boat Club in the following ways (please tick):

- by cheque made payable to 'Islington Boat Club'
- via our website www.islingtonboatclub - Click on 'Make a donation' on the home page.
- via Paypal
- by making a BACs payment via your online banking
- by standing order or Direct Debit mandate

Our banking details:

Islington Boat Club • Account No 14623507 • Clearing code 16-00-58

Royal Bank of Scotland plc, 40 Islington High Street, London N1 8XJ

Islington Boat Club • City Road Basin • Regent's Canal

16-34 Graham Street • London N1 8JX

Tel: 020 7253 0778 • Email: newsletter@islingtonboatclub.com

Web: www.islingtonboatclub.com

Please do not hesitate to contact us directly on the contact details above if you would like to discuss further ways in which you could support The Club. **You can download a PDF version of the Friends application form from our website.**

Thank you. Melanie Aust, Chair