2019 SUMMER EVENTS

➤ Surfing at Saunton: Sunday 12 May
   One to one and family sessions

➤ Family Cycle at the Torbay Velopark: Saturday 01 June
   Trikes, Bikes and Tandems and the launch of a brand new offer…

➤ Family Paddleboard at Broadsands, Torbay: Sunday 09 June
   By popular demand a new Breaking the Barrier water sport event

➤ Surfing at Bigbury: Sunday 30 June:
   One to one and family surf sessions, BBQ and entertainment on the beach

FREE! BOOK NOW
www.lifeworks-uk.org/breaking-the-barrier-apply

Our partners 2019:

Discovery  ➤  Mercer  ➤  The Wave Project

Breaking the Barrier  ➤  Trike Foundation  ➤  Freedom

Leisure  ➤  Freeride  ➤  Paddle

FREE outdoor pursuits for learning disabled children and young people age 8 and over plus NEW BREAKING THE BARRIER EVENTS
THE BREAKING THE BARRIER LEGACY PROJECT
This year Lifeworks Young Volunteers are learning skills to help them lead regular Breaking the Barrier events now and in the future.

With their support and in partnership with Lex Leisure, Freetrike Disability Cycling the Torbay Velopark Veterans Lifeworks is launching:

**A MONTHLY INCLUSIVE FAMILY CYCLE SESSION** at the Torbay Velopark on the first Saturday in every month July - November 2019 and February – May 2020 1pm-4pm.

New accessible cycles; a Freetrike instructor and Breaking the Barrier Young Volunteers will be there to make your participation as a family easier.

**To book a session please contact: traceyhubbard@lifeworks-uk.org**

**OUT OF SEASON SURF SESSIONS** with Discovery Surf School, Bigbury September/October 2019 & February/March 2020

Supported by Lifeworks Young Volunteers and making use of Lifeworks accessible boards Discovery Surf School will be running 4 'out of season' family surf sessions for learning disabled people and their families - wetsuits and a strong constitution essential!!

**For more information or to book a session please contact traceyhubbard@lifeworks-uk.org**

Whilst Lifeworks Young Volunteers are helping your family enjoy no-cost or low cost outdoor pursuits together; they are learning new skills and achieving accreditation to help them realise their vocational ambition – a win – win!!

**To find out more about Lifeworks Young Volunteers Programme contact markthorneywork@lifeworks-uk.org**

Our supporters 2019: