



**lifeworks**

Learning disability champions

# Autumn Programme 2020

Youth Bubbles

Safe-Space Online Workshops

Holiday Bubbles



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**Autumn 2020 Programme**

## **YOUTH BUBBLE – SOUTH DEVON**

**Time: Saturdays 10 a.m. – 4 p.m.**

**Venue: Horizons, Dartington Hall temporarily** (until Rushbrook Centre in Totnes becomes available again)

### **10 October**

At last we are back in the water: Paddleboard with Paddleshack at Broadsands - Bring your own wetsuit ☺ or let us know if you need one and we will try and source; then Mindfulness with the Mindful Choice, followed by Hula-hoop on the Beach with Sophie C.

### **24 October**

Youth Bubble induction + 'getting to know you'. Mindfulness with The Mindful Choice. Circuit training with Lift the Lid

### **7 November**

Music Session with Moor to Sea; Mindfulness with The Mindful Choice. Hula-hoop and yoga with Sophie C.

### **21 November**

Creative Movement with Dance in Devon; Mindfulness with The Mindful Choice; Zumba and Yoga with Sophie C

### **5 December**

Creative Movement with Dance in Devon; Mindfulness with The Mindful Choice and Hula-hoop and Yoga with Sophie C

### **19 December**

Music Session with Moor to Sea; Mindfulness with The Mindful Choice and Sophie C's Panto Hula Troupe live in South Devon + Lockdown Disco with Mark T

*Please note this programme is subject to change (wet & windy weather options always available ☺)*



Autumn 2020 Programme

## YOUTH BUBBLE – TORBAY

Time: Saturday 10 a.m. – 4 p.m.

Venue: The Learning Lab at Torre Abbey, The King's Drive, Torquay TQ2 5JE

### 3 October

At last we are back in the water: Paddleboard with Paddleshack at Broadsands - Bring your own wetsuit 😊 or let us know if you need one and we will try and source, then Mindfulness with the Mindful Choice, followed by Football with Lift the Lid.

### 17 October

Youth Bubble induction + 'getting to know you'. Mindfulness with The Mindful Choice. Zumba and Yoga with Sophie C.

### 31 October

Football with Lift the Lid; Mindfulness with The Mindful Choice and Sound Communities Body Kind Podcast Workshop

### 14 November

Mindfulness with The Mindful Choice; Hula-hoop and yoga with Sophie; Creative Movement with Dance in Devon

### 28 November

Football with Lift the Lid; Mindfulness with The Mindful Choice and Sound Communities Body Kind Podcast Workshop

### 12 December

Creative Movement with Dance in Devon, Mindfulness with The Mindful Choice; Sophie C's Panto Hula Troop Live at Torre Abbey + Lockdown Disco with Mark T.

*Please note this programme is subject to change (wet & windy weather options always available 😊)*



## SAFE SPACE ACTIVITIES ON LINE

Lifeworks Safe-Space Autumn Programme

	Tuesdays	Wednesdays	Thursdays	Saturdays
AM		10.30-12 noon: Online 8-week Mindfulness Course for Parents & Carers		10am: Mindfulness (Live Stream) 11am: Cooking with Chef Mark
PM	5pm: Creative movement with Dance on Devon (to be confirmed)	5pm: Arts & Crafts with Rowan G	5pm: Music Making with Moor to Sea	1pm: Keep fit with Sophie C (Live Stream)
EVE	7pm: BtB Stamina Challenge with Lift-the-lid		7pm: Online 8-week Mindfulness Course for Parents & Carers	2pm: Lockdown Disco with Mark T

### Mindfulness Tasters for Parents and Carers on line

**Daytime:** Wednesday, 30 September: 10.30 a.m. – 12 noon

**Evening:** Thursday, 01 October: 7.00 p.m. - 8.30 p.m.

### Mindfulness Courses FOR Parents and Carers on line

8-week course Daytime: Wednesday, 14 October 10.30 a.m. - 12 noon – Last session Wednesday 02 December

8-week course: Evening: Thursday, 15 October 7.00 p.m. - 8.30 p.m. - Last session 03 December

**Youth Bubble Team Leaders:** Tim Chapman (Torbay) [timchapman@lifeworks-uk.org](mailto:timchapman@lifeworks-uk.org) and Richard Hard (South Devon) [richardhard@lifeworks-uk.org](mailto:richardhard@lifeworks-uk.org)

For more information about Youth Bubbles visit: <https://lifeworks-uk.org/community-projects/kool-club-youth-club/>

Or contact Lifeworks Community Projects Development Manager and Senior Safeguarding Officer:

Sarah-Jane Lowson – email: [sarah-janelowson@lifeworks-uk.org](mailto:sarah-janelowson@lifeworks-uk.org) – Mobile: 0750 086 0288

Our Partners and Supporters – thank you – without you this wouldn't be happening:



4



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Autumn 2020 Programme

### HOLIDAY BUBBLE A – TORBAY – 2-day Activity Programme

Time: 10 a.m. – 4 p.m.

Venue: The Learning Lab at Torre Abbey, The King's Drive, Torquay TQ2 5JE

Tuesday 27 October	Wednesday 28 October
<p><b>Lifeworks Panto Hula-hoop Troupe Launch:</b> Come together with Paula and Sophie to prepare for a Christmas Hula-hoop extravaganza 😊 First off with young local costume designer Sophie Howard delve into the world of classical pantomime characters and choose the characters for our troupe. Then working to Safe-Space Fitness Instructor Sophie C’s choreography start laying down the moves for our Panto Hula-hoop troop with Paula T 😊</p>	<p><b>Music Making with Moor to Sea and Creative Movement with Dance in Devon:</b> Come and join an evolving orchestra of movement - work together to compose, conduct, choreograph and create a wonderful response to the changing seasons in music and movement.</p>

### HOLIDAY BUBBLE B – TORBAY – 2-day Activity Programme

Time: 10 a.m. – 4 p.m.

Venue: Lupton House, Brixham Road, Churston Ferrers, TQ5 0LD

Thursday 29 October	Friday 30 October
<p><b>Apple Harvest in the Orchard with SW Family Values:</b> Learn ancient apple harvest techniques and how to cook fresh apple sauce over an open fire. Hot dogs for lunch. Then it’s time to make Bird Feeders for the Orchards feathered friends to help them make it through the winter.</p>	<p><b>Music making with Moor to Sea:</b> Come and join an evolving orchestra - work together to compose, conduct and create a wonderful musical response to the changing seasons in the fabulous Lupton House Ballroom.</p>

Please note this programme is subject to change (wet & windy weather options always available 😊)