



*I am the beat  
that keeps you  
on your feet*

Lift is a lovely new healthy living hub for young people. It is a place to take part in activities, learn new life skills, spend time with friends and volunteer in a wide range of roles. Lift has a gym, dance studio, media and computer rooms, meeting rooms of all sizes, cafe, training kitchen, urban garden and roof top terrace. Young people can also access a full range of support, advice and guidance in a safe environment.

## Volunteering Opportunities

Lift can help by offering up to 100 hours of work experience or volunteering opportunities. These include programming, duty management, front of house, gardening and working in the gym. Speak to the Progress team.

Visit [www.liftislington.org.uk/support/progress-team-for-careers-advice](http://www.liftislington.org.uk/support/progress-team-for-careers-advice)

## Careers in the Arts

If you are looking for a career in performance or creative arts then Lift has a wide range of workshops and classes that will help you gain experience and build up a portfolio of work.

Visit [www.liftislington.org.uk/events](http://www.liftislington.org.uk/events)

## Information and Guidance

The Progress team service is available at Lift.

Visit [www.liftislington.org.uk/support](http://www.liftislington.org.uk/support)

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