



Isle Listen Summer Sessions

Join us throughout summer to help keep your children active, unlock their creativity and create connections, all to support their mental wellbeing!



Active Souls (for ages 6 - 11)



Mikey from Active Souls firmly believes that exercise can be driven by enjoyment and community, and that play can become the gateway to a more balanced and sustainable lifestyle – simply put, childlike play with one objective, FUN!

Get Creative Workshops

Creativity is important for self-expression. Each of our Get Creative Workshops have a specific theme, tailored to build self-confidence and positive coping strategies in young people.



Dance with Sophie Linham



Join us and Sophie from the Isle of Man Arts Council, for some fun games and creative movement, to keep active and encourage creativity whilst helping to relieve daily pressures.

Find out more and book places at
www.islelisten.im/summersessions

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Because Minds Matter