



# Lifeworks Community Programmes Autumn Term 2021

Music – Family Events – Youth Groups – Holiday Project – Safe-Space Online

*I've made some new friends  
I made my own lunch  
It got messy!  
I've loved it all!  
Stinging Nettle Popcorn was my favourite thing  
Young people taking part Summer 2021*

*"He has had an amazing time at holiday club. He said he has gotten over some fears he had and he feels more confident."*

Parent/Carer Summer 2021

*"Loves horse riding!  
Meeting friends. Going out.  
Doing different things each day."*  
Parent/Carer Summer 2021



To find out more about our services contact:

Sarah-Jane Lowson, Lifeworks Community Programmes Development Manager:

Email: [sarah-janelowson@lifeworks-uk.org](mailto:sarah-janelowson@lifeworks-uk.org)

Mobile: 0750 086 0288

To book a place or register please contact:


Tracey Hubbard, Lifeworks Community Programmes Business Support:

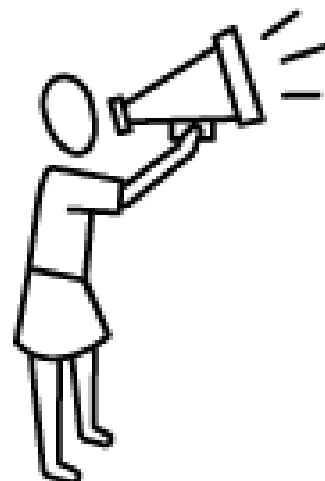
Email: [traceyhubbard@lifeworks-uk.org](mailto:traceyhubbard@lifeworks-uk.org)


Telephone: 01803 861 069

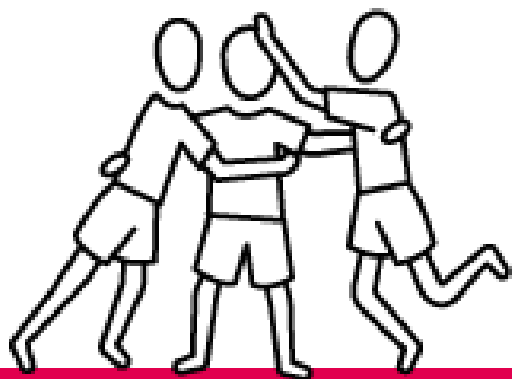
Mon – Fri 10am-2pm



JAM BUDDIES
The Barrel House, Totnes
Every Monday night – 5-7pm from Monday 13 September
<p>Inclusive music sessions with Rachel Thame and <a href="#">The Turning Tides Project</a>.            Come and play music in a much loved community space 😊            To find out more contact: <a href="mailto:rachel.ttp@outlook.com">rachel.ttp@outlook.com</a></p> 



LIFEWORKS SUPPER CLUB
The Barrel House
Monday 15 November 6-8.30pm
<p>Come and be serenaded by Jam Buddies whilst you enjoy a delicious supper            cooked by Lifeworks Youth Group and Chef Sima from <a href="#">The Kitchen Table</a>            To book contact <a href="mailto:traceyhubbard@lifeworks-uk.org">traceyhubbard@lifeworks-uk.org</a></p> 



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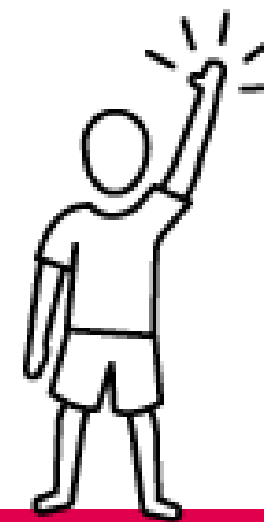
Learning disability champions

## Totnes Youth Group Autumn 2021 for young people 11-18

Programme subject to change

Saturday 04 September	Saturday 18 September	Saturday 02 October	Saturday 16 October
<p>Welcome back!!</p> <p>Time to rebrand - you choose your clubs name...</p> <p>Back by popular demand: Parkour Workshop with Parkour Experience</p>	<p>Sea Canoeing and Litter Pickup in Brixham with Adelong Adventures</p> 	<p>Football training with Lift-the-lid</p> <p>Yoga with Sophie</p> 	<p>Cinema Trip - YOU CHOOSE!!</p> <p>(we'll be catching the bus)</p> 
Saturday 30 October	Saturday 13 November	Saturday 27 November	Saturday 11 December
<p>Dance session at Dartington with Dance on Devon</p> 	<p>Cooking with Sima at the Kitchen Table</p> 	<p>CONSTRUCTOR Music Workshop with MOOR TO SEA</p> <p>Hula-hoop with Sophie</p>	<p>White Christmas at the Theatre Royal (we're going on the train)</p> 

Torbay Young Adults Group Autumn Term 2021 18+			
Programme subject to change.			
Saturday 11 September	Saturday 25 September	Saturday 09 October	Saturday 23 October
<p>Welcome back!</p> <p>Time to rebrand – you choose your clubs name and start planning for 2022...</p> <p>Back by popular demand: Street Dancing Workshop with Dance in Devon</p>	<p>CONSTRUCTOR MUSIC WORKSHOP with MOOR TO SEA</p>	<p>Healthy Holidays Celebration Event. Time to pull on our trainers and remember the summer: cycling, dance, football, multisport, Boccia, Hula-hoop. This is a family event – everyone welcome 😊</p>	<p>Cinema trip: YOU CHOOSE!! We're going on the bus 😊</p>
Saturday 06 November	Saturday 20 November	Saturday 04 December	Saturday 18 December
<p>ITS BACK! Young Minds Sponsored Walk on Dartmoor ALL AGES</p> <p>Register with <a href="mailto:traceyhubbard@lifeworks-uk.org">traceyhubbard@lifeworks-uk.org</a></p>	<p>Zumba &amp; Hula-Hoop with Sophie Carr</p> <p>Mocktails with the Lifeworks Crew</p>	<p>Dolly Parton presents 9 to 5 The Musical!!! at The Theatre Royal, Plymouth</p>	<p>Lockdown Disco Party: Saturday Night Fever Staying Alive Knowing Me Knowing You – aha!!</p>



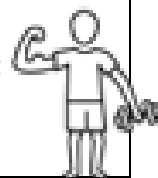
Safe-Space is a **free** easy to use web-based platform for young people with learning disabilities. There you will find resources you can use every day including cooking, music and keep fit videos. Each week we provide a free LIVE programme. Safe-Space is a moderated space - Lifeworks staff are there with you 😊



## Lifeworks Safe-Space Online Autumn Term for all ages

Programme subject to change

Wednesdays	Thursdays	Saturdays
7.15pm Fit & Fun with Lift-the-Lid A work out for all the family	5pm Creative Movement with Dance in Devon	1-2pm: Keep Fit with Sophie C
		2-3pm: LOCKDOWN DISCO with DJ Mark T
		Saturday 18 December 2pm: LOCKDOWN CHRISTMAS DISCO. "You better watch out..."



## CONSTRUCTOR

### A new music project led by Moor to Sea

An amazing opportunity for young people with learning disabilities to work with musicians from all over the UK.

To challenge musicians to think about music in new ways.

To co-create new work and learn about composition, orchestral arrangement and conducting.




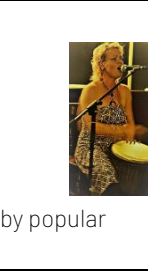

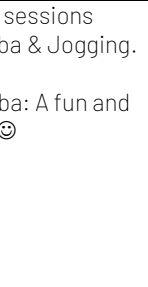

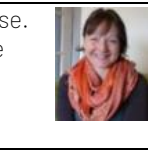




The CONSTRUCTOR Project will involve young people attending Lifeworks Community Programmes September 2021 – August 2022.

To find out more contact:  
Rachel & Debs at Moor to Sea  
[info@moortoseamusic.org.uk](mailto:info@moortoseamusic.org.uk)

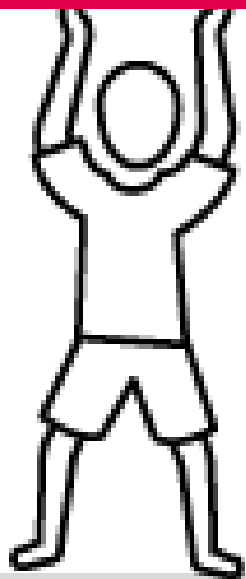


## Youth, Holiday & Safe-Space Workshop Team:

	<p>Sima, founder of <a href="#">The Kitchen Table</a> has been catering for the Totnes Community for 10 years. Sima wants to help young people with learning disabilities learn how to cook good and wholesome food for themselves.</p> <p>Chef Mark wears many hats; Young Leaders &amp; Safe-Space Coordinator, Holiday Project &amp; Youth Project Leader... but did you know he is a chef as well - a chef that ha been cooking with young people online all the way thru the pandemic and now he's trying his hand at cooking in the wild....</p>	
	<p>Meet Rachel and Debs from <a href="#">Moor to Sea Music Collective</a> Music is for everyone That's what Rachel and Debs believes and that's what they dedicate their time to making so. Come and explore music-making with experts.</p> <p>Paula Thomas of Singing Drum has been connecting people since 2012. Her aim is to uplift, empower and bring joy. A mother of three one attending Lifeworks she knows how to help people feel at ease. Her workshops will cover breathing techniques to relax and prepare the voice for singing in a fun way; and creating rhythmic games played with handmade instruments found around the house. The music we learn will keep us connected until it's time to play our music together in real life.</p> <p>"Life is better when we move together" <a href="#">Dance in Devon</a> works with state-of-the-art dance practitioners living and working in the SW. This Autumn Term they are back by popular demand with Creative Movement, Street Dance and Digital Dance!</p>	
	<p>Lift the Lid CIC helps to lift the lid on the potential of young people, especially anyone deemed to have special educational needs. Director, Matt Jefferies will be running sessions online AND in person this Autumn Term; you'll get a warm up and cool down &amp; the chance to choose from a carousel of physical activity: Circuit training, Hula hoop, Zumba &amp; Jogging.</p> <p>Fitness Instructor Sophie Carr is going to take us through our moves every week – classes will run in rotation: Yoga: Balances, strength poses and flow sequences – Zumba: A fun and energetic dance session great for staying fit and strong – Hula-hoop: Helps you get strong and improve coordination. If you haven't got a hoop Sophie can make you one ☺</p> <p><a href="#">Parkour Experiences</a> Learn about the art of Parkour with experienced coaches who have great backgrounds in rock climbing, martial arts and breakdancing.</p>	
	<p><a href="#">The Mindful Choice</a> Meet Jem and Emma Safe-Space Mindfulness Trainers. Mindfulness has many benefits and may help you focus, feel happier, and more at ease. It can also help you manage your worries and could help you sleep. Emma and Jem would love to meet you, teach you some mindfulness practices and have some fun!</p>	
	<p>With all of these wonderful organisations we will celebrate fresh seasonal food from harvest to plate:</p> <p><a href="#">Wild &amp; Curious:</a> facilitates playful &amp; immersive wild food walks &amp; courses in South Devon &amp; beyond. Makes wild snacks &amp; treats. Plant talking, walking &amp; vegetative stalking.</p> <p><a href="#">The High Nature Centre</a> enhancing peoples mental and physical health increasing access to the countryside and wellbeing within the community.</p> <p><a href="#">Common Flora</a> Everywhere and under our noses, some plants seem common to us and yet are extraordinary, humble, powerful and resilient. Our focus here is herbs and spices.</p>	



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This program is brought to you in partnership with these wonderful organisations, their expertise and investment enriches our delivery:



LEX LEISURE



**Freetrike**  
REHAB CYCLING



Wild  
AND  
Curious  
Foraging



**Premier**  
Education



**Moor To Sea**  
Music Collective



**TorreAbbeyMuseum**  
Where  
history happened



This program is brought to you with support of these local & national funders, their support makes our work possible:



Subject to funding we hope to deliver Christmas Holiday Projects in Devon and Torbay. and publish the programme early November.

WATCH THIS SPACE ☺