



2019 SURFING, CYCLING & PADDLEBOARD

FREE outdoor pursuits for learning disabled children and young people age 8 and over plus NEW BREAKING THE BARRIER EVENTS

2019 SUMMER EVENTS

BREAKING THE BARRIER



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

- **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

Our partners 2019:



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 markthornework@lifeworks-uk.org

Our supporters 2019:

